

Souvenir

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AYURVEDIC APPROACH TO PSYCHOSOMATIC CONDITIONS

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Psychosomatic, stress related conditions, are becoming more prevalent in today's world.

Migraines, irritable bowel syndrome, eczema, psoriasis, autoimmune disorders, anxiety, dysmenorrhoea, hypertension, some forms of diabetes and many other conditions are influenced by the emotional state of the individual and they are the topic of new medical speciality called psychoneuroimmunology.

Ayurveda however had already described these principles having incorporated in its ancient slokas terms as sarira, manas, buddhi, citta, hrdaya and concepts of sattva, rajas, and tamas.

These ancient terms find their proof in modern neuroscientific research and terms as H.P.A. axis, allostatic load, perceived stress, Th2 and T Nk lymphocytes are rediscovering the ancient wisdom of Ayurveda.

"Ayurveda is the science wherein are laid down what is wholesome, unwholesome, good, bad, what is happy and unhappy life, and what is measure in life" CA. SU. Ch.1 sl.41

It is very clear that Ayurveda deals with energies and areas that are much broader than simply disease. It is linking physical, mental and spiritual levels in a much more holistic model of health.

This way of approaching health and disease is becoming more an art of being than mere administering of medications or analyzing of chemicals.

Wholesome and unwholesome can be understood in a modern way as dealing with issues as nutrition, in a physical level, with impressions and ideas in a mental level and with a deeper reasoning that gives the knowledge for what is appropriate or inappropriate for a Human Being. In this way preference for organic food, avoidance of stimulants, proper education, proper company, avoidance of harmful lifestyle, development of creativity and so many other aspects of human activities become a necessary component of health.

Stress related disorders are taking the form of an epidemic nowadays and stress is linked to the six leading causes of death and psychosomatic conditions.

(1) Heart diseases (2) Cancer (3) Lung ailments (4) Accidents (5) Liver cirrhosis and (6) Suicide.

One has to link the ancient slokas with modern findings in medical research. Clinical work has to be undertaken to apply Ayurvedic principles in the modern world. In this way Ayurveda can be globalized and deal with the problem of psychosomatic conditions.