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Prevention of the Stress In Covid 19, W.S.R. to Ayurveda

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ABSTRACT: -

It is time of very worst climate; there are many viral diseases which India has come across. But the disease which is has known (very much popular) for entire world is COVID-19. This one had been manifested in Uuhan city of China in December 2019; since it become largest pandemic ever which has been spread all over the world by very short period.

In this overall situation, it is very difficult to manage life or difficult to alive happy & healthy state of life. Because many of people they have lost not only their earning but also they have lost their life also. Many of people they have lost their close one, relatives & dearest one. So, the development of the stress is very common in many peoples. Someone's, healthy balance of the mind as well as body, as well as an overall feeling of well being have described as the existence of positive health.

Stress could be managed by Ayurveda, Yoga, meditation, physical exercises and a balanced diet. It is like a rejuvenation and cleanup process at the all levels of physical, mental and emotional state of life. The concept of stress is the problems of mind and Ayurveda is guided best treatment on it. Ayurveda is highlighted as a holistic system with its concern for prevention and promotion of stress and mental health.

Shaman Chikitsa which could be effective over the stress, medicine like Brahmi, Shankpushpi, Jatamansi Aswagandha, Amala & other medya (brain tonic) herbal medicine, meditation, Achara rasayana, physical exercise & some breathing exercise by Yoga.

Key Words: - Stress, effects of stress, psychology in Ayurveda, health in Ayurveda.

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