

The Review on Medhya Dravya for Stress

Shweta Sanjay Shete¹, Dnyaneshwar Meshram², Gurunath Khanolkar³

¹PG Scholar

Email: khushishete9075[at]gmail.com

²Associate Professor

Email: dnyaneshwarmeshram[at]gmail.com

³HOD and Associate Professor

Email: gurunathk2361[at]gmail.com

Ph no.7972357362

Abstract: Stress is today a global issue. Normally stress occur when a situation as difficult and potentially invincible. Stress can be a motivator and it can even be essential to survival, but when the level of stress exceeds then it became harmful to health. It affects physical as well as mental health. Ayurveda takes a holistic approach to managing the stress and anxiety. Ayurveda's stress management remedies involve herbal supplements, suitable oils, sattiv diet, practice of yoga and meditation. Ayurveda focus on root cause of stress and precise preventive management for it. Among the line of treatment of Ayurveda the medhya dravya plays an important role as a rasayan to treat the psychiatric diseases.

Keywords: Stress Management, Ayurveda, Herbal Supplements, Yoga and Meditation, Holistic Health

1. Introduction

The overwhelming mental pressure, major challenges in life, experiencing discrimination or hate and monotonous life mainly induces the stress in body. As per the classics of Ayurveda chinta (stress) and atichintan (overthinking) are the causes of rasavaha strotodushti which lead to many psychiatric diseases. [1] Ayurveda provides a full range of treatment methods including diet, herbs, oils, minerals, and mantra meditation. Ayurveda shows the precise lifestyle practices and daily health considerations for your unique mind body type both as an aid to disease treatment and for disease prevention. Psychiatric disorders are common in medical practice and may present either as a primary disorder or as a comorbid condition. Anxiety disorders, the most prevalent psychiatric illness in a general community, are present in 15 to 20 percentile of medical clinical patients. Patients may be developing anxiety after exposure to

traumatic events such as a threat of personal death or injury or the death of closed one. To avoid the loss of mental health the medhya dravya and their formulations are going to help to treat the people. [2]

Stress definition

APA – stress is a normal reaction to everyday pressure and it can become unhealthy when it upsets day today's functioning.

WHO – stress is any type of change that causes physical, emotional and psychological strain to body response to anything that requires attention or action.

Difficulties in work and career, problems in relationships, financial struggles, health issues, lifestyle disorders, traumatic events, and environmental factors can all lead to stress. The types of the stress are acute, chronic and episodic. [3]

Modern drugs for the stress [4]

Sr. no	Type of the drug	Name of the drug	Side effects of the drug
1	Antidepressants	Citalopram, Escitalopram, Fluoxetine, Sertraline, Vilazodone.	Dizziness, headache, Indigestion, Dry mouth.
2	Antianxiety drug	Benzodiazepam, Alprazolam, Buspirone, Lorazepam.	Sleep related eating disorder, Behavioral changes.
3	Tranquilizers	Valium, Librium, Xanan.	Peripheral artery disease
4	Beta blockers	Atenolol, Bisoprolol, Metoprolol, Propanolol.	Erectile dysfunction
5	Sedatives	Barbiturates,	Somnambulism

The medhya dravya (charkokta) [5]

Sr. no	Dravya	Botanical name	Classical categorization	Rasapanchak	Guna	Karma
1	Yastimadhu	Glycyrrhiza glabra	Jivaniya, Sandhaniya, Varnya, Kasahar	Ras - madhur Virya - sheet Vipak - madhur Guna - guru snigdha	guru snigdha	Majja dhatu poshan, balya, brihan.
2	Guduchi	Tinospora cordifolia	Jvaniya, Sandhaniya	Ras - katu, tikta kashay Virya - ushna Vipak - Madhur	guru snigdha	Rasayan Dhatu vardhan Tridoshaman.
3	Mandukparni	Centelia asiatica	Prajasthapan Vayasthapan	Ras - tikta Virya - sheet Vipak - Madhur	Laghu	Rasayan Medhya Vayasthapan Balya
4	Shankhapushi	Convolvulus pluricaulis	Medhya	Ras - tikta Virya - sheet Vipak - madhur	Snigdha Picchil	Rasayan medhya

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The effect of the stress on the physical and mental health – [6]

Although the concept of stress has earned a bad reputation, it is important to recognize that the adaptive purpose of a physiological stress response is to promote survival during fight or flight. While long - term stress is generally harmful, short - term stress can be protective as it prepares the organism to deal with challenges.

Any intrinsic or extrinsic stimulus that evokes a biological response is known as stress. The compensatory responses to these stresses are known as stress responses. Based on the type, timing and severity of the applied stimulus, stress can exert various actions on the body ranging from alterations in homeostasis to life - threatening effects and death. In many cases, the pathophysiological complications of disease arise from stress and the subjects exposed to stress, e. g. those that work or live in stressful environments, have a higher likelihood of many disorders. Stress can be either a triggering or aggravating factor for many diseases and pathological conditions. [7]

The stress response is mediated by the stress system, partly located in the central nervous system and partly in peripheral organs. The central, greatly interconnected effectors of this system include the hypothalamic hormones arginine vasopressin, corticotropin - releasing hormone and pro - opiomelanocortin - derived peptides, and the locus ceruleus and autonomic norepinephrine centers in the brainstem. Targets of these effectors include the executive and/or cognitive, reward and fear systems, the wake-sleep centers of the brain, the growth, reproductive and thyroid hormone axes, and the gastrointestinal, cardiorespiratory, metabolic, and immune systems. [8]

The evidence for the role of the ANS in stress and health is overwhelming and extensive. The sympathetic nervous system (SNS), associated with energy mobilization and the fight - or - flight response, and the parasympathetic nervous system (PNS), associated with vegetative and restorative functions and with rest - and - digest, represent the two major branches of the ANS. In good health conditions, these systems are normally in dynamic balance, with the PNS dominating. However, as outlined above, under conditions of stress an imbalance can occur in which fight - or - flight responses are chronically activated, leading to excessive wear and tear on physiological systems (allostatic load). One mechanism that links the ANS to BP is the baroreflex. Pressure - sensitive receptors in the carotid and aortic arches sense increases and decreases in BP and transmit those signals to the brain to produce reflex adjustments in BP via the regulation of sympathetic and parasympathetic outflows in order to maintain blood flow to vital organs such as the brain and heart. [9]

The mode of action of medhya dravya on the stress – [10]

1) Yastimadhu

With the help of this raspanchak yastimadhu increases the tarpak kaph in the body and nourishes majja dhatu. Yastimadhu is among the four medhya rasayana mentioned by acharya charak. The chemicals present in yastimadhu

are glycyrrhizin, estrogen and asparagine which show psychosomatic effect and promote intellect.

2) Mandukparni

Mandukparni has tikta ras and madhur vipak, so it does dipan pachan and helps to exceed the dharan shakti by balancing the pitta dosh. The chemical composition of mandukparni shows vellerine and centellic acid which do vasoconstriction, cell adhesion and hydration. The triterpenes from mandukparni has sedative effect, so it helps to reduce stress.

3) Shankhpushpi

The active ingredients of the shankhpushpi are alkaloids, flavonoids and coumarins. It calms the nerves by regulating the body's production of stress hormones. It also reduces the inflammation and the damage of brain cells.

4) Guduchi [11]

The root of *T. cordifolia* is known to be used traditionally for its anti - stress activity. In a 21 - day randomized, double - blind placebo - controlled study, the pure aqueous extract of the root was found to enhance verbal learning and logical memory. *T. cordifolia* has also been shown to enhance cognition (learning and memory) in normal rats and reverse cyclosporine induced memory deficit. Both the alcoholic and aqueous extracts of *T. cordifolia* produced a decrease in learning scores in Hebb William maze and retention memory, indicating enhancement of learning and memory. The histopathological examination of hippocampus in cyclosporine - treated rats showed neurodegenerative changes, which were protected by *T. cordifolia*. Various extracts of the *T. cordifolia* exhibited comparable anti - stress activity in mice.

2. Discussion

The raspanchak of the medhya dravyas helps to balance the dosh sthithi in the body. The true art of the charakotka medhya dravya is that it reduces the symptoms of stress and rejuvenates the nervous system. The null side effects of these drugs also pay attention to the manas bhav of the individual. The occupational work load and the sedentary lifestyle of individuals enhance stress worldwide. All age groups suffer from stress and do not get effective treatment or might suffer from side effects. The chemical composition of these medhya dravyas is such that it fulfills the oxidant level of the nervous system. The different method of oral application of these dravyas increases the efficacy of the drug in stress management.

3. Conclusion

The two words buddhi and medha are used interchangeably. Beneficial to medha or buddhi is medhya. Medhya dravyas are madhur ras vipaki, sheet virya and balya, bruhanadi in nature. These dravya nourishes the tarpak kaph (Yastimadhu). On the other hand, by arousing the satva guna of the mind with the auspicious and sharp qualities of the pitta, the function of the medha is dependent on the strength of the sadhak pitta (Shankhpushpi). These all dravyas balance the sadhak pitta and tarpak kaph for the strengthening and grasping power of the nervous system. Along with this, the

other effective treatments included in the management of stress are varied, such as ahar, yoga, and pranayam. Such strategies improve cognitive and emotional functioning as well.

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