

FROM TENSION-INDUCED MENTAL HEALTH PROBLEMS TO TRANQUILLITY: SELF-MANAGEMENT THROUGH A HOLISTIC APPROACH

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ABSTRACT

Today, a lot of development is taking place in every sector, and along with this, a major change has been seen in the lifestyle of the people. Due to this major change, excessive tension whether psychological or physical is increasing day by day. Various reasons are responsible for excessive tension in today's scenario i.e. lifestyle habits, family problems academic pressure, and chronic health problems. All these factors affect the mental as well as physical health of humans. Data related to mental health from indexed journals and from people who have overcome stress with a holistic approach. There are several signs and symptoms of chronic stress, that affect mental health as well as physical health such as anxiety, depression, etc. Our body cells can heal themselves, as well as make new cells that replace those that have been permanently damaged. On the same basis, one can use a holistic approach to manage excessive tension. Such approaches include physical, mental, social, and spiritual ways. The concept of tension/stress is different in Ayurveda and modern science. However,

stress can be self-managed with a holistic approach whose effectiveness has been explained using Ayurvedic and modern perspectives. Scientific studies done earlier also indicate that a holistic approach is a way to overcome excessive tension without any need to take modern medicine in the majority of cases and can conclude that, excessive tension can be self-manageable by all holistic approaches.

KEYWORDS: Tension, Mental health, Holistic treatment.

INTRODUCTION

Today, a lot of development is taking place in every sector, and along with this, a major change has been seen in the lifestyle of the people. Due to this major change, excessive tension whether psychological or physical is increasing day by day. Tension, as it relates to our psychological experiences, can be defined as a state that is associated with conflict, dissonance, instability, or uncertainty.^[1] Tension can be physiological or psychological. Various reasons are responsible for the excessive tension like lifestyle habits, academic pressure, family problems, chronic health problems, economic status, etc. There are a number of disorders that are included in tension-induced mental conditions, i.e. anxiety and depression, post-traumatic stress disorder (PTSD), dissociative disorders, irritability and aggression, feeling hopeless or helpless, panic attacks, etc.^[3] Such conditions can be well managed by holistic approaches, and without using modern medicines, although the concept of stress/ tension is different in Ayurveda and modern science.

MATERIAL AND METHOD

Data related to mental health from online searches and from people who have overcome stress with a holistic approach.

RESULTS

Stress can be a normal reaction to everyday life pressures, but it becomes unhealthy if it interferes with your ability to do things you want or need to do. Tension can cause a variety of physical, psychological, and behavioral symptoms. Physical Symptoms include headaches muscle tension or other physical pain or discomfort, stomach problems, nausea, diarrhea or vomiting, loss of sex drive, rapid heart rate, high blood pressure, and fatigue.^[3] Psychological symptoms include moodiness, low morale, irritability, feeling hopeless or helpless, feeling apprehensive, anxious or nervous, feeling depressed, feeling unhappy or guilty, feeling agitated or unable to relax.^[4] Behavioral symptoms include, social behavior changes, staying

in more often, low energy, unfocused thinking, change in appetite, increased alcohol or drug use, emotional withdrawal, etc.^[4] Managing excessive tension and stress-induced mental health challenges through a holistic approach involves addressing the body, mind, and spirit in a balanced way.^[5] Different physical, psychological, social, and spiritual approaches can be used in the cure of these symptoms that occur due to excessive tension/ stress.

In the physical approaches,^[5] the following methods should be used

1. Regular exercise: It includes walking, jogging, swimming etc. Physical activity helps to reduce cortisol levels and boost endorphins.
2. Sleep: 7-9 hours of quality sleep per night. Proper rest helps to restore both mental and physical health. Establish a consistent bedtime routine, avoid screens before bed, and consider relaxation techniques before sleep.
3. Diet: Whole foods (Fruits, Vegetables, Whole grains, Lean proteins) support brain function. Omega-3 fatty acids (Found in fish, Flaxseeds and Walnuts) have been shown to reduce anxiety.
4. Hydration: Drink 6-8 glasses of pure filtered water daily for adrenal health and hydration. Decrease the caffeine, bump out the alcohol.

The psychological approaches include the following activities

1. Meditation: Incorporate mindfulness meditation, which helps to calm the mind and reduces anxiety. 10-20 minutes of daily practice can help to manage stress.
2. Breathing Exercises: Deep breathing (Pranayama) reduces tension, calms the nervous system, and improves focus. Pranayama helps to reduce heart rate within a fraction of minute.
3. Yoga: Engage in yoga practices like Hatha or restorative yoga, which integrate physical postures, breathing, and mindfulness. This is effective for stress relief and mental clarity.
4. Cognitive Behavioral Techniques (CBT): Identify and reframe negative thought patterns that contribute to stress. CBT can help you change destructive behaviors and promote positive thinking.
5. Journaling: Writing about your feelings helps you process emotions and gain perspective. Gratitude journaling can also help shift focus from stress to the positives in your life.
6. Positive Visualization (Hope): Practice visualizing peaceful scenes or successful outcomes in stressful situations to reduce anxiety.

In the social approaches,^[7] following methods should be used

1. Build and Maintain a support network of family and friends. Healthy relationships provide emotional safety and reduce stress.
2. Counseling: Seek therapy when necessary. A licensed mental health professional can help.
3. Mindful communication: Practice active listening and assertiveness to express your needs and feelings in relationships, reducing interpersonal stress.
4. Change in routine: Go outside of your work with friends and family, take a break

In the spiritual approaches, the following methods should be used

1. Mindfulness Practices: Engage in mindfulness throughout the day by being present and aware of thoughts, emotions, and surroundings without judgment. This cultivates inner peace.
2. Spiritual Practices: Prayer, meditation, or connecting with a higher purpose can offer comfort and help reduce stress for those who find meaning in spiritual life.

The holistic approach^[6] includes the following methods

1. Acupuncture: This traditional Chinese practice can help balance energy flow and relieve tension and anxiety.
2. Aromatherapy: Use essential oils like lavender, chamomile, or sandalwood to promote relaxation. Aromatherapy can calm the nervous system and create a soothing environment.
3. Massage Therapy: Regular massages relieve physical tension, increase circulation, and promote relaxation.

Other approaches are as follows

1. Set healthy boundaries in work, relationships, and personal time. This prevents burnout.
2. Take breaks from screens and social media to avoid overstimulation and comparison.
3. Spend time in nature, whether it's walking in a park or hiking in the mountains. Nature has been shown to reduce stress hormones and improve mood.
4. Walk barefoot on grass or sand, practice mindful observation of your surroundings, and engage all senses to connect with the earth and calm the mind.
5. Break down tasks into manageable steps and avoid multitasking.

In this way, stress/ tension can be well managed.

DISCUSSION AND CONCLUSION

The concept of tension/stress is different in Ayurveda and modern science. However, stress can be self-managed with a holistic approach whose effectiveness has been explained using both perspectives- Ayurvedic and modern.

In Ayurveda, Vata is the main dosha that regulates Mana, when Vata gets imbalanced, Manovikar occurred. In the holistic approach, all approaches mainly maintain Vata like Pranayam, meditation, sleep, diet, regular exercise, peaceful talk, massage etc. Lakshana of ojakshaya is also indicative of stress symptoms. Diet, Meditation, Sleep etc also helps to regulate oja.

According to Modern, In stress, cortisol levels are increased. An increased cortisol level is responsible for the different symptoms of the stress. The main aim is to increase the happy hormone that is dopamine. All holistic approach helps to increase dopamine. Scientific studies done earlier also indicate that a holistic approach is a way to overcome excessive tension without any need to take modern medicine in the majority of cases and can conclude that, excessive tension can be self-manageable by all holistic approaches. A holistic approach to managing stress involves balancing physical, mental, emotional, and spiritual health. By integrating mind-body practices, maintaining a healthy lifestyle, and seeking emotional and social support.

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