

Stress Management through Ayurveda

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Abstract: *The Psychosomatic disorders are the diseases in somatic origin caused by mental factors. The role of stress in the aetiology of several diseases is well recognized in ayurveda and modern science. Modern era, busy life style has lead to various type of stress viz. social and mental stress. Mind and body are related to each other, if the mind is relaxed, the muscle in the body will also be relaxed automatically. Among the aim of Ayurveda is to maintain the health of healthy individual and the second is to treat the disease state. If balance of mind and body are hampered due to change in life style, it causes a lot of stress. Stress is a subjective phenomenon, which depend upon the response of body. Increased stress will lead to change in our normal physiological reaction mediated through neuronal and endocrine hormone. In Ayurveda, it is clearly mention that balance diet, Sadvritta, Nidan Parivarjana, Medication, Yoga and meditation play an important role in reliving stress. Meditation and Yoga are beneficial for balancing of body and mind. Through the practice of Sadvritta stress can be modulated, which prevents the psychosomatic disorders. The drugs classified under Medhya, Rasayana group are helpful in reducing variety of risk factor or various diseases specially cardio respiratory disease which are produced by mental and physical stress.*

Keywords: Psychosomatic disorder, Stress, Yoga, Sadvritta

1. Introduction

Psychosomatic is an interrelation of mind and body; having bodily symptoms of psychic, emotional, or mental origin. The Psychosomatic disorders are the diseases in somatic origin caused by mental factors and characterized by physical symptoms of psychic origin, usually involving a single organ system innervated by the autonomic nervous system; physiologic and organic changes stem from a sustained disturbance. In modern era, busy life style has lead to various type of stress viz. social and mental stress. Due to interrelation of mind and body, if the mind is relaxed, the muscle in the body will also be relaxed automatically. First aim of Ayurveda is to maintain the health of healthy individual and the second is to treat the disease state. When the balance of mind and body are hampered due to change in life style, it causes a lot of stress. Stress is a subjective phenomenon, which depend upon the response of body. Increased stress will lead to change in our normal physiological reaction mediated through neuronal and endocrine hormone. In Ayurveda it is clearly mention that balance diet, Sadvritta, Nidan Parivarjana, Medication, Yoga and meditation.

Stress

Stress is basic elements of various human diseases and mental illness. Stress is a term that refers to the sum of the physical, mental, and emotional strains or tensions on a person. Word stress is such a highly subjective phenomenon and difficult to define. Stress is "Nonspecific response of the body to any demand placed on it. In simple words, stress is body response of one who faces condition like anxiety, grief, and anger.

Stressor

A stressor is defined as a stimulus or event that provokes a stress response in an organism. Stressors can be categorized as acute or chronic . Stressors (Stress inducing factors) recognized in Ayurveda can be classified as those causing physical stress, like excessive physical exercise, vigils, fasting, injury, exhaustion, uneven body postures, or psychological, like, anger, fear, grief, anxiety and environmental, like, high altitudes and prolonged exposures to intense heat of sun and fire. Unhealthy food, irregular and improper routine and mental perturbations like bhaya (fear), krodha (anger), soka (grief), loba (greed), moha (attachment), ayasa (confusion) etc, cause all types of morbidities.

2. Causes of Stress

In modern life is the cumulative effect of various toxic waste products in the environment. Our personality, behavior, and life-style all have important influences on our stress level. Much stress occurs through emotions such as aggression, impatience, anger, anxiety, and fear all of which kindle the body's stress responses. Eating an un-healthy diet, smoking, drinking, and taking drugs can also contribute further to physical strain. Stress may be generated through work, at home, within relationships, as a result of internal emotional conflict, through environment, diet, ill-health, and financial insecurity as well as through major life events such as marriage death, divorce, etc. Man facing number problems in the modern society, these problems thrown the man in to mental stress. Mental stress causes the number of psychosomatic disorder like hypertension, migraine and severe headache, irritable bowel syndrome, insomnia, etc.

3. Manifestation of Stress

Stressors like unhealthy food, irregular, and improper routine and mental perturbations can cause all types of morbidities. There are degenerative changes in all the dhatus (tissues) and the ojas (immunity) also deteriorates.

Vata is the main dosa vitiated by excessive physical stress which are atiyoga of vyayama, vegasandharana, anasana, abhighata, vyavaya, udvega, soka, jagarana.

Various disease have been postulated to be a consequence of Vata vitiated in such a manner, like jwara, gulma, madhumeha, etc. Psychological stress like udvega (excitement), soka (anxiety) also leads to disequilibrium of vata dosa, whereas Pitta is the main dosa vitiated by krodha (anger), santapa, srama, krodha etc.

As per the life-style of the era, physical stress was the most common type of stress. Physical stress mainly vitiates vata and depending on the various contributory factors, several diseases are caused. Today, however, due to changed life-styles, upper and middle class also face stress, commonly psychological stress. The younger generation in particular suffers from achievement oriented stress. This stress differs from stress in situational crisis, as it is brought about by the internal pressure to succeed in goals. Achievement stress often causes work alcoholic habits, including lack of sleep and irregular meals. Further, the diet is usually rich in calories and fat and together these vitiates both vata and kapha, again dosas with opposite characteristics.

4. Type of Stress

Acute Stress: Acute stress is the reaction to an immediate threat, commonly known as the fight or flight response. The threat can be any situation that is experienced, even subconsciously or falsely, as a danger. Common acute stressors include: noise, crowding, isolation, hunger, danger, infection, and imagining a threat or remembering a dangerous event. Under most circumstances, once the acute threat has passed, the response becomes inactivated and levels of stress hormones return to normal, a condition called the relaxation response.

Chronic Stress

Frequently, however, modern life poses on-going stressful situations that are not short-lived and the urge to act (to fight or to flee) must be suppressed. Common chronic stressors include: on-going highly pressured work, long-term relationship problems, loneliness, and persistent financial worries.

Symptoms of Stress

Physical Symptoms

- 1) Sleep pattern change
- 2) Fatigue
- 3) Headaches
- 4) Pain
- 5) Indigestion

Mental Symptoms

- 1) Lack of Concentration
- 2) Memory Loss
- 3) Difficulty In Making Decision
- 4) Confusion

Behavioural Symptoms

- 1) Appetite Changes
- 2) Increased Smoking And Alcohol
- 3) Nail Biting

Emotional Symptoms

- 1) Depression
- 2) Fits Of Rage
- 3) Impatience

Ayurvedic management of Stress

There are three type of management of all disease in ayurveda –

- Nidana Parivarjana
- Shodhana Chikitsa
- Shaman Chikitsa
- Reliving therapy (medication, sadvritta, meditation and yoga) - prescribed in chronic stress condition.

Management of stress can be categorized depending upon the degree of stress. Initially it can be reverted back only by the practice of Sadvritta but if it is chronic along with Sadvritta practice drug therapy is required for the correction of hormone level. The fact that prevention is better than cure is well recognized in Ayurveda

- 1) To avoid factors inducing stress and vitiating dosas.
- 2) To increase the coping capacity of the body -The coping capacity of the body can be increased by life style modifications, dietary interventions and drug treatment.

Shodhana Chikitsa

Panchakarma Therapy as well as herbal healthcare to maintain the 'Tridoshas' in balance throughout our mind and body. Panchakarma therapies has been used for centuries in the Ayurvedic management of disease. Panchakarma is the process which gets to the root cause of the problem and corrects the essential balance of 'Tridosha' in body. The therapies specific for Stress conditions are Shiroabhyanga, Shirodhara, Shirovasti, and Abhyanga.

Shamana Chikitsa

Ayurveda classifies herbs with a stabilizing effect on the mind as 'Medhya rasayanas'. These herbs promote the intellect and deeply nourish the neurological tissue. They are nervine tonics. These medicines act as specific molecular nutrients for the brain. The medhya rasayanas enhance biological nourishment of the brain, producing tranquility of mind, concentration and improved memory. Several rasayana herbs used as antistress agents have shown antioxidant, immunomodulator, hepatoprotective, antidepressant and anxiolytic effects. Stress is relaxation with compound herbal formulation consisting of Tagar (Valeriana wallichii), Shankhpushpi (Convolvulus pluricaulis), Brahmi (Bacopa mon-nieri), Musta (Cyprus rotundas), Ashwa-gandha (Withania somnifera), Jatamansi (Nardostachys jatamansi).

Sadvritta

Stress response depends on personality of person and good personality can enhance by good conduct this known as ethetical region or "Sadvritta". It comprises two words "Sad" means good or "Vritta" means behavior or regimen or habits includes in our daily regime. In classical text of Ayurveda different types of practices mentioned related to social behavior, personal behavior either mentally or physically related.

Yoga

Progressive deep relaxation , i.e., Shavasana (Corpse posture) brings about a relaxed state of mind and practicing it daily is very useful in reducing stress. Daily practice of 'Yoganidra' is also useful for making your mind calm and tension free.

5. Discussion

Practise of Sadvritta and Aachar Rasayana is good for health and Meditation and yoga is good for brain these are combined therapy of stress management because all the thing are relaxed the body and mind.

Increased positive thinking can reverse the pathology of stress. Pathology of stress is continuous cycle which proceeds forwards but never ends and as time passes on the degree of stress is a increased day by day. This chiefly involves activation of Sympathetic activity of whole body leads to decrease the energy storage and then body prone to attack by various diseases.

6. Conclusion

A combination of Pancha karma, Madya Rasayana, Diet , Physical Exercises Just by doing this you can have great benefits of Stress.

The diseases in which the chronic and oxidative stress are implicated in the aetiopathogenesis, so yoga, sadvritta, shodhan, shaman,meditation,medication, and rasayana are management of stress.

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