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Ayurvedic Management of Stress Disorders

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Ottawa, Canada

- A. Introduction to MIND
- B. Causes of Stress Disorders – Pragyapradh – Mistaken intellect
- C. Stress disorders – Dosha type
- D. Treatment of Stress Disorders
 - 1. Brain as Mind
 - 2. Neurochemicals and Mind
 - 3. Mind expression of Atma “Pure Consciousness”
 - 4. Mind and Trigunas: Three qualities called Tri Guna are Sattwa, rajas and Tamas. For the purpose of understanding we can compare these to Potential or Initial energy, Dynamic energy,

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Static energy. Balance of these three qualities is the basis for mental health and imbalance can be cause of mental disorders. Nature of mental disorder will be based on the quality that is out of balance. Out of these three mental attributes only Rajas and Tamas are called mental doshas as only they can cause imbalance by both increasing and decreasing. While Sattwa quality is always good to have more, though it results in imbalance when it is low.

Correspondence of Tri Guna to Tri Dosha

Sattva – Pure Vata

Rajas – Vata, Pitta

Tamas – Kapha

B. Causes of Stress

1. Extrinsic:

a: Wrong Diet- Rajasik and Tamasic food, Junk food, Alcohol or other drug addictions etc

b: Wrong Lifestyle- Deprivation or Irregular sleep routine, Inappropriate use of senses as watching exciting, aggravating or horror TV programs, movies

c: Wrong Behavior: Narrow and self-centered mindset results in faulty perception, experiences and conclusions about life, relationship creating stress in day to day experience resulting in fear, anxiety, depression, short attention span and if this continues for long time can become serious mental disorder.

Intrinsic: a: Mental- Low sattawa, increased mental doshas i.e Rajas – Hyperactive mind or Tamas – Dull or sluggish mind.

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b. Biological Humor- Increased doshas Vata, Pitta and Kapha single or in combination can result in corresponding symptoms of mental imbalance.

C. Mental disorders – Dosha type

Vata Type: Vata which corresponds to nervous system governs mind. Three qualities called Tri Guna are Sattwa, rajas and Tamas

Vata Stress disorders: Instability of mind, disturbed mind, agitated

D. Treatment of Mental Disorders

Body-Mind-Spirit union is the key to health

Types of Treatment: Yukti Chikitsa, Daiv Chikitsa and Sattwa Chikitsa

Principle of Treatment: Rising the sattwa, reducing rajas and tamas, pacify aggravated Vata, Pitta or Kapha

Yogic and spiritual therapies including

- Meditation, Pranayam, Mantra, Prayer,
- Herbs – Medhya Rasayan eg. Brahmi, Shankpushpi, Ashwagandha etc
- Panchkarma
 - Oleation - Herbalized Ghee
 - Detox Treatment (Shodhan Chikitsa)
 - Rejuvenation Treatment (Rasayan Chikitsa) – Shirodhara
 - Nasya – Shodhan, Shaman, Tarpan

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