

## STRESS MANAGEMENT IN AYURVEDA WITH CONTEXT TO VEDAS

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**Abstract:** - The man of 21<sup>st</sup> century is living the life under various stresses, strains and anxiety. Stress is often explained in terms of characteristics of the environment that are disruptive to the individual. The father of stress research Hans Selye described, stress “the non-specific response of the body to any demand.”

As we can say, the term ‘stress’ is difficult to define and it may differ people to people.

According to Acharya's, Stress depends on *Sattva*. People with *Pravara Sattva* do not get stressed easily. Whereas People with *Avara Sattva* are more prone to stress.

**Introduction:** - Stress is uncomfortable gap between how we would like our life to be and how it actually is. It's not necessary that stress effects different people in the same way. Response to stress either can be positive or negative.

Suddenly Occurring stress is called immediate stress.

Stress that we are facing in our daily life considered as daily hassles.

Stress can cause illness by impairing the workings of the immune system. The immune system guards the body against attackers, both from within and outside.

Stress can affect our body in different ways like increased bowel and bladder movements, increase in heart rate, increased blood pressure, obstruction of salivary glands, increased metabolic activities etc. It may result in insomnia, hypertension, asthma, heart diseases etc. Sometimes stress may lead to death by causing stroke. In Ayurveda, *Sattva* depends on *Mana*.

**Stress Correlation to Ayurveda:** - According to Ayurveda Acharyas, Every Process related to thinking, taking decisions etc. belongs to *Mana*. *Mana* performs its *Karmas* with the help of *Vyana Vatta*. The site of *vyana vayu* is *Hridaya* which is also the site of *mana*. There are three types of *Sattva* described in ancient ayurvedic literature.

- i. *Pravara Sattva*

ii. *Madhyam Sattva*

iii. *Avara Sattva*

The *Avara Sattva* people get stressed more often.

### Reasons of stress: -

i. External: - Pain, Environment, Financial, Death of loved ones etc.

ii. Internal: - Insomnia, Intoxication, Negative thinking etc.

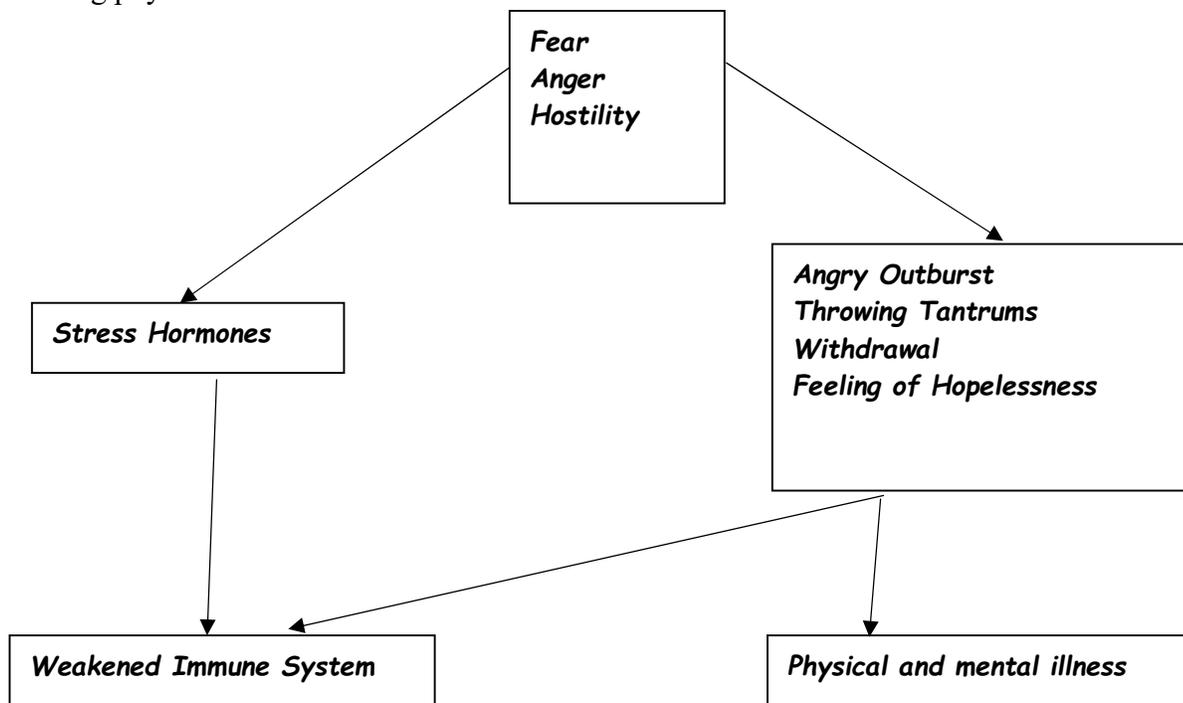
### Types of stress: -

i. Short term / Acute: -Fight, Flight, Infection, Fear etc.

ii. Long term / Chronic: - Long financial issue, Relation issue, Living alone etc.

**Relation of Stress with Illness:** - Stress can lead to unhealthy lifestyle or health damaging behavior.

Lifestyle is the overall pattern of decisions and behaviors that determine a person's health and quality of life. Stressed individuals may be more likely to expose themselves to pathogens, which are agents causing physical illness.



**Coping:** - Coping is a dynamic situation-specific reaction to stress. It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress. The way we cope with stress often depends on rigid deep-seated beliefs, based on experience.

To manage stress, we often need to reassess the way we think and learn coping strategies. People who cope poorly with stress have an impaired immune response and diminished activity of natural killer cells. Individuals show consistent individual differences in the coping strategies they use to handle stressful situations. These can include both overt and covert activities.

The three coping strategies given by Endler and Parker are:

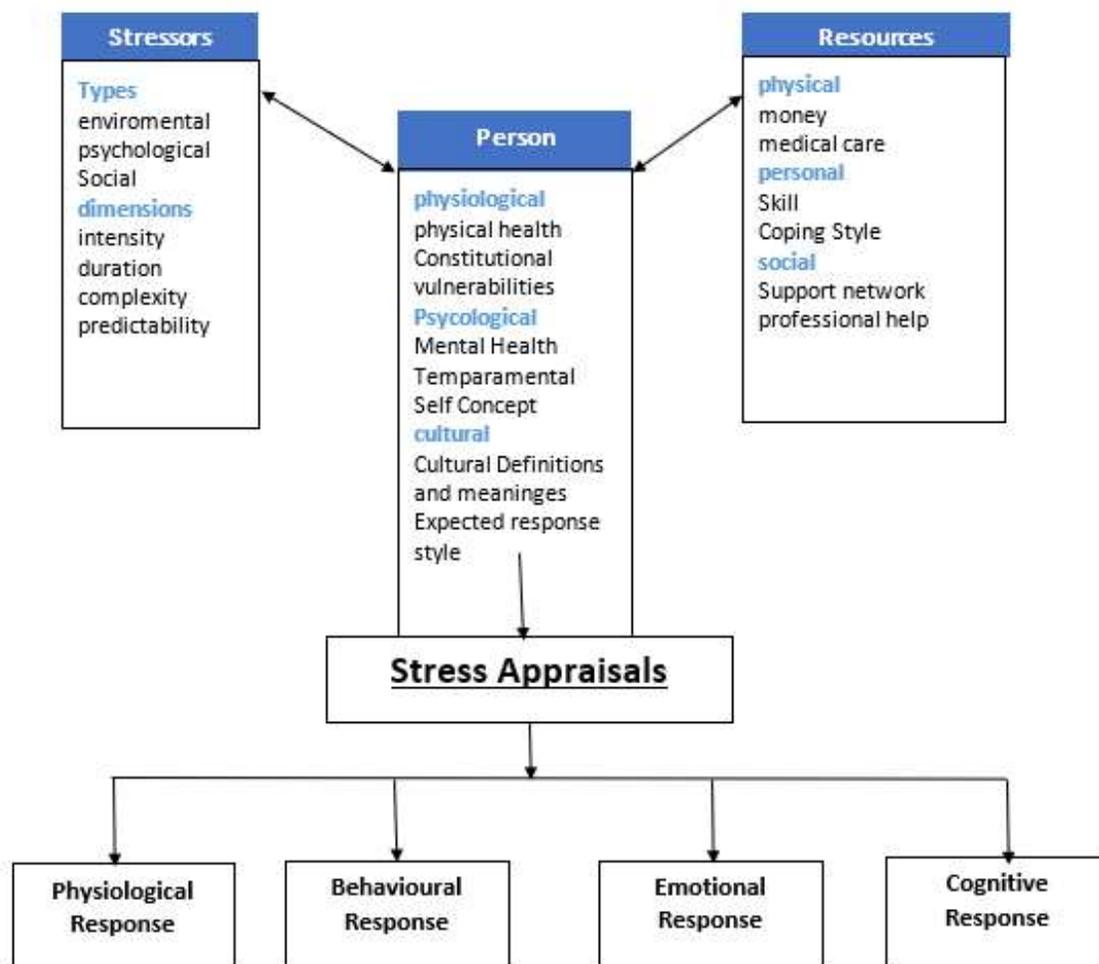
i. Task-oriented Strategy: -This involves obtaining information about the stressful situation and about alternative courses of action and their probable outcome.

- ii. Emotion-oriented Strategy: - This can involve efforts to maintain hope and to control one's emotions; it can also involve venting feelings of anger and frustration, or deciding that nothing can be done to change things.
- iii. Avoidance-oriented Strategy: - This involves denying or minimizing the seriousness of the situation; it also involves conscious suppression of stressful thoughts and their replacement by self-protective thoughts.

**Stress management Techniques: -**

- i. Relaxation Techniques
- ii. Meditation procedures
- iii. Exercise
- iv. Aachar Rasayana
- v. Sadvrita anusthannam

**Discussion: - A GENERAL MODEL OF STRESS PROCESS**



according to Ayurveda, With the help of *Mana* and *Buddhi*, *Indriyas* receives the knowledge of their respective subjects, in turn body makes necessary changes. Sometimes stressful conditions act as provoking agent, which disturbs the *Sanyoga* of *Indriyas* and *Mana*. This *Asatmayaindriyarthasanyoga* is known as *Indriyak Vyadhi*. In modern, these diseases are known as Stress Disorders. Achar rasayana is unique concept of Ayurveda which deals with mind factor. Achar rasayana concept given by Acharya Charak for nourishment of *mana* and *atma* which is also an important factor for human being.

**Conclusion:** - Stress can be described as pattern of responses of an organism to stimulus that disturbs the equilibrium and exceeds a person's ability to cope. Stress arises from blocking needs. Not all stress is inherently bad or destructive a little amount of stress acts as negative reinforcement to achieve the goals. *The amount of stress which enhances performance of individual and managing minor crisis is termed as eustress.* But the stress more than eustress makes a person anxious, to think more and work less. So, the stress which is responsible for reduced performance is *distress*.

**Mechanism:** A person can perceive changing environment as positive, neutral or negative with its consequences but if perceive negatively than harm, threat and challenge three things come in his mind for event and when it is stressful one move towards coping strategy. This coping varies person to person depending on type, intensity of stress and past experiences.