

“Role of Ayurvedic Medicines in Relieving Stress”

(A review)

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ABSTRACT: Stress leads to negative health consequences. When stress is not handled with proper care it leads to serious problems such as ulcers, high blood pressure, arthritis, heart problems, also Symptoms pertaining to mental/emotional health include irritation, lack of focus, anxiety, and depression.

During stress the brain is overloaded with powerful hormones that are intended only for short-term duty in emergency situations. Their cumulative effect damages and kills brain cells. In order to cope with Stress Ayurvedic, allopathic medicines are available or it can be managed by changing life style.

Key words; stress, brahmi, ayurveda, bhasmas

Introduction:

Under stress there is hormonal imbalance, this is responsible for the increase of blood pressure, palpitation, perspiration, increase of glucose level of blood, repeated urination and much more.

With over stress people complain of being tired, unable to fall asleep or to obtain a restful night's sleep. They have plagues of aches and pains, lack of energy, lack of enjoyment of life. They feel depressed, anxious, or just unable to cope with life.

Controlling stress by Ayurveda

Ayurveda can be termed as a science which believes that the secret of a good health and controlled mind is harmony with nature. According to Ayurveda, the practice of yoga, which is a disciplined science of life, is a very important, natural, preventive measure to ensure good health [1-2]

According to Ayurveda Prana (life energy) governs two other subtle essence ojas and tejas. Ojas (the essence of the seven dhatus or bodily tissues) is responsible for the auto-immune system and mental intelligence. Tejas (fire or energy) governs metabolism through the enzyme system. Agni (central fire or energy source in the body) promotes digestion, absorption and assimilation of food. Proper diet, exercise and lifestyle can create a balance among these three subtle essences, ensuring long life [3] In Ayurveda following plants and Bhasmas are important for relieving stress Brahmi, Ashwagandha, Sankhpushpi, Ayurvedic and Swarna Bhasma

Brahmi- Brahmi is an annual creeping plant found throughout India including the North Eastern region. Two chemicals in Bhrami, bacosides A and B, improve the transmission of impulses between nerve cells in the brain. The neurobiological effects of these isolated molecules were found to increase protein kinase activity and new protein synthesis, specifically in cells in region of the brain associated with long-term memory. Bacopa also increases the level of serotonin. So it (Bramhi) has ability to boost brain function and reduces anxiety, this herb also induces a sense of calm and peace in its users. It is unique in its ability to invigorate mental processes whilst reducing the effects of stress and nervous anxiety.

Ashwagandha -it is used to reduce stress, trauma, anxiety and fatigue, and has many other positive health benefits. Ashwagandha is a wonderful adaptogen, increasing the body's resistance. Studies have shown that Ashawagandha have anti-stress activity in rats [4]

Some workers [5] have shown that Ayurvedic Swarna Bhasma and Unani Kushta Tila Kalan elevates the Serotonin level in rats

Shankpushpi is an Ayurvedic drug used for boosting memory and improving intellect. It is used as a brain stimulator and memory enhancer. It is a wonderful brain tonic which aids in improving its ability and capacity and for rejuvenating nervous functions. It enhances learning, memory, intelligence, concentration level and the ability to recall [6]

Sankpushpi plants are reported to contain several types of alkaloids, flavanoids, and coumarins as active chemicals that bring about its biological effects.[7-12]

This drug has action on the central nervous system, especially for boosting memory and improving intellect [13].

CONCLUSION:

stress is unavoidable the stress or anxiety is a process which begins with a source of stress or a "Stress inducer" which may be any type of conflict with our mind .As a result of this, certain biological reactions are triggered in our body. The body warns about this stress by displaying certain symptoms such as increased blood pressure, sweating, cold hands, palpitations and trembling of hands etc. these are in a way warnings or signals to the body to avoid stressful environment(stressor). Stress levels rest largely on our own behavior and decisions and that we can optimize our bodies' responses to stress based on how we live our daily lives.

The effect of stressor can be reduced/avoided by strengthening will power or by changing life style or one may opt for taking medicines (ayurvedic/allopathic).

Although the therapeutic value of several Ayurvedic medicines has been established but the proper research has not been done. Their efficacy should be tested in clinical trials much like synthetic drugs, yet numerous methodological and logistical problems exist.[14] Many consumers believe that Ayurvedic medicines are natural and therefore safe, but there are reports that Ayurvedic medicines purchased via the Internet contain detectable lead, mercury, or arsenic.[15].

Ayurvedic medicines need more scientific testing before being used as there are very few randomized controlled trials done and published about Ayurvedic drugs. This finding is confirmed by Thatte *et al.*[16]

Also anxiety medications aren't a cure. Medication may treat some symptoms of anxiety, but can't change the underlying issues and situations in your life that are making a person anxious.

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