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日本アーユルヴェーダ学会

インディアカルチャーサークル/KYG協会/国際健康科学会/財団法人総合健康推進財団
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日本代替・相補・伝統医療連合会議/日本ホリスティック医学協会
日本ヨーガ学会/日本ヨーガ禅道院/日本ヨーガ・ニケタン

5. ギリシャ Greece

Dr.Nikolaos.G.Kostopoulos

AURVEDA AND STRESS MANAGEMENT

Stress and stress related disorders present a challenge to any physician in the world. This is because stress breaks down an intricate communication network between the nervous, endocrine and immune systems causing a malfunction on many levels in the human being.

75 to 90% of all physician office visits are for stress-related ailments and complaints, and stress is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.

Recent evidence indicates that glucocorticoids and catecholamines, the end products of the stress system, and histamine, a product of activated mast cells, might selectively suppress cellular immunity and favor humoral immune responses.

In this way stress may influence the onset or the course of infectious, autoimmune, inflammatory, allergic and neoplastic disease.

Because of the seriousness of the physical or mental disease that are linked with stress, it would be very important to prevent it rather than simply observe the whole chain reaction until a disease gets manifested.

It is in this field that Ayurveda has a very important role to play. The fundamental principles that define physical and mental prakrti of an individual give the main tools for stress prevention.

The observance of rules that keep the kapha, pitta, and vata in balance and allow them to perform their normal functions is, in reality, dealing with the genetics of an individual in a very practical way.

The further analysis of the above doshas in 5 divisions as prana, udana, vyana, samana, etc., gives clues of specific mechanisms that are involved in the stress pathogenesis in each individual and ways to prevent and treat it before it affects tissues and organs.

Ayurveda is using the term Gunas as three qualities that permeate the mind.

Sattva, rajas, and tamas are three energies that govern the creation of thoughts and emotions. In this way they determine what we perceive as stress. It is after the formation of this "Perceived Stress" that all the stress neurotransmitters start exerting their effect in the human physiology.

This presentation will try to link modern and ancient principles together and try to show that the contribution of Ayurveda in the management of stress can be extremely valuable if it is done in a holistic way.