

VEDIC LIFE STYLE IN STRESS CONTROL

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ABSTRACT

The review article to prove that control of Stress, now the problem is of coping with the stress. It is more of a psychological rather than a medical problem. It can be treated medically are the effects of stress but not its causes, In Indian scriptures, there are many ways like Vedic Daily Lifestyle in included (yogic literature, meditation techniques) and respiratory controls that try to remove the cause of the stress.

Keywords: Vedic lifestyle, Veda Psychology, Daily lifestyle, mental health

INTRODUCTION

India, one of the oldest civilizations around the world, is the country with a long history of almost 5000 years and extremely complex social structure. Lifestyle is the perception of a particular society towards life and the way its people live, think and behave. It includes dietary practices, physical-mental activities, cognitive exposure as well as cultural and environmental revelation. The "Vedantic" literature says that life is *sacred and eternal* and according to this belief when the life particles interact with material elements, various events like birth, disease, old age and death result. In Rig Veda, desire for longevity and health (mental and eternal physical) is best exemplified in the much quoted Atharva Veda *sukt*: "*Pashyem sharadah shatam, jivet sharadah shatam*" (let me see 100 autumns, let me live 100 autumn)

Stress is a priceless poison of 21st century, . It can disturb any one's physical, mental, emotional and behavioral balance. Stress can damage different parts of human body from muscles from tissues to organs and blood vessels. It can speed up pulse rate and respiration. It can raise blood pressure and body temperature. It can also interfere with the body metabolism, digestion, appetite, sleep, sexuality and even fertility. Vedic life style as a best preventive and post medicine of stress. It can helpful in managing stress, express emotions, meditation, activating chakras (energy centers), enhances memory, give pleasure and alleviate pain etc...

Types of stress

Physical stress - exercise, hard labor, birth
 Chemical stress - environmental pollution such as exposure to pesticides and cleaning solvents, and the personal use of chemicals, such as drugs, alcohol, caffeine, and nicotine
 Mental stress - high responsibility, long hours, perfectionism, anxiety, and worry
 Emotional stress - anger, fear, frustration, sadness, betrayal, bereavement
 Nutritional stress - vitamin and mineral deficiencies, protein or fat excesses or deficiencies, food allergies
 Traumatic stress - infection, injury, burns, surgery, extreme temperatures
 Psycho-spiritual stress - relationship, financial or career pressures; issues of life goals, spiritual alignment, and general state of happiness

Stress disorders

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 (psycho-physical) 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 leading to coma), madatyaya (alcoholism), gadodvega (hypochondriasis).

Veda (Ayurveda) 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.

Veda and Stress

The Indian lifestyle is embedded in the principles of "karma" (action) and "dharma" (the righteous way to do the work). In the past and at present, both "karma" and "dharma" are given maximum importance in all Indian activities and deeds. According to the ancient scripture writers (Shastrakars), the dharma is based on four major factors i.e., (i) "Desa" (place, region); (ii) "Kal" (time); (iii) "Karma" (action, efforts, activities); and (iv) "Guna" (natural traits). It was the prevalent belief that a person should perform his "karma" as per the condition, demands, and experience of self as well as in perspective of "desa" and "kal." In this frame, only the activities carried out as per time, place and condition were considered as "Dharma." Indeed, "desa" and "kal" were significant factors contributing to dharma.

In Ayurveda, Shushruta advocates for "swasthya vritta" (positive health) recommending "dincharya" (daily routine), "ritucharya" (seasonal routine), diet, exercise and virtuous conduct for positive health. Spiritual dimensions of personality are recommended by "Upnishads." 'Buddhism' favors to lead a well ordered life by opting middle course between self-indulgence and extreme simplicity. 'Jainism' emphasized non-violence, vegetarianism, warmth and human sympathy. 'Christianity' talked a lot about individual living style, systems and ways of salvation. 'Yogguru Patanjali' advocated

to follow eight-fold path of yoga to get insight and sublime purity of the soul. This could be achieved through adopting a particular lifestyle including 8 steps of "yoga" (1) "Yama" (self control) with five rules, i.e., non-violence, truthfulness, not stealing, chastity and the avoidance of greed; (2) "Niyam" (observance) through purity, contentment, austerity, study of Vedas and devotion of God; (3) "Asana" (posture) (4) "Pranayama" (control of the breath) (5) "Pratyahar" (restraint) (6) "Dharana" (steadying of the mind) (7) "Dhyana" (Meditation) and (8) "Samadhi" (deep meditation). All of these lifestyle concepts are being followed by various communities across the country till date.

Sachin Kumar Srivastava and Archana Sharma (2014) study that the rich Hindu literature has since years contained methods and techniques that will help mankind to face the pressures and maintain a healthy mind, body and soul. This research papers deals in managing stress by understanding some aspects of Vedic literature.

Sasidharan K Rajesh et al (2014) suggested that the yoga texts like the *Taittiriya Upanishad*, the *Bhagavad Gita*, and the *Yoga Vashistha* describe stress in their unique ways. We have here attempted a detailed classification, description, manifestation, and development of a disease and its management through these models. This paper in a nutshell projects these two models of stress and shows how they could be used in future for harmonious management of lifestyle disorders.

Lifestyle Methods and stress Control

Life Style Methods is Recorded Indian Traditional Ancient tips. Modern life often violates the principles of natural living. We work long hours in offices with artificial light and air conditioning systems. We rush from one mundane task to the next while being bombarded with advertising, constant noise and pollution. Pure water, air and food are becoming scarce resources, in an environment that is becoming increasingly toxic. Our lifestyles are often as detrimental to our health as the environment. We don't have time to prepare breakfast. We eat a fast-food lunch at our desk and a pre-prepared dinner in front of the television. Coffee keeps us alert, alcohol 'relaxes' us and drugs treat our ailments. When the weekend arrives we are so exhausted that we often don't even have time to really enjoy! And then it is Monday again with that familiar feeling of dread. We are back in the race of trying to make enough money to buy processed food, gadgets to save us time and amusements to distract us from the monotony of our lives. In our efforts to seek pleasure we are working hard to achieve personal suffering and poor health. The modern age with its fast-paced life has taken its toll on the family life of people in general. After the day's hard work people are left with almost no time to even talk to other members of the family. This has created a sort of artificial barrier between each other. The net result is utter non-cooperation and incongruence—the son does not know where his father is going the next morning or the mother is not aware of her daughter's greatest day in school the next day. There are also examples of a 'family' of four living together as neighbors in separate rooms, with individual television sets, bathrooms and wardrobes.

Lifestyle is broad terms that addresses nutrition, physical fitness, hygiene, sleep, stress management, and is determined by one's level of social adjustment, worldview, culture, and personal choices.

Dina Charya (Daily Follow)

In Sanskrit the daily routine is called the Dinacharya. Din means 'day' and 'acharya' means 'to follow' or 'close to'. So Dinacharya is basically an ideal daily schedule for us which takes into account the nature's master cycle and suggests actions to follow. Veda recommends that in order to be optimally healthy we should tune our bodies to the nature's master cycle which in turn regulates the various other rhythms.

Morning

- From 2 until 6, or until dawn, the Vata element is dominant. Waking up an hour before dawn you utilize the Vata qualities in the nature. Vata is light, subtle and clear and

this helps in tuning the body to the delicate messages the nature sends. This is the time when there is the most sattva in the air. It is the most fresh and pure time of the day.

- Drinking a glass or two of warm water helps in the elimination.
- Brush the teeth and scrape the tongue.
- Massage the body (abhyanga) with sesame oil. This massage need not be long and cumbersome. Massaging the Scalp, forehead, temples, hand and feet for about 2 – 3 minutes is sufficient.
- Bathe in water which is neither too hot nor too cold.
- Exercise a little doing some Yoga postures and breathing exercises (Pranayam). Meditate for about 15 minutes.
- Breakfast should be warm, nourishing and wholesome

Noon

Lunch should be taken early between 12 and 1P.M. this coincides with the peak Pitta period, Pitta is responsible for the digestion. Ayurveda recommends that the lunch should be the largest meal of the day. After the meal it is good to take a little walk, a couple hundred steps only, to help the food digest. Anything more than a short nap should be avoided because sleeping in the day is prohibited in Ayurveda.

Sun Down

Sundown is a special time of balance between day and night. In this balance it is easier for your mind to stop long enough so that you can see your Self. This is the time for evening prayers and meditations in many cultures around the world.

Dinner: 6-7 P.M

- It should be taken around 6 – 7 P.M. It should be lighter than the lunch. The dinner should be at least three hours before bedtime as gives the body ample time to digest the food. Sleeping just after the dinner with a heavy stomach is not conducive to a sound sleep.
- Walk to aid digestion for about 10 – 15 minutes.

Bedtime

9.30 – 10.30 P.M.: Search to sleep so that you can get 6 to 7 hours of sleep before 4:30 am. A good practice is to massage the soles of your feet with a calming before going to bed. This will calm your system and promote well being.

Samadosa samagnisca samadhatau malakriya/Prasannatmendriya mana swastha ityabhidhiyate// Susruta Samhita Sutra 15/48

Charaka identified three main causes that can create an imbalance in the tridoshas and eventually lead to disease: Charaka, one of the founding-fathers of Ayurveda wrote in his magnum opus, Charaka-Samhita, thus:

Dharmartha-Kama-Mokshanamarogyam Moolamuttamam Rogastasyapahartaraha-Shreyaso-Jeevitasya Cha

"According to the Vedas, the purpose of human life is to strive for the following four Purushartha (Great Goals)—Dharma (pursuing one's religion), Artha (attaining economic development), Kama (accomplishing regulated sense-gratification) and Moksha (attaining liberation). The basic requisite for attaining all the four Purushartha is Arogya (health). The greatest enemy of Arogya is Roga (diseases) that are the main obstacles for the human beings in their path to the Great Goals." We should imbibe the habit of keeping our mind in the highest Guna (state). The mind has three Gunas (states). They are Sattva (knowledge, purity), Rajas (action, passion) and Tamas (inertia, ignorance). As Sattva decreases, mental strength, determination and the power to discriminate (to distinguish right from wrong) also decrease. When such a state is prolonged, the mind becomes stressed. This may then lead to other mental disorders like anxiety, depression, fear and nervous debility.

Sanae Fukuda and Kanehisa Morimoto (2001) suggested that the those lifestyle effects on not only mental stress itself but also cortisol

levels should be considered, when assessing stress by cortisol levels.

Gupta N et al. (2006) suggested that the reduced. Among the diseased subjects significant improvement was seen in the anxiety levels of patients of hypertension, coronary artery disease, obesity, cervical spondylitis and those with psychiatric disorders. The observations suggest that a short educational programme for lifestyle modification and stress management leads to remarkable reduction in the anxiety scores within a period of 10 days.

Dusek JA et al.(2008) significant that the the start of medication elimination, patients in the relaxation response group were more likely to successfully eliminate an antihypertensive medication (odds ratio 4.3, 95% confidence interval 1.2-15.9, p=0.03). Although both groups had similar reductions in systolic blood pressure (SBP), significantly more participants in the relaxation response group eliminated an antihypertensive medication while maintaining adequate blood pressure control.

Y M Uma (2010) study that the Through Yoga one can conquer the hold on body and mind .Here is an attempt to know the importance of *Bramha muhurtha* and Yoga to achieve health from the metabolic disorder - Diabetes.

Yadav RK et al (2012) significant that the yoga-based lifestyle intervention reduced the markers of stress and inflammation as early as 10 days in patients with chronic diseases; however, complete results of this study will confirm whether this program has utility as complementary and alternative therapy.

Arun Pratap Singh and Girishwar Misra (2012) suggested that the need for urgent attention to deal with the emerging concerns of risks and promoting factors of health through relevant policy-oriented reformulation, coordinated efforts among stakeholders, and initiating culturally appropriate lifestyle interventions among adolescents.

Tiwari, and Nisha M Pandey(2013)study that the advocated principles of Indian concepts of lifestyle and paying proper attention to mental illnesses of older adults and recognizing their problems may preserve mental health in old age.

Suzanne H McKenzie, Mark F Harris (2013)study that the Maintaining healthy lifestyle behaviours is complex and constantly under challenge from external stressors. Practitioners can assist patients with maintaining healthy behaviour by providing targeted support to moderate the impact of external stressors.

Aki Yazawa et al(2014) study that the Psychological stress among local residents was linked to the type of lifestyle changes they had experienced, where the adoption of a more market-oriented lifestyle, irrespective of current affluence, was associated with less psychological stress.

Sachin Kumar Srivastava and Archana Sharma (2014) study that the rich Hindu literature has since years contained methods and techniques that will help mankind to face the pressures and maintain a healthy mind, body and soul. This research papers deals in managing stress by understanding some aspects of Vedic literature.

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CONCLUSION

Cultural heritage of India is very rich and have its constant impact on every feature of the society including lifestyle. Presentation, diagnosis, management, course and outcome of mental illnesses are influenced by cultural factors. Mental illnesses in old age are very common than other age groups; one fifth of the older adults (20.5%)

are suffering from one or other mental illnesses. Therefore, to understand mental-health in old age, one should be aware of lifestyle aspects as well as familiar with ancient Indian perspective in addition to clinical abilities. Traditional beliefs and values are still transferred by one generation to other generation; which affect the clinical presentation of mental illnesses and their management.

The Indian model of the society has excellent concepts regarding the all round development of an individual with proper stress on the importance of caring for the ageing members of the family. Wisdom through the ages and ancient concepts has survived because of their sheer practicality and because they are capable of transforming society into something it should ideally be. The old age deserves the recognition and attention they have been deprived of. And going back to our Indian roots is the only way, which goes down deep enough to tackle every single issue regarding elderly.

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