



ORIGINAL RESEARCH PAPER

Ayurveda

STRESS –A GENERAL REVIEW

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ABSTRACT

The good health is defined not only on basis of physical well-being but also on mental well-being. As per Ayurveda, "Prassana Atmendriya Manah swasth Ityabhidhiyate "[1] WHO also accept the definition of health that is physical, mental, social and spiritual wellbeing is health in true sense. At present era, we are living in a stressful world. No one is supposed to be free from stress. Our life is engulfed by stress. Acute stress is helpful to boost up our immunity but prolonged stress is responsible for suppression of immunity. Stress means feeling discomfort. And feeling of discomfort is not ease but it is a disease. Stress means later on we are going to trap in more than one disease. It is the prodromal stage of disease. So many psychological as well as somatic disorders occurs due to stressful conditions. Because of stress mind is affected resulting psychological disorders and then turned into somatic disorders.[2] Indigestion, Diarrhea, Hyperacidity, Gastric ulcer, Vatvyadhi, Obesity, Cervical spasm, Coronary artery diseases, diabetes, hypertension , musculoskeletal pain, headache, depression, irritable bowel syndrome, insomnia are the diseases produced due to stress. In this article we will take review on stress and its management.

AIMS AND OBJECTS:-

To study stress factor in detail and its management

MATERIALS AND METHODS:-

Various Ayurveda and modern text books related to stress are reviewed. Along with that various national- international research articles concerned with stress are also reviewed.

INTRODUCTION:-

Day to day stressful life of people has been taken into consideration. We are living in a materialistic world. We have more attraction of earthed things.

Now a day's life is not fair and easy to anybody. In present era we are facing more psychological problem than physical [3]. Stress constitute a cycle of negativity that can be injurious to self and all those closer to the individual. There are various causes of stress like money oriented mentality ,loss of partner, divorce, loss of service, death of a close relative, personal illness, money problems ,sexual problems, problems with boss, salary problems ,family arguments etc.

To get rid of above causes we take help of tea, coffee, tobacco, cigarettes, bidi or alcohol. All these substance give short time sense of well being, Long term continuous stress leads to psycho somatic disorders.

Origin of stress:-

Lack of self- realization is the main cause of stress. As our body (sharir) is (panchbhautik, [4] made up of five elements, means it is perishable. One day it will die or decay. So don't run to earn more money unethically .At the end of our life nothing is coming with us. So give up greed, jealousy, anger, money oriented mentality and selfish nature those are supposed to be the origin of stress.

Ayurveda and stress

When we go through Ayurvedic text, no doubt stress is responsible for mansik vikara. Stress is also one of the causative factor for more than hundred somatic disorders.

Fever - according to Ayurveda, stress(krodha) is responsible for Fever(jwar),Rudrakopa is supposed to be the cause of fever[5]

Agnimandya, ajirna , grahani - when we see the aetiological factors of agnimandya, ajirna and grahani, jealousy, greed, bhaya, shoka are causative factors mentioned in Ayurveda. [7]

Pandu – kam, chinta, bhay, krodha and shoka are the stress related factors responsible for pandu described in Ayurveda. [8]

Kushtha- gharma shram bhaya are the causes of kushtha explained in Ayurveda. [9]

Shirashool- manstap.

Vatvyadhi – there are eighty types of nanatmaja vatvyadhi along with somatic causes krodha, shoka, bhaya and kam are contributory causes of vatvyadhi. [10]

Unmad, and apsmar are the main vyadhis described in Ayurveda occurs due to stressful situation. [11]

Atisar, arsha and grahani - are the diseases caused by bhaya, shoka. [12]

Shosha- shoka is responsible for shosha.

Arochak ,chardi, trishna krodha and inferiority are the causative factors.

All vataj eighty and pittaj fourty nanatmaj vikara are stress related.

Signs of stress :-

In early stages, tachycardia, dyspnea, headache ,sweating dryness of mouth seen as a response to handle stress.

Due to persistence of stress, our body and mind results in wide range of symptoms such as neck pain, headache, pain in lower back, excessive blinking of eyes, sweating, high pitched nervous laughter, tremors ,indigestion, IBS, migraine, giddiness, increased blood pressure. Other symptoms includes difficulty in swallowing, hyperventilation, insomnia, weakness, and lack of energy. In addition stress may cause increased acid secretion leading to ulcer.

During fight or flight response the stress hormone adrenaline starts to release sugar, fats and cholesterol, in blood. Due to prolonged period of stressful condition the risk of cardiovascular disorders atherosclerosis, diabetes, hypertension, obesity, depression, dementia, irritable bowel syndrome, peptic ulcer are observed.

STRESS MANAGEMENT:--

Several studies and researches have shown that stress of any kind can have a negative impact on your immune system and your overall health. In this situation daily practice of yoga and meditation can help. Practicing yoga helps in making the breathing slower and deeper which improves the capacity of lungs and reduces the heart rate, normalizes blood pressure. Yoga activities enthuses the mind and dispels lethargy from the body. It brings a great change in human's behavior also. Yoga is the best way to eliminate all the pressure of a human being and keep all depression away. Yoga transforms a human personality totally.

As we are living in a materialistic world, money oriented mentality

For stress management we have to follow some easy tricks and tips like :--

- 1) Stop negative thinking and try to remain calm and cool.
- 2) Never lose your temper.
- 3) Pack up and throw all the negatives away and don't remember them.
- 4) Be respectful even to youngsters.
- 5) Appreciate what we have .Don't compare with others as it is the main reason for stress.
- 6) Be forgiving.
- 7) Silence makes you emotionally strong.
- 8) Eat regular small and healthy meals.
- 9) Avoid excess amount of tea, coffee, caffeine, smoking and alcohol.
- 10) Take healthy, fresh and seasonal fruits.
- 11) Take help of a counselor or psychiatrist to relieve stress.

CONCLUSION:--

On the basis of above description following conclusions has been made.

*According to our classical texts and modern literature various psychological (specially stress) factors plays significant role in various diseases.

*Yoga and meditation plays an important role in preventive management of mental stress.

*Proper management of ahara and vihara helps in avoiding stress and further management.

Money oriented mentality is responsible for stress. Universal truth is that no one is immortal in this world. You are going to die but do not know when. Everyone you love is also going to die but do not know when. At the end of your life, wealth you earned does not come with you. Then why you are taking stress unnecessarily. Don't see in past and do not think about future Enjoy every second of present life. Earn money ethically .Don't see out side but be introverted. It will help you to live stressfree.

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