

## **Increasing Incidences of Suicidal Attempts in Young Generation Due to Stress and its Prevention through Ayurveda and Yoga**

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### **Abstract**

Every year more than 800 000 people take their own life and there are many more people who attempt suicide globally. In India on an average, more than one lakh persons commit suicide every year during the decadal period from 2004 to 2014 as per national crime record bureau report. The incidence of suicides in India increased from 15.8% from 2004 to 2014. Suicide is a tragedy affecting not only to kins of victim but also the entire community. As per WHO it was the second leading cause of death among 15–29 year-olds globally in 2012<sup>1</sup>. As per WHO 75% of global suicides occurred in low- and middle-income countries in 2012<sup>2</sup>. Suicide is not only a crime but it is a serious health problem which is easily preventable. There is a close and scientifically proved link between suicide and psychological disorders (in particular, depression and alcohol use disorders). A chance of suicidal attempts increases in people lacking the capacity to deal with chronic stressors like illness, financial instability, family problems etc. There are a number of measures that can be taken to prevent suicides at individual as well as community level. Measures to increase quality of life and to prevent individual from any kind of stress should be adopted to prevent suicides. A detailed analysis of reasons of increasing incidences of suicides has been done in this study. A detailed regimen has been made to increase the quality of life and to manage the stress with the help of *ayurveda* and *yoga*. This regimen including *satvajay* and *devavyapshray chikitsa* along with *yogasanas*, *dhyan*, *yam*, *niyam* and *pranayama* provides a new cost effective, harmless and acceptable solution to prevent and manage stress, the root cause of suicides. A detailed review of *ayurvedic* and *yogic* regimen to prevent suicides by removing stress has been done in this study.

### **Keywords**

*Ayurveda, Anxiety, Modus Vivendi, Niyam, Stress, Yog, Yam*



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## INTRODUCTION

As human race develops, the bonds between the families and friends become weak. In a run towards success we lack our patience and expect much more from our lives. It creates tremendous pressure which ultimately leads to ill practices like suicides. In India on an average, more than one lakh persons commit suicides every year during the decadal period from 2004 to 2014 as per national crime record bureau report. The number of suicides in the country during the decade (2004–2014) has recorded an increase of 15.8% (1,31,666 in 2014 from 1,13,697 in 2004). Every suicide is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. As per WHO 75% of global suicides occurred in low- and middle-income countries in 2012<sup>3</sup>. In majority of cases victims suffer from a long lasting stress caused either by individual or social reasons. Individual reasons such as financial problems, relationship problems or health related events cause immense stress. Sometimes social problems like social stigmas, dowry, social boycotts etc. leads to suicidal attempts. In all the main cause behind suicides is stress caused by either individual or social reasons.

### What is stress?

The term *stress* is a form of the Middle English *destresse*, derived via Old French from the Latin *stringere*, "to draw tight"<sup>4</sup>. Walter Cannon used it in 1926 to refer to external factors that disrupted what he called homeostasis<sup>5</sup>.

### Cause of Stress:

The situations and pressures that cause stress are known as stressors. Anything which forces a person to adjust can be stressful. A stressor might be negative or positive. For example busy work schedules, worst experiences of relationship are some negative stressors. On the other hand events like marriage, delivery, purchasing a property, examinations etc. are also act as stressor. Mostly a stressor is an external factor but some time internal factors like excessive worry, irrational thinking etc. work as stressor.

### Stress according to Ayurveda:

According to Ayurveda stress is *manovikar*. Pathophysiology of stress is also explained in *Gita*. As per *Gita* when a person becomes *asakt* for *vishayas* it gives rise to *sang*. From *sang kama* will arise and from *kama krodha*. *Krodha* gives rise to *smriti bhransha* which ultimately cause *buddhinasha*<sup>6</sup>. When memory is bewildered intelligence is lost

and when intelligence is lost one falls down in material pool<sup>7</sup>. In present context when a person chooses wrong profession being aware that is not suitable for him, he is on a side of *pragyaparadh*. When he overlooks his health aspects and involves his sense organs in wrong way, for example working on computer for a long time, he is in a state of *asatmendriyarth sanyog*. And when he works for a period without taking proper rest he overlooks the third factor i.e. *parinam*. All these three collectively disturb the homeostasis causing different types of physical as well as mental disorders, and stress is being one among them.

### Management of Stress in Ayurveda

Stress is purely a mental condition having its effect on whole body. In Ayurveda treatment of stress is done on the line of *manas vikaras*.

Management of *manas vikaras* in Ayurveda is as below.

- With knowledge, restraint, memory and concentration<sup>8</sup>.
- ***Nidana parivarjana Chikitsa*** -The first step of treatment of disease involves removal of cause or *nidan parivarjan*<sup>9</sup>,
- ***Daiva vyapasraya Chikitsa***<sup>10</sup>-It consists of recitation of mantras, wearing of

roots and gems, auspicious acts, offerings, gifts, oblations, fasting etc.

- ***Sattva vajaya Chikitsa***<sup>11</sup>-consists of restraint of mind from unwholesome objects.
- ***Yukti vyapasraya Chikitsa***<sup>12</sup> – consists of administration of *aahara* (diet), *vihara* (activities) and *aushadha* (drugs) rationally.
- ***Naisthiki Chikitsa***<sup>13</sup> – the supreme treatment is that which is devoid of *upadha* (allurement) is known as *Naisthiki Chikitsa*. Main aim of treatment is not merely to cure the disease but also to maintain the healthy condition for a longer period<sup>14</sup>.

### *Swasthavritta*

In present context it is not possible to change someone's profession or competition in life as per the principal of *nidan parivarjan*. The other methods also have limited role because they only treat the disease but are incapable to remove the cause and could not be applied for a longer period, the question remains the same. What is the effective easily applying and best method for its management? Here Ayurveda has a ray of hope in the form of the concept of *Dincharya Palan* and *yogik kriyas*. As we know due to tough competition the day to day life of present era become too much

hectic. With the help of a proper daily schedule i.e. *Dincharya Palan* it is possible to prevent the stress caused by excess work load. A proper *Dincharya* not only affects body but also have similar effect on mind and helps a person to cope up with stress and maintain it is health. It has no side effects as it does not involves any medicine but just manage the patient's daily routine in a proper way.

An ideal *dincharya* starts with waking up early in the morning i.e. *Bramha muhurta jagaran*<sup>15</sup>. Morning atmosphere is clean and we get more oxygen that is why by wake up early in the morning helps to have more oxygen for breathing. After completing daily routine *dantadhavan* with ideal and easily available method should be done. It removes foul smell, sliminess and *kapha* and produces clarity, relish in food and cheerfulness<sup>16</sup>. *Dantdhavan* should be followed with *Jihvanirlekhan*. It provides lightness in mouth and relish in food<sup>17</sup>. After *jihvanirlekhan* *Nasya* should be performed. It makes face glowing and sense organs healthy<sup>18</sup>. In a healthy daily routine there should be a place for exercise or *asanas* according to need and condition of person. It not only maintain the physical fitness but

also provide management of several diseases.

Asans can be divided in three categories:

1. **Relaxing asanas:** *Shavasana, Makarasana* etc.
2. **Sukshma vyayam:** For preparatory purposes.
3. **Asanas for specific purposes:** Like *suryanamaskar, vajrasana*, etc.

From psychological aspect *yam, niyam, and pranayama* are very helpful. *Yam* helps to maintain physical as well as mental standards. It teaches how to satisfy with achievements and prevent the loss caused by over expectations. Some of *Niyams* should be followed in daily routine. *Satya Palan* teaches us to always follow a true goal and never try to overestimate or underestimate our capabilities. *Yam, niyam* and *sadachar* helps to maintain higher living standards and provides the best quality of life. The benefits of pranayama is now universally accepted. Proper practice of pranayama leads to cure of all psychological diseases. After *asanas* bath or *snan* is compulsory. It makes face glowing and provides pleasure<sup>19</sup>. Bathing is pleasing, excellent cleanser, arouse all sensory and other organs<sup>20</sup>. After *snan* a good and nourishing diet is necessary for fulfilment of energy requirements. A *Saatvik*

*Ahara* is nourishing, gives strength, immediately sustain body and promotes life span, brilliance, energy, memory, *ojas*, and digestive power<sup>21</sup>. *Satvik* food increases the duration of life, purify ones existence, and give strength, happiness, health, and satisfaction<sup>22</sup>. Food and drink with desirable smell taste and touch if properly taken produce energy in mind, constitution of *dhatus*, strength, complexion and clarity of sense organs<sup>23</sup>.

In an ideal routine proper and healthy diet should be strictly followed. After dinner and before going to bed *abhyanga* and *samvahan* helps to remove stress and relax the body and have soothing effect on mind. *Abhyang* removes fatigue and numbness<sup>24</sup> while *Samvahan* provides pleasure sleep and is aphrodisiac<sup>25</sup>. To end a hectic and stressful day a good and sound sleep is must. It provides development, complexion, strength, and enthusiasm<sup>26</sup>. In Ayurveda *aahar*, *anidra* and *brahmacharya* are considered as *trayopstambh*. Proper follow-up of all these three factors is must for a healthy life.

## CONCLUSION

Stress is psychosomatic disorder originated by many causes and further develops many

diseases and disorders which affect mind and body both. Although 'stress' cannot be correlated with any single disease mentioned in Ayurveda but various different conditions like *vishad*, *chittaudvega* are mentioned in ancient texts. Ayurveda has two main aims preventive and curative. Principles of *sadvritta*, *aachararasaayan*, *dincharya*, *rituchara* aims at prevention of stressful conditions. Measures to increase quality of life and to prevent individual from any kind of stress should be adopted to prevent suicides. Detailed regimen to increase the quality of life and to manage the stress with the help of *Ayurveda* and *yoga* including *satvajay* and *devavyapshray chikitsa* along with *yogasanas*, *dhyana*, *yam*, *niyam* and *pranayama* provides a new cost effective, harmless and acceptable solution to prevent and manage stress, the root cause of suicides.

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