

Overcoming Stress through Ayurveda

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What is Stress?

- Stress is the emotional and physical strain caused by our response to pressure from the outside world.

Stress oriented behaviour

- Overeating/eating unhealthy foods
- Skipping meals
- Fatigue
- Alcohol consumption to manage stress
- Smoking to handle stress
- Keeping awake at night
- Feeling of anger/irritability

Two kinds of stress

- **Eustress**: Pushes you to achieve more. Moderate quantum of stress - a driving force for many achievements.
- **Distress**: Depletes our energy stores and causes damage

Types of Stress

Physical Stress

Mental Stress

Emotional Stress

How to tackle the Stress ?

- Through Ayurveda
- Through Yoga

How Ayurveda can help?

- Through 3 pillars of Health
- Herbs
- Special therapies / Procedures

Pillars of Health in Ayurveda

Diet

Sleep

Moderation

Diet and Stress

Diet to reduce Stress

- Vata pacifying Diet
- Milk : The protein, lactium, appears to have a calming effect on the body by lowering blood pressure and reducing levels of cortisol.
- Ghee
- Sugar : Natural Sugar

Sleep and Stress

Sleep and Stress

- Lack of sleep :
 - may induce depression
 - may hamper immune system
 - can age the skin
 - reduces the concentration
 - May fuel fatigue and fatigue fuels inflammation

Moderation and Stress

Moderation and Stress

- Slow down
- Avoid Multi tasking
- Regularity in life style is recommended

Herbs against Stress

Ashwagandha (*Withania somnifera*)

- Vata pacifying
- Adaptogen
- Anxiolytic property
- Antistress
- Rasayana

Shatavari (*Asparagus racemosus*)

- Adaptogen
- Rejuvenator
- General tonic
- Anxiolytic

Brahmi (Bacopa monnieri)

- Vata pacifying
- Calms the mind
- Improves memory and concentration
- Improves Sleep
- Reduces Stress
- Medhya Rasayana

Mandukaparni (*Centella asiatica*)

- Anxiolytic and antistress activity
- Cognitive enhancing effect
- Medhya Rasayana

Amla (*Emblica officinalis*)

- Potent Antioxidant
- Strong source of Vitamin C
- Rejuvenative
- Called as Fruit of Youth
- Reduces anxiety and Stress

Chyawanprash

- Powerful antioxidant
- Rejuvenator
- Natural source of Vitamin C
- Builds up Immunity

Triphala

- Balances all the doshas
- Reduces Aam (Toxins)
- Rasayana

Shilajit

- Rasayana
- Reduces Vata and Kapha
- Strengthens the body
- Revitalises
- Antianxiety
- Antistress

Curcuma longa (Turmeric)

- Vata Balancing
- Antiinflammatory
- Anti depressant
- Reduces Ama (Toxins)

Tulsi / Holy Basil (*Ocimum sanctum*)

- Reduces cortisol
- Anti-stress
- Anti-infective
- Enhances immunity

Shankhapushpi

- Anxiolytic
- Improves memory
- Improves concentration

Formulations

- Brahmi Rasayan
- Ashwagandharishta
- Ashwagandhadi lehyam
- Amalaki prash / Chywanprash
- Saraswatarishta
- Balarishta

Blue light effect and Melatonin

- Blue light reduces Melatonin
 - Sleep disturbances are caused
 - In turn the stress hormone increases
- Protection with Blue light filter glasses

Special Procedures against Stress

Abhyanga

- Pacifies Vata
- Reduces Stress
- Enhances blood circulation
- Relaxes the body
- Soothes strained nerves

Shirodhara

- Reduces Vata
- Relaxes and calms the mind
- Reduces stress
- Lowers blood pressure
- Helps in sleeplessness

Shirobasti

- Reduces Vata
- Relaxes the mind
- Nourishes the scalp
- Beneficial for hair

Shiropichu

- Pacifies Vata
- Reduces Stress
- Helps relieve headache
- Helps against Chronic Insomnia

Shiroabhyanga

- Relieves mental and physical stress
- Calms the mind
- Helps in Insomnia
- Improves the functioning of the sense organs

Swedan (Fomentation)

- Relieves Physical and Mental Stress
- Helps in detoxification through sweating
- Increases flexibility and promotes relaxation

Avagaha

- Reduces Mental and Physical Stress
- Beneficial in skin diseases

Basti (Medicated Enema)

- Considered as the best therapy for pacifying Vata
- Only with Basti ... 50 % of the disorders can be managed
- Matra Basti (Miniature Basti with Oil)