



## AYURVEDA STRESS MANAGEMENT PROCESS IN CONTEXT TO VEDA

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### ABSTRACT :

India's traditional medical system, Ayurveda, is quite old. It is used as a supplemental and alternative medical system not just in India but all around the world. In both modern and Ayurvedic research, the importance of stress in the aetiology of numerous diseases is widely acknowledged. According to Ayurveda, the root cause of all problems in our lives-be they financial, relational, family, mental, or spiritual-is stress on the body and mind.

If we do not have peace of mind, or Shanti, then we cannot completely appreciate life's blessings. It doesn't matter how physically healthy we are, or how many things, people, or delights we own or how well-known we may be.

In Ayurveda, the stress is referred to as sahasa. Sahasa raises the body's susceptibility to numerous diseases by causing ojakshaya. The ideal course of treatment is to avoid stress. Ayurveda is emphasized as a comprehensive approach because of its attention to stress management and mental wellness enhancement.

Mental well-being is essential for optimal productivity in any field. Ayurveda and Indian culture recognize the link between mental well-being and diet (Satvika Rajasika and Tamasika Ahara). Yoga is another helpful technique to reach and maintain the highest degree of mental strength (Satva ruling Man).

Herbal medicines and Panchakarma methods like Abhyanga, Swedana, Shirodhara, and detoxification through Vamana or Virechana (in the case of some chronic conditions that are stressful) should also be utilized to restore normalcy. The mind and the body are not two separate beings, but rather mirror images of each other. All problems concerning physical health have mental roots. Our bodily selves also reflect the mental tension and psychological anxiety. The aim of the Ayurvedic approach to stress reduction is to lessen nervous system tension and promote general body relaxation.

**KEYWORDS** - Ayurveda, Stress, Rasayan, Panchkarma

### INTRODUCTION:

According to Ayurveda, the three doshas-Pitta, Kapha, and Vata-are crucial components of the human body. Stress can be caused by any imbalance in the three doshas. Stress is referred to in Ayurveda as sahasa. Acharya Charaka has advised to avoid sahasa as it adversely affects the body. Many human diseases and mental illnesses are fundamentally rooted in stress. An individual's physical, mental, and emotional tensions are collectively referred to as stress. Anxiety, tension, etc. are other names for stress. Stress is a body's way of responding to any kind of demand and threat. Even though Stress is a universal phenomenon it means different things to different people. It affects all aspects of life-emotions, behaviour, thinking ability and physical health. It affects the mind resulting in a multitude of symptoms ranging from mild problems like

loss of interest in day to day activities to grave consequences like emotional outrage or chronic depression. From Ayurvedic perspective there are two different manifestation of stress-physical and psychic. Physical stress is caused by overuse or misuse of the body. For example strenuous exercise for long time without food, suppression of natural urges leads to vitiation of Prana vahasrothus causing cough, breathing difficulty etc. Mental stress which manifest as emotional disturbances is directly related to the state of Manas and Hridaya. When person becomes more stressed, it adversely affects the proper functioning of Dhi, Dhriti and Smrithi and thus causing anxiety, confusion, anger and fear are the common symptoms of stress.

According to Ayurveda, Tridoshas are vitiated by emotional disturbances. Vata and Pitha can be considered as Doshas that get most vitiated by stress. Nidanas like Bahuchintha, Bhaya, Lobha, Akala bhojana, Vega nighraha, Shoka plays a very important roles in the formation of stress. In all these situation, Vata dosha is mitigated. Vata dosha have an important role in stress response as Manas is controlled by Vata, which is also the controller of other Doshas. Vitiated Vata disturbs the functions of Indriya and mind, afflicts sensory faculties. As a result, it gives rise to fear, grief, anxiety and delirium.

#### **DISCUSSION:**

Ayurvedic Psychology Charaka in his treatise Charaka Samhita, describes eight essential psychological factors that are negatively affected in various ways in all psychiatric disorders. The psychopathological condition is a function of these factors, which are manas (mind), buddhi, smriti (memory), sajna jnana (orientation and responsiveness), bhakti (devotion), shila (habits), cheshta (psychomotor activity) and achara (conduct). Compared to other major Ayurvedic texts like Sushruta Samhita and Ashtanga Hridayam, Charaka Samhita gives more emphasis to the view of life as a selfaware field of pure consciousness and natural intelligence where the knower and the known are one. Ayurveda is very effective for stress management and to encourage body and soul to achieve composure of the mind.

#### **AYURVEDIC TREATMENT METHODS FOR STRESS:**

The panchakarma measures used are:

1. Vamana: induced therapeutic vomiting.
2. Virechana: purgation through therapeutic laxative, providing symptomatic relief of mental illness.
3. Vasti: enema therapy. Niruha Vasti cleanses toxins from the dhatus and removes naturally accumulated body wastes from the colon. Anuvasana Vasti is to be retained in the body for a longer period for effectiveness.
4. Nasya: Nasal medication acts as a purificatory aid to the head where major sensory faculties are located. The clarity of these faculties (indriyaprasada) leads to clarity of mind.
5. Shirodhara: medicated water, herbal oils and medicated milk are poured on the forehead through a special method for 30 to 45 minutes. It reduces anxiety, depression and mental stress and rejuvenates the central nervous system.
6. Shiro Vasti: keeping herbal oil in a cap fitted on head.

7. Panchakarma therapy is followed by shamana or purification treatment with oral medicines including herbal powders.

#### **AYURVEDIC MEDICINE FOR STRESS:**

Ayurveda classifies herbs with a stabilizing effect on the mind as 'medhyarasayanas'. These herbs promote the intellect and deeply nourish the neurological tissues. They are nervine tonics. These medicines act as specific molecular nutrients for the brain, promoting better mental health that leads to the alleviation of behavioral disorders. The medhyarasayanas enhance biological nourishment of the brain, producing tranquility of mind, concentration and improved memory. Ashwagandha, Brahmi and Shankhapushpi have a secondary mild sedative effect. Others like calamus have a mild stimulating effect.

Stress is relaxation with compound herbal formulation consisting of Tagar (*Valeriana wallichii*), Shankhapushpi (*Convolvulus pluricaulis*), Brahmi (*Bacopa monnieri*), Musta (*Cyperus rotundas*), Ashwagandha (*Withaniasomnifera*), Jatamansi (*Nardostachysjatamansi*), Munakka (*Vitisvinifera*), Raktachandana (*Pterocarpus santalinus*), Parpataka (*Fumaria indica*), Kutaki (*PicrorhizaKurroa*), Dashmula, Amaltas (*Cassia fistula*). This has been given in the dose of 20g twice a day as coarse powder to prepare decoction by 'Chaturthavashesh' method mentioned by Sharangadhara.

#### **CONCLUSION:**

Ayurveda can play an important role to control stress. Ayurveda provides a combination of benefits such as Pancha karma and Medya Rasayanas (Medicines). Dinacharya and Physical Exercises can have great benefits in Stress and Health. So in conclusion, Ayurveda can be a great remedy for stress and can offer some stress relief.

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