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Editor's Note	
Dear readers,	
<p>This is the age of modernization where people are more workaholic, constantly worried about work deadlines, but maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress, addiction to unhealthy things like smoking, drinking etc. People are getting more disorientated towards their personal life and of course towards the culture.</p>	
<p>So here are some tips where you can learn to know how to get copped up or combat with stress through ayurveda mode of management, and can make your habitual practice.</p>	
We welcome your suggestions and submissions.	
Enjoy reading and get benefited with Ayurveda.	
Vaidya Lakshmi Anoop	
Manage stress with Ayurveda	
	<p>Modern life is full of hassles, deadlines, frustrations and demands. For many people stress is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price.</p> <p>'Stress is the demand made upon the adaptive capacity of the mind and the body'. Stress has much delirious effect on body leading to many psycho-somatic disorders. Long-term exposure to stress can lead to serious health problems.</p>
Ayurveda and stress	
<p>According to Ayurveda, there are three sub-doshas that govern the mind. Prana vata is the sub-dosha of vata that governs the brain, sensory perception and the mind. Tarpaka kapha is the sub-dosha of kapha that governs the cerebro-spinal fluid. And because acquisition, retention and recall originate in the heart, sadhaka pitta (the sub-dosha of pitta that governs the emotions and their effect on the heart) is also involved.</p>	
<p>There are three states or operational qualities of mind. These are sattva, rajas and tamas. Sattva (goodness) is the healthy state of mind. Rajas (passion) and tamas (ignorance) are the unhealthy states of mind. When the mind is dominated by rajas and/or tamas, the sub-doshas go out of balance and create physical and mental disorders, one of them is stress.</p>	
Ayurveda perspective of management	
<p>The role of stress in the aetiology of several diseases is well recognized in Ayurvedic science. Avoidance of stress is the best strategy for treatment and where it is not possible, the body should be well protected by taking appropriate care of the diet, lifestyle and sleep. Ayurveda has a broad spectrum towards the management of stress with the different modalities.</p>	
Management with herbal medicine	
<p>Many herbal medicines have shown the marvelous effect on the management of stress. These herbs have the anti-cholinergic action thus enhancing the blood flow and have sedative effect on brain helping to combat with stress. Herbs like Ashwagandha (withania somnifera), Brahmi (bacopa monnieri), Jatamansi (nardostachys jatamansi), Shankhapushpi (Convolvulus pleuricaulis), Kaunch (Mucuna pruriens) are proved to be good to combat stress.</p>	
Management with panchakarma therapies	
<p>Panchakarma therapies help to expel the toxins out of the body, improve the blood circulation and thereby pulling out the negative energy out of the body and mind which causes stress.</p>	
Shirodhara	
<p>A therapeutic procedure in which lukewarm herbal oil or suitable liquid medium is poured over the forehead in a rhythmic manner from a perforated pot suspended above forehead. This gives the calm and soothing effect to the body.</p>	
Shirobasti	
<p>A procedure where the medicated oil is retained for a certain period of time on the vertex with a leather cap tied around the head.</p>	
Abhyanga	
<p>Gentle massage of the whole body in a therapeutic manner gives the freshness and calming effect to the body.</p>	
Diet modifications	
<p>Reduce coffee and all other caffeinated beverages, carbonated drinks, high-protein animal foods, refined sugar, frozen food and processed food. Eat lots of fresh green vegetables, fruits and fruit juices. Include whole grain cereals - they promote the production of the brain neurotransmitter serotonin, which induces a greater sense of well-being.</p>	
<p>Overall these are some Ayurveda line of management where you can adopt these principles on your routine basis and which can help you to build the self-confidence inside you to fight against the stress and manage your routine lifestyle. Positive thinking, tidiness, clean environment and maintaining harmony at all levels is important for getting rid of stress permanently.</p>	
"Talk healthy- live healthy"	
This article is written by Vaidya Aniket k. BAMS, (Rajiv gandhi university of health science, Bangalore)	
Product Of The Month - Stress Relief Tea	



Product of the Month - Stress Relief Tea

Ingredients: Ashwagandha (Withania somnifera), Brahmi (Bacopa monnieri), Shankhapushpi (Convolvulus pleuricaulis), Ela (Elettaria cardamomum), Kaunch (Mucuna pruriens).

How to use: Dip 1 sachet of tea in a cup of hot water and wait for 2 to 3 minutes. Then drink it as a tea, preferably twice daily.

Benefits: Helps to cope up with stress effectively.

For more on this product please [click here](#)

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