

IMPORTANCE OF SWATHA LIFESTYLE IN STRESS MANAGEMENT - A REVIEW

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Article Received on 15/09/2020

Article Revised on 05/10/2020

Article Accepted on 26/10/2020

ABSTRACT

In developing countries (including India) has led to people engaging themselves in converting time into money by this they are addicted to faulty lifestyle which playing important role in determining our Health all this is due to because people are very much far away from the meaning of health and importance of health form all dimensions i.e. physical, mental, social and spiritual. The judgment capacity of a stressed person is generally compromised and the faulty decision (known as pragyaparadha) is another important aetiological factor for several diseases (ibid). Thus, a vicious cycle is formed caused lot of stress to an already stressed person. They live in worry, tension, anxiety, fear & anger due to above factors & may suffer from the lifestyle related disorders such as hypertension, dyspepsia, indigestion, hyperacidity, diabetes, coronary heart disease etc. Such disorders can cause many other diseases or death. These diseases are often termed as 'Diseases of longevity'. Hence this work is intended to discuss the detail about Swasthya i.e. Health in Stress through Ayurveda.

KEYWORDS: Swasthya, Health, Stress, Mental Health, Lifestyle, Ayurveda.**INTRODUCTION**

The progress of human life largely depends on healthy body. The labour for money, status in the society & honour is not possible for an unhealthy man. As in Ayurveda also in a very deep concept they mention i.e. "Dharma Artha Kama Moksha Arogya Mula Utamam, . Health is most important worldwide term for "developing and developed" countries. But still a confused and an unaware term for common people and to world also. Too many definitions were given for health but Usually the People misunderstood and tend to believe that physical health is everything and continuously try out different preventive & curative measures to keep their selves physically healthy but that also not in a proper ways or with misconceptions and generally tend to ignore the mind (thought center) & the soul (emotion centre) aspect of the health. Despite of fast progress made by modern medical science, there are continues rise in health related disorders and people start to give importance to health when they got any lifestyle disease element. All these practical things we are seeing in our society and we can clearly explain that we are not conscious about the real meaning of health, its importance and its management in our life. People continuously stretch themselves in order to deliver high performance to move up the career ladder but the actually meaning of life with all these is very important to understand i.e. Ayurveda says about the Ayu of human is four types Hita ayu in term of physically health Ahit

ayu in term of physically unhealthy Sukha ayu in terms of healthy mentally socially and spiritually and Dukha ayu in terms of unhealthy mentally socially and spiritually i.e. Hita hitam sukham dukham ayutasya hita hitam manam chi tach yatrauktaayurved se aukataya. That's why we need to take holistic approach towards health and Ayurveda first aim is Swasthtasyasvastsya rakshnam then aturasvikarpraman ch.

Need To Understand Importance of Health

1. In Present era physical and mental lifestyle disorder are very common and the root cause is not focusing and understanding what health is and if a person understand this one term there is nothing left to him or her to understand.
2. The health having four dimensions i.e. Physical, Mental, Social and Spiritual and these all are dynamic process which changes daily, so let's focuses through Ayurveda, that why health is a dynamic process because as Sushruta says 'kala he syambhu' means kala i.e. time is everything and all things in this universes depend on time and it can't be in a state, so as time changes health also changes in terms of its all dimensions.

Ayurvedic Lifestyle

Lifestyles are patterns of behaviour or ways an individual typically lives. A lifestyle typically reflects an individual's attitudes, way of life, values, or world view. Therefore, a lifestyle is a means of forging a sense of self

and to create cultural symbols that resonate with personal identity. Not all aspects of a lifestyle are voluntary. Surrounding social and technical systems can constrain the lifestyle choices available to the individual and the symbols she/he is able to project to others and the self.

Social values, following traditions, daily routine and behaviour – they all together are known as lifestyle. Along with all cultural and practical ways, man's personal habits are also included in it. Many aspects of lifestyle are learned from parents, elders, friends, college etc. The eating habits, the ways of communication with people, timings of eating, sleeping etc. are such normal things which seem to be very simple but even they influence the whole families, society's and personal health. The figure of scientific research shows clearly that there is a definite relation between lifestyle and health.

Lifestyle modification is effective as either psychotherapy or pharmacotherapy and can offer significant therapeutic advantages. Important Lifestyle modification include exercise, nutrition and diet, time in nature, relationships, recreation, relaxation and stress management, religious or spiritual involvement, and service to others. Greater awareness of lifestyle factors offers major advantages. Lifestyle factors can be potent in determining both physical and mental health. In modern affluent societies, the diseases exacting the greatest mortality and morbidity— such as cardiovascular disorders, obesity, diabetes, and cancer— are now strongly determined by lifestyle. Differences in just four lifestyle factors—smoking, physical activity, alcohol intake, and diet—exert a major impact on mortality, and—even small differences in lifestyle can make a major difference in health status.

The importance of a healthy, balanced lifestyle is widely advocated within developed nations; here it is commonly perceived that the demands of modern living often exceed people's ability to cope with them. The assumptions about lifestyle balance are that a life congruent with one's values, skills and interests, composed of daily health habits, and relatively low in chronic stress will relate to positive life outcomes such as life satisfaction and quality of life. Additionally, we identify known indicators of imbalance, since much can be learned about healthy lifestyles by examining activity patterns that seem clearly unhealthy, stressful, or incongruent. Some of these tips may require a change in behavior, others may be ways to adjust the environment or schedule so not everything happens at once. The excuses have to stop. The attempts are to be made for necessary lifestyle changes to live longer and more healthfully.

Faulty Lifestyle, Highway to Formation of Psychosomatic Disease

Lifestyle is the way in which a person lives. Ayurveda opines that the way of living is the reason for both health

and disease. Not following the prescribed daily / seasonal regimen, dietary rules and regulations, having sedentary lifestyle all lead to disturb the level of health. Almost 95% of diseases all over the world are caused by a—faulty lifestyle, says a latest book on the effect of lifestyle on people's health. A faulty lifestyle also includes eating the wrong food at the wrong time at the wrong place, in a wrong manner, in a wrong dose, in a wrong environment, excess consumption of alcohol, sedentary life and so on. There are lots of researches which have proved that a faulty lifestyle ends up in various health conditions leading to diseases. This is an important and common cause for stress.

Ayurveda very clearly mentions that Chesta Dewsha (~sedentary lifestyle) will lead to increase in Kapha and Medas and also various diseases related with over nutrition. Once the consumed macronutrients are not converted into energy and used up, they tend to get settled as triglycerides in adipose tissue especially in skeletal muscles. Lack of exercise leads to diminished mitochondrial lipid oxidation. The hampered skeletal muscle lipid turnover leads to hypertriglyceridemia. Many studies also have proved that sedentary lifestyle is important cause for psychosomatic diseases.

Managing Stress Through Lifestyle Modifications

- Balanced diet
- Avoid smoking & alcohol
- Regular exercise
- Sleep on time & proper duration
- Leisure
- Relaxation process as shown in below picture.

Health in Ayurveda

Perfect health in the Ayurveda system involves not only physical wellness, but also emotional, mental, and spiritual wellness. Mind, soul and body – these three are like a tripod; the world is sustained by their combination; they constitute the substratum for everything. This (combination of the above three) is Purusa; this is sentient and this is the subject matter of this Veda (Ayurveda); so it's brought to light. The term—Ayus" stand for the combination of the body, sense, organs, mind and soul, and its synonyms are dhari – the one that prevents the body from decay, jwita – which keeps alive, nityaga – which serve as a permanent substratum of this body and Anubandha – which transmigrates from one body to another. As it is beneficial to mankind in respect of both the worlds i.e. this life and the life beyond, Ayurveda, the most sacred and honoured by those proficient in the Veda will now be expounded (C.Su. 1/ 42,46,47).

Psychosomatic Considerations in Ayurveda

The study of mind is called as Psychology. The profunder of Ayurveda were probably the first who gave detailed description of mind and body relationship. They clearly stated that, the mind and body are two separate entities. The sense faculties are capable of

perceiving their respective objects only when they are motivated by the mind. Mind, on the other hand, transcends all sense perception. It is known as 'sattva'; some call it 'cetas'. Its action is determined by its contact with its objects like happiness, misery etc., and the soul; this acts as a driving force for all the sense faculties. (C.Su. 8/4,7).

The word Manas is came out from the Dhatus and it forms the meaning of this is through which we are collecting the knowledge and objects that is called as Manas.

Primary psychological conditions caused purely by mental disorders are Kama (lust), Krodha (anger), Lobh (greed), Moha (delusion), Irshya (jealousy), Mana (pride), Mada (euphoria), Shoka (sorrow, grief), Chinta (anxiety), Udvega (neurosis), Bhaya (fear), Harsha (happiness).

The psychiatric conditions caused by a combination of physical and mental (psychophysical) disorders are Unmada (psychosis), Apasmara (convulsive disorder), Apatantraka (hysteria), Atattvabhinvesha (obsession), Bhrama (illusion, vertigo), Tandra (drowsiness), Klama (neurasthenia), Mada-Murchha-Sanyasa (loss of sensory perception due to coma), Madatyaya (alcoholism), Gadodvega (hypochondriasis).

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 self-aware 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 (Ramesh and Kurian, 2013).

Stressors

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.^[26] 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. The role of psychological disorders in the causation of stress has also been stressed by Cakrapani.

Nidraharatwam rasayanasaya vaikaridraharratwena kim va devavat sarvada prabuddho nidraharitow bhawathi. (C.S.Ci. 1/2/3).

Further, excessive use or inappropriate / unhealthy use of sensory organs also plays an important role in the aetiology of several diseases.

Tab yatha- kalaviprayah, Pragyaparadhah, Sabdasprasaruparasagandhasacasatmyaiti. (C.S.Su. 28/7).

The causes of the diseases relating to both mind and body are three fold wrong utilization, non-utilisation and excessive utilization of time, mental faculties and objects of sense organs.

Signs of Mental Health Ass Per Ayurveda

- Good memory
- Taking the right food at the right time
- Awareness of one's responsibilities
- Awareness of the self and beyond self
- Maintaining cleanliness and hygiene
- Doing things with enthusiasm
- Cleverness and discrimination
- Being brave
- Perseverance
- Maintaining cheerfulness irrespective of the situation
- Fearlessness in facing situations
- Sharp intellectual functioning
- Self-sufficiency
- Following a good value system
- Ability to proceed steadily against all odds.

Ayurveda Treatment Methods

The Pancha Karma measure used are

1. Vamana - induced therapeutic vomiting
2. Virechana - purgation through therapeutic laxative, providing symptomatic relief of mental illness.
3. Vasti - enema therapy. Nirooha Vasti cleanses toxins from the dhatus and removes naturally accumulated body wastes from the colon. Anuwasana 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 (indriya prasada) leads to clarity of mind. Special Techniques are used whereas include
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 samana or purification treatment with oral medicines including herbal powders.

8. Anti-stress effect against stress related changes in immunoglobulin in the body due to the battery of stresses encountered at Antarctica, Rasayana therapy has an advantage over the conventional Kayachikitsa treatment in such conditions, as it is capable of counteracting the stress, promote the adaptogenic abilities of the body, enhance mental endurance.

Ayurvedic Lifestyle Modification

Lifestyle is the way in which a person lives. Lifestyle changes can promote in the management of stress. A healthy lifestyle involves right quantity and quality of food and regular exercise which helps a person to be in complete state of physical, social and mental well-being, whilst having the ability to meet the demand of the environment without undue fatigue. —Following of daily and seasonal regimen is the best lifestyle that can be adopted by a person to be healthy says Ayurveda.

Ayurveda science is designated as Ayurveda where advantageous and disadvantageous as well as happy and unhappy life alongwith what is good and bad for life, its measurement and the life itself are described – vide sutra. Good health stands at the very root of virtuous acts, acquirement of wealth, gratification of desire and final emancipation from the world. Diseases are destroyers of health, well-being and life. (C.Su. 1/41,15).

Actually Ayurveda is to control stress & great remedy for stress & stress relief. Ayurveda provides a combination of benefits such as Pancha karma and Medya Rasayanas (medicines) practice and guided Swastvritta as an Ayurvedic lifestyle modification for the prevention, promotive & curative effective in the management of stress. Ayurveda teachings suggest a lifestyle, which helps to achieve life goals & also prevent from various lifestyle related disorders & disease. Ayurveda, thus, is a science to prevent disease & maintain ongoing positive health. The following are the main rules related to lifestyle that one should follow in order to achieve positive health & a longer & happy life – Ahara Niyamas (Dietary Principles), Nidra (Sleep), Brahmacharya (Regulated sexual activities), Dincharya (Daily Regimen), Ritucharya (Seasonal regimen), Vyayama (Exercises), Sadvritta (Good conduct / Social behavior). (C.S.Su. 1/67).

CONCLUSION

‘Svastha’ is Free from the disease i.e. healthy and the regimens followed to keep one self-healthy is ‘Swasthvritta’. It is defined as a state of resistance through the defence activities of human body against the disease. And this can be attained by getting proper nutrition, minimal exposure to pollutants, reducing stress in one’s life. Charaka gives the ways to live in accordance with the nature. Overall the explains the ways to Sukhayu and Hitayu and gives stress on preventive and social medicine. Let’s make understand it to the common people from all dimensions like physical

and specially the mental, so all can understand the Aim of life i.e. Dharma Artha Kama Moksha and this can be only attain by a healthy person. So the future generation of the Indian and world can be free from all kind of physical and mental life style disorders. This module is prepared with an intention to create awareness about holistic aspects of health through Ayurveda and full world need to understand this concept and follow. Thus following proper lifestyle described in Ayurveda any person can attained proper ‘Swastha’ life.

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