



Mental and Physical Effects of Stress

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All of us are living in the stressful times. Hassles, deadlines, frustrations and demands of our day to day life are ravaging our body, mind, spirit and heart. When we constantly run in emergency mode our body and mind have to pay the price. According to Ayurveda, stress effects our mental and physical health and can result into serious illness. Ayurveda can offer you beautiful perspective to manage stress but firstly it is important know what effects it can cause to our mental and physical health.

How does stress affect your mental health?

According to Ayurveda, overuse or misuse of mind causes mental stress. Intense or rigorous mental work a day can cause Prana Vata imbalance and person becomes stressed and his mental functions like; dhi (acquisition), dhriti (retention) and smriti (recall) are impacted. Apart from this, stress can affect your mind in the following ways:

- Your mind becomes hyper active
- You lose the ability to make clear decisions
- Your ability to think positively and even to fall asleep diminishes
- Inability to concentrate & poor judgment
- Anxiety, Constant worrying, mood swings
- Short-temperedness, agitation and inability to relax
- Sleeping too much or too little

What are the physical effects of stress?

Over-exhaustion or working for extended hours in physically taxing jobs can stress your body. Stress not only affects your mental health but your physical health as well. Person begins to experience fatigue, lethargy along with mental fogginess and dullness of mind. Excessive stress can affect your physical health in the following ways:

- The three sub-doshas; Shleshaka Kapha; related with lubrication of joints and moisture balance in the skin, Vyana Vata; governing circulation, nerve impulse and sense of touch and Tarpaka Kapha; governing neuro humors; go out of balance.



- Sluggish digestion and formation of ama (impurities) in the body
- Regeneration of cells slows down
- Physical tiredness, Chest pain and Rapid heart beat
- Aches and pain, frequent colds
- Addiction to cigarettes, alcohol or drugs to relax
- Nervous behaviour like; nail biting, pacing etc.

What are the Ayurvedic treatments suggested to alleviate stress?

Several types of Ayurvedic treatments including the following can help to eliminate the stress:

- **Herbal Treatment:** Herbs referred to as adaptogens are used to reduce stress including; root of ashwagandha, shankhpuspi, brahmi (gotu kola), jatamansi (musk weed). These herbs not only help to reduce stress but also help to fix vata imbalance. All these and various other life rejuvenating herbs are available with Apurva Ayurveda Healing and are prescribed according to your needs and requirements.
- **Diet Treatment:** A nutritious and balanced diet is advised to counteract stress. We, at Apurva Ayurveda Healing offer you dietary plans that can pacify your doshas accordingly. You are advised to eat healthy, whole food and minimize eating processed foods, stimulants and refined sugars.
- **Sirodhara Treatment and Massage:** Sirodhara treatment (Oil treatment over forehead) offered by Apurva Ayurveda Healing deeply relaxes your mind and body by increasing level of feel-good hormones like; serotonin and melatonin in your body. Moreover whole body massage with herbal medicated oils will free your body of toxins and improve circulation as well.
- **Panch Karma (Detoxification):** Undergoing Panch Karma (Ayurvedic Detox Treatment) offered by Apurva Ayurveda Healing helps you to maintain strong and healthy metabolism and as well prevents toxins to get accumulated in the body. It also corrects the imbalanced doshas by identifying the root cause of stress.

Contact Apurva Ayurveda Healing to replenish yourself with Positive thinking, energies and harmony at all the levels to wipe out stress of your life.