

**ROLE OF AYURVEDA IN PREVENTION AND CONTROL OF ANXIETY**

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**ABSTRACT**

Anxiety disorder affect one-eight of the total population worldwide and have become a very important area of research. When somebody feels hopeless, helpless, worthless, guilty, hurt, restless or irritable it comes under the categorization of Anxiety. Anxiety is a disorder of mood that produces sad feelings, negative thoughts, disruption of sleep, Appetite, thinking and energy life. It can affect a person ability to work, from of relationships and destroy their quality of life. At its more severe Anxiety can lead to suicide. 80% of people suffer from Anxiety are not currently having any treatment. People with Anxiety disorder can benefit from Psychological treatments, Ayurveda treatment, Physical activity, Exercise & Healthy food. There is a general belief that physical activity and exercise have positive effects on Anxiety.

**KEYWORDS:** Anxiety, Psychological treatment, Ayurved treatment,

Exercise.

## INTRODUCTION

Ayurveda is exclusive science which not only has described physical but mental health as well, elaborately during 3rd B.C. (Charaka Kala). In Sushruta samhita, the complete definition of „swasth“ (healthy being) is given as.

**समदोषः समाग्निश्च समधातुमलक्रियः |**

**प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ||(Su. Sutra.15/41)**

It means that vata, pitta, kapha; fire; rasa-raktadi 7 dhatus; vinn-mutraadi mala; all of them should be in perfect balance in the body. Health can be achieved, if all these physiological parameters are in equal balance with healthy mind, intellect and all senses. The term „Health“ is very much comprehensive and inclusive in Ayurveda. Centuries ago, Ayurvedic acharyas defined health inclusive of mental health which was also recognized by WHO resulting in inclusion of “mental health” in their definition of health in 20th century, which states that “Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”. The WHO stresses that mental health is not just the absence of mental disorder.

Mental health is a state of wellbeing in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

Anxiety is understood as the state of apprehension or uneasiness arising due to the anticipation of insecurity or assault. It is pathological when it is unreasonable, exaggerated, recurrent and causing a significant psycho-physiological distress. Generalized anxiety disorder (GAD), a common variant of anxiety disorders, has 2 - 5% prevalence in general population (Baxter et al., 2013). With an increasing population and subsequently increasing socio-economic stress, incidence of anxiety is also increasing.

Anxiety affects the personal performance causing a significant dip in the quality of the social - interpersonal relationship. Eventually, a patient of anxiety disorder fails to contribute optimally to the personal or societal needs. The result is a significant personal and societal direct and indirect loss.

## ETIOLOGY

### Biological factors

#### Genetic factors

Genetic factors predispose certain people to anxiety disorders. There is a higher chance of an anxiety disorder in the parents, children and siblings of a person with an anxiety disorder than in the relatives of someone without an anxiety disorder. (Torgersen, 1983; Weissman, 1993; Goldman, 2001).

#### Psychological factors

Anxiety can result when a combination of increased internal and external stresses overwhelm one's normal coping abilities or when one's ability to cope normally is lessened for some reason. The psychological factors are summarized below: Psychodynamic: When internal competing mental processes, instincts and impulses conflict, causing distress.

Behavioral: Anxiety is a maladaptive learned response to specific past experiences and situations that become generalized to future similar situations.

Spiritual: When people experience a profound, unquenchable emptiness and nothingness to their lives, often leading to distress concerning their mortality and eventual death (Sarason & Sarason, 2000; Brannon & Feist, 2004).

#### Social factors

Life experiences like death in the family, divorce, job loss, financial loss, accident or major illness affect a person's attitude and response to life situations. Long term exposure to abuse, violence, terrorism and poverty may affect an individual's susceptibility to anxiety disorders (Eysenck, 2004).

### Treatment in Ayurveda

The general line of treatment of manasika vikaras i.e. daivavyapashraya chikitsa, yuktivyapashraya chikitsa and satvavajaya chikitsa is applied for depression.

#### Daivavyapashraya Chikitsa (spiritual healing)

Daivavyapashraya chikitsa is mentioned specially for manasika roga. Considering the faith, religion, culture, educational levels of the patient, Mantradi chikitsa is administered to attain better results. It creates confidence and reduces pessimism and fear.

**Yuktivyapasraya chikitsa (rationale therapy)**

The rationale approach is planning the treatment according to the condition of the inherent factors like dosha, dhathu etc. This includes internal medications, external therapeutic procedures and diet. In psychiatric diseases, the prior line of treatment is snehapana (intake of medicated ghee). Ghrita alleviates vata and pitta, which are mainly impaired in diseases like depression as vata is the controller of the mind and medha (intellect) is the property of Pitta. Ghee does not increase kapha too. It improves sadhaka pitta and prana vata thus by reducing the stress and diseases caused by it.

The oleation is followed by mridu sodhana (mild purification by emesis or purgation). The vitiated humors are removed and the channels to the mind are cleared by this process. Further treatment is planned in order to channelize the impaired doshas. Niruha vasti (enema with decoction), sirovirechana (medicated errhines) and sajna prabodhana (medication for mood and intellect stabilization) can be given.

**Satwavajaya chikitsa (psychotherapy)**

Satwavajaya literally means to enhance satwa guna. As depression is a tamo guna predominant disease, the psychotherapy can be preferred. Satvavajaya chikitsa, jnana (knowledge of self), vijnana (analytic knowledge), dhairya (confidence), smriti (scriptural wisdom), (concentration) corrects and the samadhi negative cognition. Emotional support can be given in the form of aswasana, santhwana (consoling), harshana (motivating) to balance manasika dosha.

All the treatments ultimately aim at manovahasrotho sodhana and rasayana (enhancing rasa) as the disease debilitates the person both mentally and physically. The role of agni has to be considered while planning any treatment protocol.

The medication and dietary pattern which enhance cognitive function, Yoga in the form of dynamic exercise and pranayama can be practiced as both counter agent and prophylaxis. The dinacharya (healthy daily regimens), ritucharya (regimens according to seasonal change), sadvritta and achara rasayana (moral codes of conduct) explained in our science can be practiced as prevention.

## CONCLUSION

Among psychiatric disorders, anxiety disorders appear to have the highest prevalence rate, according to epidemiological data. Side effects from conventional medication include psychomotor impairment and the intensification of other central.

Depressant medicines and dependence liability. Thus, supplementary and substitute.

Drugs derived from plants and pharmaceuticals are being researched as possible anxiolytics.

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