# Health Matters

# Stress

Last week we discussed about Sinusitis and how we should get relief from Sinusitis. Now we shall discuss about Stress, which is worst among, all and which will lead us to many other diseases.

How Stress affect's us. Stress is not a disease and it is not spread/ affected on its own like fever and other viral infections. We are inviting stress on us, how?

We live in a modern life, which is filled with deadlines, frustrations, hassles, expectations and demands. Due to these factors we pressurize and force ourselves to achieve and fulfill all our wishes and end up in disappointments and sorrow when these were not achieved. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. The stress response also helps you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration to achieve your target in your life.

But when you're constantly running in emergency mode, your mind and body pay the price, beyond a certain point, stress starts causing major damage to your health, your mood, your productivity, your relationships, and finally the quality of your life.

**We shall find out how our mind and body response our Stress?**

"Hypothalamus" one of the Endocrine gland that is located middle of the brain and above "Pituitary gland" is responsible for a hormone production. The hormones produced by this part of the brain controls the body temperature, thirst, hunger, sleep, moods, capacity to manage stress, sex drive, and the release of other hormones in the body and ultimately controls our nervous system. At the time of stress, your nervous system responds by releasing a flood of stress hormones. These hormones push our body into the emergency mode. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus—preparing you to either fight or flee from the danger at hand.

What are all the symptoms of Stress?

Emotional symptoms {Ex: Becoming easily agitated, frustrated, and moody}

Physical symptoms {Ex: Low energy, Insomnia, Pain, Headache, Nervousness}

Cognitive symptoms {Ex: Worrying, Racing thoughts, negative thoughts}

Behavioral symptoms {Ex: Use of alcohol/drugs/cigarettes, avoid responsibility}

**What Are the Consequences of Long-Term Stress?**

A little stress every now and then is not something to be concerned about. Ongoing, chronic stress, however, can cause many serious health problems, Insomnia, No peace of mind, Lack of concentration, Frustration, Anger, Palpitation, No appetite, Giddiness, Constipation, Blood pressure, Diabetes, Impotency like so many serious ill health both mentally and physically.

**Is it all Stress is out of control?**

No. Stress is two types.

1. In life many stress are within your control. It can be avoided by your activities and positive attitude depends upon circumstances and situation. If you tackled it carefully stress will be positive and it will motivate to get success in your life.

2. Some Stress due to some unforeseen incident like death in family, sudden sick in family members, loss of job, accident etc. will spoil our routine schedule, our environment, and our health. We should cautiously handle it and to avoid thinking the incidents. We should peacefully and positively think to overcome this situation to get relief from stress.

**Remember the Four "A"s. Avoid/Alter/Adapt/Accept.**

- Avoid unnecessary stress.
- Alter the situation. If you can't avoid a stressful situation, try to alter it.
- Adapt to the stressor. When you can't change the stressor, try changing yourself.
- Accept the things you can't change. There will always be stressors in life that you can't do anything about.

## Stress Relief from Home Remedies:

1. Drink Green Tea or Black Tea. It will suppress our stress and will get peace of mind. Avoid coffee and tea at this time, it will stimulate our brain and stress our mind.

2. Mix cardamom powder in hot water and drink , it will give peace of mind.

3. Eat fruits and raw vegetables it will calm our mind and avoid fried foods.

4. Drink sufficient water (2-3 liters). Don't drink cool water or bottle drinks.

5. Daily consume nuts like Padam, Pista, Dry grapes in the night and drink warm milk. It will calm the mind.

6. Drink green kothamalli juice. This will reduce stress.

7. Drink Basil leaves (Thulasi) juice. This is one of the best Anti Stress Agent.

8. Avoid non vegetarian food and junk food at this time.

9. Take one glass warm water mix half teaspoon Nutmeg powder (Jathikkai) and two teaspoon Gooseberry juice(Nellikkai) and drink daily morning and evening. It will reduce Stress and Palpitation.

10. Daily drink one glass warm milk mixed with one spoon honey, and one spoon jathikkai powder before go to bed in the night. Stress will reduce and get good sleep.

If we were tired both mentally and physically we will not get good sleep. At that time you please take hot water bath mix with Epsom salt, before go to bed. Stress will reduce and will get good sleep.

## Activities to get relief from Stress

First we should physically move from the place where the problem is started.

**Stress Relief by our Activities:**

1. Divert your activities and mood from the problematic situation and recollect happy memories in your life and chitchat with friends over phone and in person without discussing about the problem.

2. Avoid smoking, drink alcohol. It will increase stress.

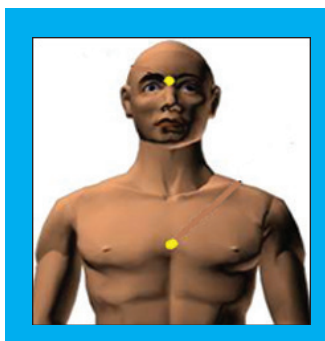
3. At the time of stress, in our breathing if the air is coming out from right nose, you close the right nose and try to exhale through left nose. If it was left nose try to close left nose and exhale through right nose. If you do this practice automatically breathing process will change and our stress will reduce.

4. Breathing exercise, particularly inhale through nose and exhale through mouth. If you practiced 1 minute instant peace of mind you will enjoy. You do this practice daily two to three times.

5. Meditation is an excellent remedy for stress.

6. We should avoid worries and sadness for the problems which is not in our control. Instead of worrying we should peacefully think for alternate solution. By this we can avoid stress.

7. Yoga and walking and simple yogic exercise will ease our mind.

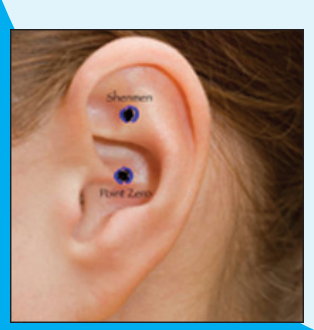


## Acupressure Treatment

We have already discussed in the last issue Acupuncture /Acupressure treatment is drugless therapy. Saints and our Ancestors discovered certain energy points in our body, in which if we massage, punctured, heated or pressed with finger, we get relief from certain diseases. They called it as Varma points and known as varma treatment. In Chinese theory it is called as Acupressure/Acupuncture points and known as Acupuncture/Acupressure treatment.

Acupressure points are highlighted in these pictures. At the time of Stress and Insomnia, we need to give pressure in all the points individually for 30 seconds with our finger or any pointless pencil. We will get instant relief from stress and will get peace of mind. Depends upon the severity of Stress you can give pressure once in 3 hours in all the points individually. Pressure should be made one hour before meals or 2 hours after meals. No doubt the acupressure treatment will definitely will ease your mind and relief from stress.

We have discussed above Home remedies, your Activities and Acupressure treatment to get relief from stress and insomnia. You can select some of Home remedies treatment, which is convenient to you, depends upon your situation. But definitely your attitude and activities should be changed as mentioned above and continue the Acupressure treatment, you will enjoy excellent relief from stress and insomnia.



If you have faith in God and Prayers, you can chant the "Maha Mrityunjaya Mantra". Chanting this will remove stress and fear on death, bestows health, wealth, long life, peace, prosperity and contentment. .

**"Om Tryambakam Yajamahe Sugandhim Pushtivardhanam Urvarukamiva Bandhanan Mrityor Mukshiya Maamritat."**

Maintain good health without stress and enjoy happy and peaceful life.

**Prof.Dr.P.Sivagnanam. MD(Acu).Ph.D.**
**Website. www.guruaam.com**
**email. ps@guruaam.com**
**Mobile.9444391909.**