

**ROLE OF ACHAR RASAYAN IN STRESS MANAGEMENT**

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**ABSTRACT**

Stress has become part of life for many of us. High levels of stress can cause an excessive build-up of free radicals in the physiology and can lead to disease. Common causes of stress include work, money, relationship and illness. Due to this various disorders like heart disease, cancer, diabetes, digestive disorders, hormonal disorders, insomnia, depression, obesity etc occurs. The ancient science of *Ayurveda* offers many ways to combat day to day stress and enhance natural ability to through off the effect of stress. *Achar Rasayan* has been explained in *Ayurveda* to cope up stress. It is defined as the codes of conduct how person should live and what he should do or should not in *Ayurveda*

and integral part of preventive medicine. Hence *Achar Rasayan* is helpful in formation of peaceful and developed society and it has been proved to be very beneficial and preventive therapy for stress.

**KEYWORDS:** *Achar Rasayan*, Stress, *Ayurveda*, Free radicals.

**INTRODUCTION**

Prevalence of stress, depression among adults is 5%- 70%. Stress reaction can be produced by environmental events, both physical and emotional to widely varying degrees. It can affect many aspects of physiology, and levels of stress, emotional status, and means of coping with stress can influence health and disease. Corticotrophin-releasing hormone (CRH) and locus ceruleus (LC)-nor epinephrine (NE) are brain elements for stress system. These elements are important for autonomic systems, as well as their peripheral effectors, the

pituitary-adrenal axis and the autonomic system, which function to coordinate the stress response. Due to activation of the stress system, behavioural and physical changes occur. This is closely integrated with other central nervous system, which involves in the regulation of behaviour and emotion, in addition to the axes responsible for reproduction, growth and immunity. With current trends in stress research which focus on understanding the mechanisms through which the stress-response is adaptive or becomes maladaptive, there is a growing association of stress system dysfunction, characterized by hyperactivity and/or hypo activity to various pathophysiological states. Stress management approaches include lifestyle changes, relaxation and counselling. The ancient science of Ayurveda offers many ways to combat day to day stress and enhance natural ability to through off the effect of stress. In *Ayurveda Achar Rasayan* has been explained to cope up stress.

A complete health can be obtained by *Rasayan* therapy. It is a comprehensive discipline of *Ashtang Ayurveda*. There are 2 types of *Rasayan*, *Dravyabhoot* and *Adravyabhoot*. *Achar Rasayan* comes under *Adravyabhoot* type of *Rasayan*. *Acharya Charak* has emphasized on preventive medicine rather than curative medicine to say “*Prayojanam Chaasya .....*” *Achar Rasayan* has been described like other preventive health measures. The unique concept of *Achar Rasayan* has been explained by *Acharya Charak*. This is a non-material *Rasayan*, in which effect like *Rasayan* is created by following its rules and regulations, physical, mental, spiritual and social health can be achieved to adopt this principle of *Achar Rasayan*. The concept of *Achar Rasayan* is to change our behaviours in order to reverse the disease process and stay in balance. It helps the individual in understanding the society and to know the role of an individual in society.

In this above back ground the present study has been undertaken with the aim to review the literature about the role of *Achar Rasayan* in Stress.

## MATERIAL AND METHOD

*Achar Rasayan*, as described by *Charaka*, says that everyone who wants to have a long life span should be careful to observe the following rules:

1.	<i>Satya Vadinah</i>	Truthfulness
2.	<i>Akro Dhinah</i>	Do not be angry
3.	<i>Madya Nivrati</i>	Do not indulge in alcoholic drinks
4.	<i>Maithuna Nivrati</i>	Observe celibacy and the sexual act according to the code
5.	<i>Ahimsa</i>	Non-violence
6.	<i>Anayasaka</i>	Avoid overexertion

7.	<i>Prashantam</i>	Be calm and peaceful in mind
8.	<i>Priya Vadinah</i>	Do not hurt others with your speech. Speak pleasantly
9.	<i>Japa Para</i>	Remember always the creator of the Universe (God)
10.	<i>Soucha Para</i>	Purity
11.	<i>Dheera</i>	Patience
12.	<i>Dana</i>	Charity
13.	<i>Tapaswin</i>	Austerity
14.	<i>Samadara</i>	Be respectful
15.	<i>Anrashamsya</i>	Do not be cruel to anyone
16.	<i>Nitya karuna vedinah</i>	Be merciful to all who are in need of help
17.	<i>Sama Jagrana – swapna</i>	Maintain balance in waking and sleeping. Do not stay up long into the night and do not sleep in the daytime
18.	<i>Nitya ksheer ghritashinah</i>	Take milk and ghee in moderation in your diet
19.	<i>Desha-Kala-pramanagya</i>	Be a knower of place, time, and measures of activities
20.	<i>Yuktigya</i>	Plan ahead to achieve your goals
21.	<i>Anahamkari</i>	Avoid super egotism
22.	<i>Shastachara</i>	Maintain good behaviour established by <i>Apta</i> – the great sages and saints of society
23.	<i>Asamkiran</i>	be generous and sharing
24.	<i>Addhyatma Parayanam</i>	be conscious
25.	<i>Upasitarah vridhdhanam</i>	respect and serve your elders
	<i>Upasitarah Astikanam</i>	Respect and serve priests, sages, and saints who serve your religion and God.
26.	<i>Upasitarah Jitatmanam</i>	respect and serve the people who have conquered their senses (masters of desires)
27.	<i>Dharma Para</i>	keep yourself busy in religious activities
28.	<i>Shastra para</i>	continually study new sciences, advances, research, and philosophies and utilize them for the benefit of all human beings

These conducts are called *Achara Rasayan*. Who follows them is capable of gaining enlightenment, long life span, and immortality. *Achar Rasayan* means health-promoting conduct. This should be considered as supplementary procedure for the treatment. *Ayurveda* prescribes certain rules for maintaining a healthy state of mind. This is called an ethical regimen (*Sadvritta*). These are not simply moral principles of right conduct that are applicable to all people of all times and all places. Practicing these rules gives balance and peace of mind. Harmony and health are possible only when everything in life is enjoyed at the proper moment in the proper amount.

## RESULT

*Achar Rasayan* increases *Satva guna* which decreases the cortisone levels responsible for causing stress, hence it is important as preventive measure and also reverse the early stage of disease to normal i.e. it balances body mind and soul.

**CONCLUSION**

- *Achar Rasayan* if implemented properly in our lives can make us healthy, wealthy, and a disease free society.
- It not only prevents the disease in the first place but also reverses the stages of disease process.
- If we follow the *Achar Rasayan* regularly, there will be the stability of mind also.
- The *Satva guna* get increases and develop the balance of stress response hormones and thereby reduce the stress.

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