



**SRI VENKATESWARA INTERNSHIP PROGRAM
FOR RESEARCH IN ACADEMICS
(SRI-VIPRA)**



**Project
of 2023:**

SRI-VIPRA

Report

SVP-2315

“Stress Management with Traditional Systems of Medicine”


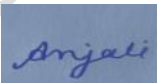

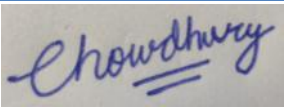

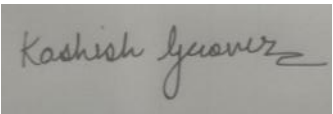
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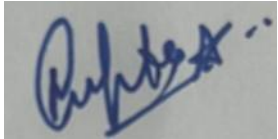

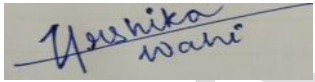
SRIVIPRA PROJECT 2023

Title: "Stress Management with Traditional systems of Medicine"

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Certificate of Originality

This is to certify that the aforementioned students from Sri Venkateswara College have participated in the summer project SVP-2315 titled "Stress Management with Traditional

systems of Medicine”. The participants have carried out the research project work under my guidance and supervision from 15th June, 2023 to 15th September2023. The work carried out is original and carried out in a hybrid mode.



Signature of Mentor

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This truly was a great research opportunity and a beginning step towards our future careers.

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Stress Management with Traditional Systems of Medicine

1. Introduction

Traditional systems of medicine for the treatment of mental health-related disorders are still a comparatively undiscovered field of research. According to the WHO World Mental Health Report published in June 2022, of one billion people living with a mental disorder in 2019, 15% of working-age adults experienced a mental disorder. In India, the National Mental Health Survey 2015–16 revealed that nearly 15% of Indian adults need active intervention for one or more mental health issues and one in 20 Indians suffer from depression. (<https://www.who.int/india/health-topics/depression>). Dr. Samata Jain, 2021 states that Stress is an unpleasant state of emotional and physiological arousal that people experience in situations that they perceive as dangerous or threatening to their well-being.

1.1 Three types of stress are identified

- 1) Acute stress- Sometimes stress can be brief, and the pressures of a particular situation, such as a deadline, a performance, or facing up to difficult challenges or traumatic events. This type of stress is often called acute stress.
- 2) Episodic acute stress: Some people seem to experience acute stress over and over. This is sometimes referred to as episodic acute stress.
- 3) Chronic stress: The third type of stress is called chronic stress. This involves ongoing demands, pressures, and worries that seem to go on forever, with little hope of letting go. Chronic stress is very harmful to people's health and happiness (www.psychology.org.au©2012: The Australian Psychological Society Limited, 2016).

1.2 General issues related to stress

Prolonged stress can welcome a variety of lifestyle and chronic diseases which can prove to be fatal if left undiagnosed.

Here are some examples of issues and disorders that are a result of stress:

1. Migraine: It is a type of headache resulting from prolonged emotional and mental stress. Frequent panic attacks, nervousness, and repressed anger can trigger migraines.
2. Gastrointestinal diseases: GI diseases such as peptic ulcer (PU) and ulcerative colitis (UC) are known to be greatly influenced by stress.
3. Alopecia Areata: It's a disease which in which the immune system attacks the hair follicles on the scalp. It is usually triggered by stress and leads to hair fall/hair loss.
4. Insomnia: In the case of insomnia, a person is unable to sleep due to anxiety caused by stress or any disruptive life event which can be detrimental to the individual's brain development and energy levels.
5. Asthma: Stress can contribute to the onset of asthma and can also make asthma attacks and symptoms more severe.

Even though conventional medicines are available in the market, harmful side effects, cost expense, and lack of faith are some problems that come in the way. On the other hand, alternative medicines are based on natural and traditional methods that deal with not only the body but also the mind and spirit of the human system (Swati et al. 2011). The traditional systems of medicine include Ayurveda, Unani, Siddha, naturopathy, and homeopathy.

2. Stress management with the help of Ayurveda

Ayurveda is the system of medicine that originated in India more than 5000 years ago. It is based on the concept of balancing among three fundamental energies: vata, pitta, and kapha. ayurveda is not only a system of medicine but also a way of life that can help you achieve physical, mental, emotional, and spiritual well-being.

2.1 Ayurveda details at a glance for stress management

As per Ayurveda for physical problems vata, pitta, and Kapha are responsible, similarly for mental problems Raj and Tum Gun are responsible ... Charaksamhita Sutra Sthanam Chapter 1 Shlok 57.

As per Charaksamhita chapter 11 shlok 45 .. in ayurveda the main cause for mental diseases is receiving unwanted things and deprivation of wanted things which ultimately causes stress. For diseases of external origin and mental disease, one special term has been mentioned in Ayurveda known as PRAGYAPARADH ...charaksutrastanam chapter 11 shlok 41

The excessive or very less or distorted form of activity is known as pragyaparadh. All activities can be classified into 3 categories verbal, physical, mental or we can say intellectual power, memory, and retention power whenever imperfect work done by a person has been considered under pragyaparadh....(dhi,dhriti, smriti,vibhansa, karma....charaksu 11/41).

1. Verbal Pragyaparadh can be categorized as excessive verbal activity –atiyog.
Less verbal activity –hinyog Distorted verbal activity –mithyayog like backbiting, lying, talking at inappropriate place, time, abusing and quareling
2. Physical Pragyaparadh: excessive labor work –atiyog Very less or no labor work –hinyog Distorted work –mithyayog like retention of natural urges, or trying to expel out without natural urge, prolonged improper posture, touching contaminated objects,excessive drinking, excessive fasting, excessive sun bath ,water bath .
3. MansikPragyaparadth: excessive –atiyog like overthinking Very les hinyog that is not at all thinking Distorted –mithyayog which includes anger,fear , grief ,guiltiness, ego,lust, jealousy, disrespecting respectable person and vice versa....charaksutrasthanam chapter 11 shlok 39.

2.1.1 Etiopathogenesis (samprapti)

In Ayurveda, it has been told that vaat dosh has predominance of raj gun.....sushrutnidanstan 1/8. stress is manifestation of mansikdosha that is raja and tama. prolonged stress in one's body will aggravate vat dosh in the body and causes several vaatik disorders like physical palpitation, high bp, irritability, headache , body ache, appetite disorders .gradually imbalance in vayu can aggravate pitta and kapha like perspiration, sleeplessness, panic.

2.1.2 Symptoms of stress identified in terms of Ayurveda

Due to the above causes manifestations can occur in several ways like anger, frustration,sleeplessness, breathlessness, panic, loss or increase in appetite, high BP, headache , overthinking, chest pain, and trembling. Due to this mental stress, leads to vayu (vataggregation) in our body. Vayu is of 5 types pran,udan ,sman, vyan , and upan . Among various symptoms of visciatedpranvayu difficulty in breathing is one that is also a symptom of stress. Due to smanvayu loss of apetite , loose motion, etc is also seen,which is also the physical manifestation of stress.

Vyanvayu causes excessive perspiration (sweating), feeling of lethargy, inactivation, and palpitation.

Upanvayu leads to constipation these are all the physical symptoms of aggravated stress in our body.

2.1.3 Stress management ideas followed in ayurveda

Stress management means following a wide spectrum of therapies, and techniques for controlling stress and relaxing mental health. Various ideas followed in Ayurveda for stabilising and maintaining good mental health are mentioned below:

In the management of mental diseases, it is advised to acquire proper or specific knowledge, to keep patience, to maintain memory, and a state of concentration Through these points one can maintain or keep his or her mind in equilibrium stage.....charaksutrasthanam chapter 1 shlok 58.

Again it has been explained that one should differentiate between good and bad ethical conduct (dharma), senses(arth), and three types of physical activity(karma) that is physical,verbal, and mental and follow the good part, as these carry the whole aspect of a living being and one should follow and obey the guidelines the intellectual person who is well aware about this knowledge.....charaksutrasthanam chapter 11 shlok 46.

One should respect their capability and should not expect beyond their capability. A person who knows about the present ,past, and future are known as aapt as per Ayurveda and their teachings are called aaptodeshto prevent and take care about any kind of disease it has been advised to follow these aaptgyan....charaksutrasthanam chapter 7 shlok 54-55.

As explained above about pragyaparad in the context of etiology one should avoid this pragyaparad, controlling senses, maintaining memory, obey the good conduct are described in ayurvedaso these points can prevent stress.

2.1.3.1 Good conduct (Points taken from Dr. Anupama patra's Publication 'Ayurveda Evam Adisanatan Dharm')

- Also have patience.
- Maintain good friends and always trust them.
- Avoid over thinking every circumstance.
- Try to share your feelings of happiness with others.
- Always respect your surroundings.
- Do not keep yourself drained in disappointment, grief, or sorrow.
- Take decisions carefully.
- Don't take any action out of anger and frustration.
- Never over expect.
- Always respect your teachers and gurus.
- Don't waste your much time.

2.2 Types of treatments

After manifestation of these problems, one should consult a specialist for the same.

- Fine tuning the balance of vatta in our body will help in stress management. Certain steps can be followed for the same: like doing pranayam, spending time with mother nature, following a particular routine

2.2.1 Ayurvedic herbs and supplements that are good for mental health

1. ASHWAGANDHA:It is the best known herb for treating stress and anxiety. It has a calming and relaxing effect on body.

2. TURMERIC:Its active component curcumin has well known use for stress management.

3.BRAHMI: also known as bacopamonneiri,is a herb commonly used in traditional medicine for improving brain function and mental health (Figure 1).

Other herbs used are tulsi, bhringraj, lemon balm.

Supplements used in ayurveda: 1. Brahmi pearls, 2. Ksheerabalamthailam, 3. Manasmithravatakam, etc.



Figure 1: Supplements made of plant extracts and herbal materials used in Ayurveda for stress management (a. Supplement made of Ashwagandha, b. Brahmi, c. Thailam made of Brahmi, d. Roots of Ashwagandha, e. Brahmi Plant, f. Jasmine plant).

3. Stress management with the help of Siddha

Siddha is one of the ancient medical systems in India considered as the mother medicine of ancient Tamils in South India. The word Siddha means established truth or "one who has accomplished the truth" and depicts the perfected masters who according to Hindu belief have exceeded the ahamkara (ego), have dissolved their minds to be submissive to their awareness, and have transformed their bodies composed mainly of dense Rajotamagunas into a different kind of bodies dominated by sattva.

3.1 Siddha details at a glance for stress management

This is usually accomplished only by persistent meditation over many lifetimes. Siddha System of Medicine is as old as mankind and leads the civilization of India's southern peninsula. Some claims by people proves that Ayurveda is older than Siddha, but each and every manuscript clarifies that Siddha is the oldest form of traditional medicine. Not only is this medical system the oldest, this is a medical system with lots of specialities; which supersede the Ayurvedic medicine. Siddha Medicine is less known to the western world because most of the Siddha literature are still in Tamil and have not been translated (Thas, 2008).

The aims of Siddha Medicine are to make the body perfect, imperishable, and promote longevity and it is the first medicinal system to emphasize health as the perfect state of mental, physical, moral, social, and spiritual element of humans (ISM, 2011). As Siddha Medicine philosophy is developed in the medicinal, spiritual, and intellectual aspects, it provides equal importance to the internal soul and external body, diagnosing methods especially urine investigation (neerkkuri), alchemy (converting base metals into gold), and materiamedica (using an enormous range of ingredients) are the uniqueness of Siddha Medicine over the other Traditional Medicines including Ayurveda (AYUSH, 2010; Narayansami, 1975). 'Food as Medicine' is one of the basic concepts of Traditional Siddha Indian Medicine. The household recipes containing greens are part of Tamil culture. Even today one can find preparations containing greens (Keerai in Tamil) in the regular diet of south Indians. This tradition is passed through generations because of the immense medicinal properties which the greens possess. Among the frequently consumed

greens Ponnankanni (Sessile joyweed - *Alternanthera sessilis*) finds an important place in Traditional Siddha Medical literatures. The specialty begins with its Tamil name which indicates 'Ponnankanni - Ponaagumkaan nee' (Literally meaning – Your body will get golden lustre). According to Traditional Siddha pieces of literature, this herb contains gold and thereby comes under the KayaKalpa (Panacea) category.

3.2 Types of treatments

Siddha, one of the oldest medicinal branches has mainly three types of treatment.

3.2.1 Deva Maruthuvam (Divine method) - This Method is considered the superior method of medical approach in treating the patients with the aid of compounds of Mercury, Sulfur and arsenic compounds according to the principles laid out in Tamil siddha medicine system (by TKN Siddha Ayurveda Vaidhayashala, 2016). This method opposes the use of surgical operations (Asura Maruthuvam) and the treatment using animals (manidamaruthuvam). High potency Medicines used in this method are prepared by metals and minerals which were titrated with polyherbal extracts.

3.2.2 ManidaMaruthuvam (Human or rational method)- ManidaMaruthuvam is considered inferior to deva Maruthuvam and superior to the Asura Maruthuvam. In this method, medicines are prepared from vegetable and animal kingdom (by TKN Siddha Ayurveda Vaidhayashala, 2016). Unlike the medicines prepared in Deva Maruthuvam, these medicines are of short life span thus making this method inferior to Deva Maruthuvam. Charu, Surasam, Kudineer, Karkam, Utkalee, Adai, Choornam, Pittu, Vadagam, Vennai, Manapagu, Nei, Rasayanam, are some of the medicines used in this method.

3.2.3 Asura Maruthuvam (Surgical method) - Manual operations or surgeries fall under this method of treatment. These operations are performed by Siddha practitioners or physicians. Among the other treatments of Siddha, this is the least preferred method as the ultimate aim of Siddha is to obtain wellness and spirituality with good health in the natural way possible. This treatment can be used in the cases of emergency.

3.3 Plants used in Siddha (Figure 2)

1. **Vasaka**- Vasaka which goes by the botanical name *Adathoda vasica* is a tall, evergreen, herbaceous shrub that is not only native to the Indian subcontinent but also distributed throughout Nepal, Sri Lanka, Pakistan, Malaysia, Indonesia, and China. The plant features yellow coloured bark, lance-shaped leaves, white and purple flowers, and pubescent club-shaped capsular fruits (netmeds.com, 2021). Vasaka is a dark green, tall, herbaceous shrub. Leaves, when dried change their color to brownish green.
2. *Terminalia chebula*
Terminalia chebula Is found throughout South and Southeast Asia including in India, Sri Lanka, Bhutan, Nepal, Bangladesh, Myanmar, Cambodia, Laos, Vietnam, Indonesia, Malaysia, Pakistan and Thailand. The dull white to yellow flowers is monoecious, and have a strong, unpleasant odour. They are borne in terminal spikes or short panicles. The fruits are smooth ellipsoid to ovoid drupes, yellow to orange-brown in colour, with a single angled stone. Bark greyish brown with irregular flakes. Simple leaf with short petiole, alternate or sub-opposite, young leaves covered with soft white hair. Fruit hard, yellowish brown with ribs.
3. *Phyllanthus niruri*
Phyllanthus niruri is a widespread tropical plant commonly found in coastal areas, known by the common names gale of the wind, stonebreaker or seed-under-leaf. It is in the genus *Phyllanthus* of the family *Phyllanthaceae*. It grows 50–70 cm (20–28 in) tall and bears ascending herbaceous

branches. The bark is smooth and light green. It bears numerous pale green flowers which are often flushed with red. The fruits are tiny, smooth capsules containing seeds.

4. *Zingiber officinale*

Ginger (*Zingiber officinale*) is a flowering plant whose rhizome, ginger root or ginger, is widely used as a spice and a folk medicine. It is a herbaceous perennial which grows annual pseudostems (false stems made of the rolled bases of leaves) about one meter tall, bearing narrow leaf blades. The inflorescences bear flowers having pale yellow petals with purple edges, and arise directly from the rhizome on separate shoots. Ginger is in the family Zingiberaceae, which also includes turmeric (*Curcuma longa*), cardamom (*Elettaria cardamomum*), and galangal.

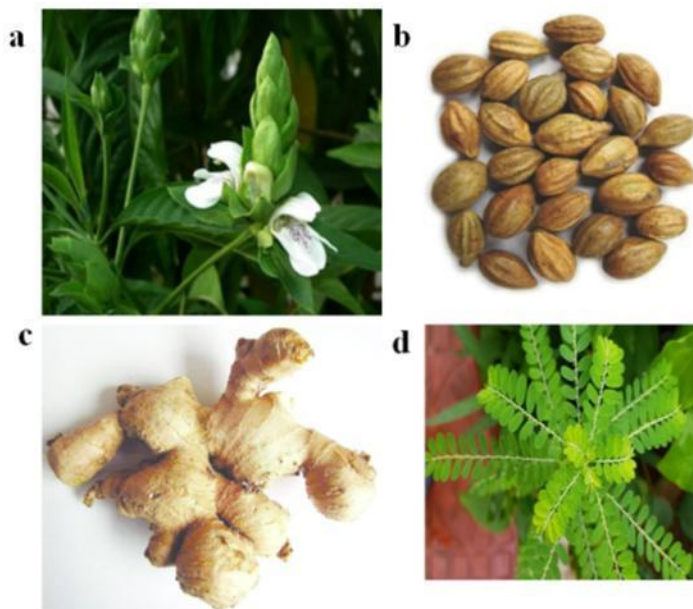


Figure 2: Plants used for stress management in Siddha (a. Vasaka Plant, Seeds of *Terminalia chebula*, c. Rhizome of Ginger, d. *Phyllanthus niruri* Plant).

4. Stress management using unani

Unani medicine is considered as one of the oldest traditional systems of medicine in all over the world. It originated in Greece and further developed its pathway into the Islamic region. It basically emphasises on the balance of the 4 humors of the body i.e blood, phlegm, black bile and yellow bile (Miraj et al. 2016).

4.1 Unani details at a glance for stress management

Stress has become a major concern for the people in today's generation. Due to high levels of competition, people sacrifice their well-being and sleep which results in stress and stress-related disorders. Unani medicine's core belief is the balance of the fluids of the body and overall well-being which includes adequate amount of sleep, a good diet, and proper hygiene which mostly keeps an individual disease-free and healthy.

According to Unani medicine, the vital health of a human is based upon the correlation and equilibrium of the 7 basic physiological principles of Unani doctrine which were listed below:

- i. Arkan/elements
- ii. Mijaz or temperament
- iii. Akhlat or humor
- iv. Aaza or organs/system

- v. Arwah or vital spirit
- vi. Quwa or power
- vii. Afaal or function

These seven components interacting with each other, maintain equilibrium and constitute the overall health of an individual which is self-regulating and also known as tabiyat (Jahangir et al.2009).

4.2 Types of treatments

The basic treatment procedure with Unani medicine starts with the diagnosis of the patient and involves understanding the mijaz (temperament) of the individual. The hakim (physician) starts the diagnosis by analyzing the pulse, heart rate, and history of diseases of the patient. In most cases, the physician personalises a diet for an individual which helps in regulating the humors of the body in equilibrium. For further treatment, the physician advocates the use of herbal formulations which help in recovery of the patient and treatment of the disease.

Some examples of approach towards treatment include are as follows:

- i. **Use of Herbal Formulations:** Various combinations of herbs are used for treatment in UNANI medicine. These formulations are carefully selected according to the specific case of a patient to restore the balance of humors. For example, licorice (*Glycyrrhizaglabra*) root is used for its anti-inflammatory properties. It's often used in formulations which helps to soothe respiratory and digestive issues.
- ii. **Regimental Therapy:** It is also known as tadbeer and includes various non-invasive techniques such as massage, cupping (hijama), etc. These techniques help to improve blood circulation in the body and thus helps in faster healing.
- iii. **Steam Bath (Hammam):** Hammam, a traditional steam bath is used in Unani medicine to promote detoxification and relaxation of the body.
- iv. **Leech therapy:** Also known as IrsalAlaq, leech therapy is used in some cases in order to remove excess blood which is intoxicated from specific parts of the body.
- v. **Qai and Irsal:** In some specific situations, therapeutic vomiting (qai) or purgation (irsal) may be implemented in order to remove excess toxins from the body.
- vi. **Munzij and Muhallil:** Physicians use herbal formulations termed as Munzij (humor-reducing) and Muhallil(humor-altering) to restore the humoral balance of the body.
- vii. **Preventive measures:** The main emphasis of UNANI medicine is to promote a healthy lifestyle. A healthy lifestyle promotes proper sleep, exercise, stress management, and hygiene and acts as a preventive measure against diseases (Ansari et al. 2020).

4.3. Plant extracts used in Unani medicine (Figure 3)

Plant extracts play a vital role in unani medicine. The treatment procedure majorly depends on various combinations of plant extracts and thus implies the use of natural remedies for the treatment of a disease.

Some examples of widely known and used plant extracts are listed below:

- i. **ARUSA:** It's found in India, Pakistan and Bangladesh. It's a wild herb and its leaves, roots, and flowers are used for medicine. Its temperament is hot and dry in the first degree. A decoction syrup prepared from its leaves and roots is used for the treatment of cough and cold. Since it checks bleeding from any part of the body, it's an effective drug against tuberculosis and asthma.
- ii. **AMLA:** Found and cultivated in India, China, and Sri Lanka. It provides strength to vital organs of the body. It is used for the treatment of diarrhea and improves eyesight and weakened uterus. Its temperament is cold in the first degree and dry in the second degree.
- iii. **ASPHAGOL:** It is particularly used for the treatment of dysentery and is useful in cough, cold and sore throat. Its temperament is cold and moist in the second degree.

iv. **SAUNF**: It is cultivated in India, Pakistan, Nepal and Russia. Seeds and roots of the plant are used for medicine. It promotes digestion and helps relieve abdominal pain. It is used in the treatment of Arthritis and paralysis.

v. **BEL**: Its temperament is hot and dry in the first degree and is found mainly in India, Pakistan, China, and Bangladesh. Fruits, leaves, and roots of the plant are used for medicine. The powder of the root bark is used for treatment of chronic fever and its fruit is used for treatment of diarrhoea.

vi. **GILOI**: Found in India, Pakistan and Africa. Its temperament is hot and dry in the first degree. It is very effective in the treatment of chronic fevers. Its leaves and roots are used as a decoction for the treatment of dysentery.

vii. **FENUGREEK**: Its temperament is hot and dry in the second degree and its leaves and seeds are used as medicine. Seeds are used for the treatment of diarrhea, dysentery, and diseases of muscles. It is also effective against inflammation.

viii. **LEMON GRASS**: Mainly grown in India, Pakistan, Arab and China. Its temperament is hot and dry in the second degree. Its leaves and roots are used for the preparation of medicine. The leaves are prepared in the form of a decoction which helps in the treatment of seasonal fevers, cold, and cough. The roots are used for the treatment of paralysis, arthritis, and all types of inflammations.

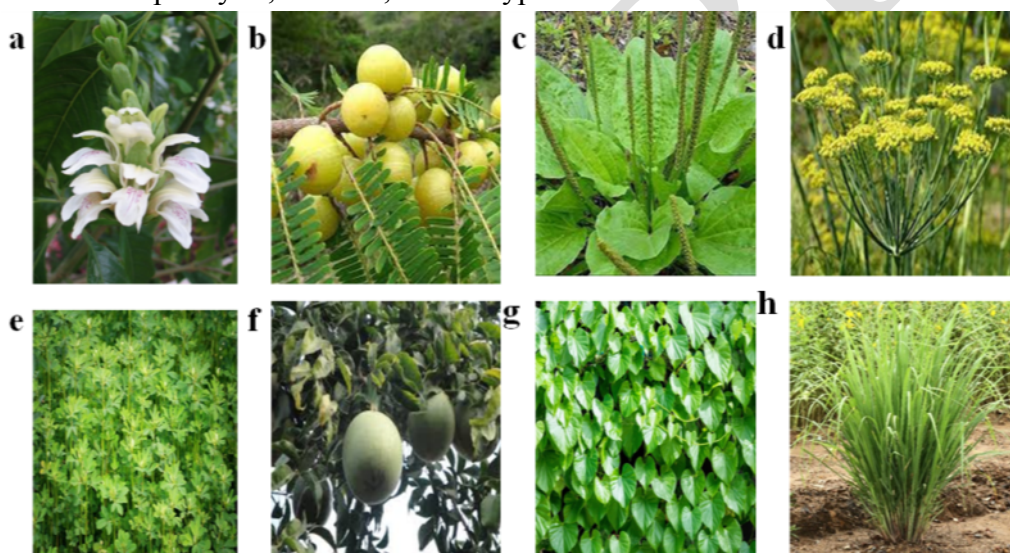


Figure 3: Plants used for stress management in Unani (a. *Justicia adhatoda*, b. *Phyllanthus emblica*, c. *Plantago major*, d. *Foeniculum vulgare*, e. *Trigonella foenum-graecum* f. *Aegle marmelos*, g. *Tinospora cordifolia*, & h. *Cymbopogon citrates*).

5. Stress management using Homeopathy

Homeopathy is a field of a medicinal system that takes into account the individuality of each patient when selecting a particular homeopathic medicine (Zepeda-Quiroz et al. 2021) and follows the rule of similar, "like cures like" which is evident from Greek origin of its name (Swati et al. 2011). The Greek words "Homois," which means similar, and "pathos," which means suffering, are the roots of the word "homoeopathy" (Mukherjee & Pulok K, 2006).

5.1 Homeopathy details at a glance for stress management

Homeopathic principles have been recognized since the time of Hippocrates, the founder of medicine from Greece, approximately 450 B.C. Dr. Samuel Hahnemann (1755-1843), recognized as the founding

father of homeopathy, developed homeopathy as it is practiced today (Swati et al.2011). The founding father of homeopathic medicine, Samuel Hahnemann, M.D., saw mental illness as a sickness that needed humanitarian treatment rather than confinement and punishment (Ullman, D., 2008).

In a well-designed uncontrolled study of individualized homeopathy for symptom relief in 100 cancer patients, 63% of patients completing the study were found to have some improvement in anxiety scores at the end of the study period. Seventeen patients suffered an aggravation of symptoms or return of old symptoms considered to be previously described remedy reactions but no adverse reactions resulted in withdrawal of treatment. Satisfaction with treatment was measured by a self-completion questionnaire and was high amongst those who completed the study; 75% regarded homeopathic treatment as having been helpful or better (Pilkington et al. 2006).

The Central Council for Research in Homoeopathy (CCRH) conducted a study with the main goal of determining the function of homeopathic therapy in the treatment of distress during climacteric years. Homeopathic treatment was shown to be effective, and it was noted that *Sepia*, *Lachesis*, *Sulphur*, *Pulsatilla*, *Nat. mur.*, and *Lycopodium* were the medications that were frequently found to be suggested and helpful. Along with these, homeopathic practitioners have had success treating the symptoms of menopausal distress using *Sepia*, *Sulphur*, *Lachesis*, and *Pulsatilla*. The study's findings suggest that homeopathic remedies that are administered based on the full range of symptoms work holistically to relieve menopause symptoms (Nayak et al. 2011).

5.2 Types of Treatments

Homeopathy is based on the understanding that every individual reacts to a disorder in different ways even if the disease is the same, and therefore treatment options should be chosen in a way that fits the symptoms of each individual. Homeopathy's knowledge of health is inextricably linked to its overall understanding of the mind. Homeopaths determine the proper homeopathic medicines for various conditions based on the constellation of the patient's physical and psychological symptoms (Ullman, D., 2008).

Homoeopathy is advised as a treatment for anxiety in popular self-help publications. A book on homeopathy written for the general public, for instance, recommends *Arsenicum album*, *Calcarea carbonica*, and *Lycopodium clavatum* for anxiety and related disorders, while *Aconite*, *Argentum nitricum*, *Arsenicum album*, *Calcarea carbonica*, and *Ignatia amara* are also suggested (Pilkington et al. 2006).

5.3 Plant Extracts Used in Homeopathy

Several studies trying to find out the activity and effect of homeopathic medicines like *Ignatia amara*, *Argentum nitricum*, and *Gelsemium sempervirens* have been conducted on mouse models.

Ignatia amara

Ignatia amara (*Ignatia*) is a remedy made from the *Strychnos ignatii* seeds. *Strychnos ignatii* is a plant belonging to the Loganiaceae family, native to South East Asia, with long branches and pear-shaped fruit that contain hard, 2.5 cm long seeds that are odorless but bitter and very poisonous due to a high strychnine content. *Ignatia* is the leading remedy in homeopathy for acute anxiety and depression, such as in grief or mourning. People who need this remedy tend to have uncontrollable sobbing or intercurrent bouts of crying and laughter (Marzotto et al. 2012).

Gelsemium sempervirens

G. sempervirens or yellow jasmine is useful for performance anxiety, such as that caused by an examination. Carolina yellow jasmine (sometimes called false jasmine or Carolina jessamine) is a member of the family Gelsemiaceae. It is a vine native to the southern United States, Mexico, and Guatemala. Its name derives from the Italian name for jasmine, *gelsomino*, and the species name indicates

that it is evergreen. It was named the state flower of South Carolina in 1924. It is particularly indicated for persons who feel unable to face a challenge or who feel “paralyzed” by anticipation and fear. It triggers the production of the neurosteroid allopregnanolone (5 α ,3 α -tetrahydroprogesterone) in the brain. Allopregnanolone exerts a central anxiolytic effect by connecting to GABA-A receptors (Mateva et al. 2022).

***Aconitum napellus* (monkshood)**

It is a useful remedy for acute anxiety caused by sudden stress, such as from a natural disaster. *Aconitum napellus* is an erect, tuberous-rooted perennial which features dense, terminal racemes (to 8" long) of hooded, deep purplish-blue to violet flowers atop rigid, leafy stems typically growing 2-4' tall. Aconitum is particularly helpful in states of shock accompanied by injury or panic. The remedy has the capacity to calm such states and to help begin the healing process (Ullman, D., 2008).

***Arnica montana* (mountain daisy)**

It should be considered for anxiety caused by financial loss or a business failure, and is also the leading homeopathic remedy for bruises (Ullman, D., 2008).

Asteraceae, also known as the aster, daisy, composite or sunflower family, is one of the largest flowering plant family containing about 1600 genera and more than 23 000 species and 13 subfamilies (Kriplani et al. 2017).

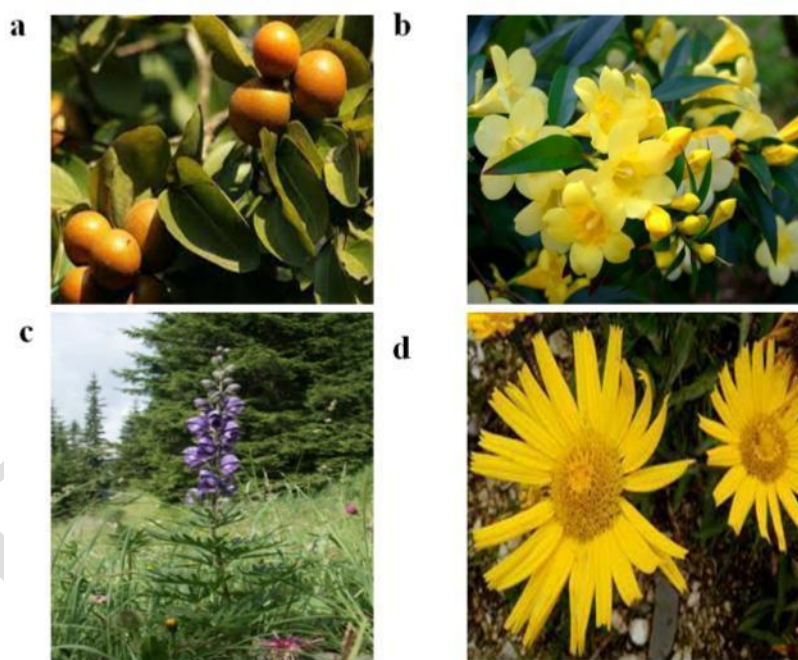


Figure 4: Plants used for stress management in Homeopathy (a. *Strychnos ignatii*, b. *Gelsemium sempervirens*, c. *Aconitum napellus* & d. *Arnica Montana*).

6.Stress management using Naturopathy

The word ‘Naturopathy’ means ‘nature cure’ as it was practised in the early 19th century in Europe. The basic idea behind naturopathy is the treatment of disease using natural modalities like the five elements (fire, earth, air, ether, water). Naturopathy represents a specific form of primary health care that combines ancient healing practices and modern scientific advancements. It is based on a set of principles that acknowledge the body's natural ability to heal itself, prioritise disease prevention, and promote personal accountability for achieving optimal health (Fleming et al.2010).

6.1 Naturopathy details at a glance for stress management

Naturopathic treatment methods encompass various approaches such as dietary and nutritional adjustments, behavioural changes, hydrotherapy, homeopathy, herbal medicine, physical therapies, prescription medications, and minor surgical procedures (Fleming et al.2010). Various treatment options in Naturopathy include:- Yoga and meditation, Acupuncture, Mud therapies, Diet and Fasting (food and nutrition), Colour therapy, Aromatherapy, therapies involving snakes, magnets, massages, spa treatments for relaxation, crystals, herbal formulations, etc.

6.2 Types of treatments

6.2.1 Acupuncture

Acupuncture involves the stimulation of specific points on the skin through needle insertion. Originally, acupuncture was developed based on traditional Chinese medicine principles. Traditional acupuncturists view health in terms of a vital force known as "Qi" that flows through channels called meridians between organs. For health to be maintained, Qi energy must flow correctly in strength and quality through these meridians and organs. The acupuncture points, located along the meridians, provide a way to alter the Qi flow (Vickers et al. 2002). From an anatomical perspective, acupuncture points have been found to correspond to areas of high electrical conductivity on the skin and have histologic differences compared to nearby tissue (Chon et al. 2013).

During the resistance period of stress, acupuncture treatment has the ability to affect various neurophysiological mechanisms. This, in turn, has a positive impact on the individual's psychological well-being. Acupuncture treatment promotes the secretion of hormones like endorphins (endomorphine, beta-endorphin, enkephalin), serotonin, and cortisol from the central nervous system. When facing stressors, the levels of endorphins, serotonin, and oxytocin in the central nervous system and plasma increase, contributing to the body's ability to cope. By increasing the synthesis and release of these hormones from the central nervous system, acupuncture helps strengthen an individual's resistance against stress. As a result, acupuncture is also utilised as a treatment method for stress-induced conditions (Cabioğlu et al. 2012).

6.2.2 Yoga and Meditation

Yoga or 'Pranayama' means 'control or expansion of energy'. Yoga breathing is considered a type of meditation. It brings the rapidly fluctuating mind to a state of calmness. It induces an altered state of consciousness by activating the parasympathetic nervous system. The word 'prana' means the 'life air' or vital breath or '*srong-lung*' in Tibetan. The practice of yoga breathing, also known as pranayama, has the ability to quickly bring the mind into the present moment and alleviate stress. For thousands of years, Eastern cultures have been incorporating yoga breathing and meditation as essential elements of their spiritual practices to address these concerns. By focusing on four frames of reference, the practitioner can cultivate seven factors that contribute to awakening: mindfulness, understanding the quality of mindfulness, persistence, non-carnal exhilaration, serenity of mind and body, concentration, and equanimity. These seven factors ultimately lead to clear awareness and liberation. Thus, the process of awakening commences with the mindfulness of breathing.

Reduction in sympathetic and increment in the parasympathetic nervous system is a key factor in the reduction of stress. Yoga not only increases longevity but also helps in the improvement of lifestyle leading to an optimal quality of life. Certain breathing practices also prepare the mind for deep relaxation and meditation (Brown et al. 2009).

6.2.3 Mud Treatments

The Earth element, one of five essential elements, profoundly affects the human body and has been incorporated into naturopathic practices such as mud therapy. This treatment approach is uncomplicated, economically feasible, and highly effective in addressing various disorders. Mud, long recognized as a

medicinal substance, is supported by numerous historical texts that attest to its therapeutic applications. With its diverse therapeutic properties, mud proves to be highly beneficial in treating various diseases (Rastogi & Rajiv, 2012).

6.2.4 Few therapies involved in the Naturopathic system of medicine (Figure 5)

6.2.4.1 Diet Therapy

Diet plays a pivotal role in a comprehensive approach to naturopathic healthcare. While many medical systems view food as a form of medicine, this belief is particularly emphasised within Naturopathy. Naturopathy advocates for and prioritises the consumption of natural foods that are provided by nature and consumed in their unaltered state. In contrast, the concept of diet in modern medicine may differ slightly. Naturopathy categorises food based on its acidity or alkalinity, vitality, eliminative or soothing properties, ability to promote growth and nourishment, and whether it is vegetarian or non-vegetarian. Additionally, various diets in Naturopathy may include liquid or fruit-based menus. The main thing to note here is that according to Naturopathy around 80% of food should be alkaline in nature (uncooked) and around 20% should be acidic (cooked). Thus it focuses on food being raw rather than cooked (Rastogi et al. 2017).

6.2.4.2 Hydrotherapy

Hydrotherapy holds significant value within the field of naturopathic medicine as a healing modality. This approach leverages the therapeutic advantages offered by water and focuses on achieving specific outcomes in a patient's treatment plan. Hydrotherapy harnesses the temperature-related effects of hot and cold baths, and saunas, and employs various forms such as vapour, steam, ice, and fluid to demonstrate its effectiveness. The versatility of hydrotherapy enables the generation of thermal and mechanical effects in a highly adaptable manner. Steam baths, saunas, hot springs, sponge baths, hot and cold showers, jacuzzis, jet spray massages, immersion baths using Epsom bath salts etc. help in stress management (Ministry of Ayush, Government of India, 2021).

6.2.4.3 Chromo Therapy

Colours have a profound impact on our emotions and mental state, possessing the ability to induce calmness, relaxation, excitement, and equanimity. Consequently, colours are recognized as a highly effective therapeutic mode of treatment. Chromotherapy, an ancient healing methodology, utilises the visible spectrum of electromagnetic radiation to treat ailments and manage stress. This process involves exposing water and oil to sunlight through coloured bottles, making the usage of coloured glasses an efficient approach for addressing various disorders. Colours generate electric impulses and magnetic currents that serve as key catalysts for biochemical and hormonal activity within the body. This ultimately brings about a harmonious balance within the entire system and its organs (Ministry of Ayush, Government of India, 2021)

6.2.4.4 Magnet Therapy

Magnet therapy involves the placement of magnets on the body using adhesives or as jewellery. The duration of attachment varies depending on the prescribed treatment, ranging from a few minutes to several days or even weeks. Practitioners believe that interactions between the body, the Earth, and other electromagnetic fields can induce physical and emotional changes in humans. Advocates of magnet therapy claim that it can effectively treat conditions such as headaches, arthritis, migraines, and stress-related pain by addressing disruptions in the body. Magnetic therapy is considered beneficial for overall well-being, as it applies electromagnetic devices to generate a magnetic field and promote healing and health benefits (Ministry of Ayush, Government of India, 2021).

6.2.4.5 MassoTherapy

Massage therapy, also known as Masso Therapy, is a therapeutic treatment aimed at improving medical conditions through the use of massages. This ancient healing practice involves manual manipulation of the soft tissues using techniques such as tapping, shaking, stroking, kneading, and pressing. The primary goals of Masso Therapy are to enhance local circulation, alleviate pain, and promote relaxation. This holistic approach to healing has various forms and offers a multitude of positive benefits that can aid individuals in different ways. Massage therapy can serve as an alternative to exercise in certain cases, and specific massage techniques can provide necessary therapeutic effects for various medical conditions (Ministry of Ayush, Government of India, 2021).



Figure 5: Methods used for stress management in Naturopathy (a. Principles of Naturopathy, b. Yoga, c. Diet therapy d. Accupuncture, & e. Masso Therapy)

7. Conclusion

The traditional system of medicine focuses on the holistic healing of an individual as compared to conventional medicine, which focuses more on the quick treatment of a disorder. Ayurveda advises the treatment of ailments at an early stage so that they can not cause any physical problem further. Using a scientific and holistic approach to provide rejuvenation to the monotonous daily routine followed by people, the Siddha system claims to provide salvation through its treatment options. The divinity of Siddha is incomparable adding that it is said to be ascended by Lord Shiva itself to his consort and then further to Agasthiyarrishi, then from Agasthiyar to 18 Siddhars. Even now all the aspects of Siddha aren't completely known, some are latent closed in the folds of manuscripts. The Unani system of medicine is based on the holistic approach towards the balance of the humours of the body mainly blood, phlegm, black bile and yellow bile. It is fundamentally based on Hippocratic doctrine of four humours and later modified by the Arabic influence and their culture. The Unani system of medicine has been practised for a long period of time by Unani physicians and people have developed a strong belief in this system of medicine due to the use of natural substances as the source of treatment.

The traditional medical approach of homeopathy places a strong emphasis on a patient's complete recovery. Its strategy is focused on the unique characteristics of each patient. It is challenging to interpret

the evidence regarding the benefits of homeopathy in treating anxiety and anxiety disorders due to the heterogeneity of diagnoses and patient groups, type of homeopathy, and flaws in methodology and reporting, even though studies and experiments have been carried out to determine the impact of homeopathic medicines on stress management. Looking forward, homeopathy shows up as a highly acceptable system of medicine by patients due to reasons such as fewer or no side effects, and cost-effective and holistic treatment of the individual. Further research involving controlled and individual-specific studies can pave the way for stress management through homeopathy. The study and celebration of nature's healing powers is an important part of naturopathic medicine. As old as medical healing itself and as modern as new discoveries in medicine, the core practice of naturopathy is a very ancient one. This profession is rooted in a dynamic philosophy and recognises that all living things are interconnected and interdependent. By viewing the body as an integrated whole, Naturopathy prioritises the most natural, minimally invasive, and least toxic therapies to deal with illness while promoting health. Rather than the treatment options, naturopathic medicine is defined by principles. In particular, it celebrates the body's innate wisdom in healing and provides patients with tools to live well all their lives. Stress is a very prevalent factor that hinders the productivity of a modern day human being. But these traditional systems of medicine do provide a plethora of natural treatment options for combating stress providing benefits such as rare or no side effects, cost effectivity and holistic healing.

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