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Role of ayurvedic foods in rescuing exam and result stress

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Abstract

Over anxiety can hamper the thinking capability of a student. As a consequence, he or she will veritably probably not perform according to his capability, if the child is under too important pressure. Now the pupils have started appearing for varied entrance examinations amid the Covid pandemic, they need to stay calm while dealing with likeable situations. Pupils need to concentrate on their health as well as examinations. Pupils need redundant support from their family and mates who are appearing for their entrance as well as other examinations during these times. Unlike the Pre-Covid times, where the focus was only on academics during examinations, now scholars also need to stay safe. Preparation for the examinations along with arming oneself with defensive gear to keep out covid infection has become a great challenge for pupils. Ayurveda can come to assist in these times to keep off stress and soothe mental health. Input of food like milk, almonds, raisins, cottage cheese, green vegetables and seasonal fruit should be increased as they keep the digestive system strong. Junk food should be absolutely stopped as it isn't at all good for the digestive system. A healthy gut helps to keep the mind relaxed and energetic. Ayurvedic herbs like Ashwagandha are a mighty antioxidant that reduces anxiety naturally. A positive atmosphere at home will enhance the thinking pattern of a pupil. Using aromatic oils or incense sticks like lavender and lemon will help in relaxing the mind.

Keywords: Ayurveda, exam stress, ambience, health, relaxation

Introduction

Academic stress can be conceptualized as a pupil's interactions between environmental stressors, the pupil's cognitive appraisal of and getting along with the academic-affiliated stressors, and intellectual or physiological response to the stressors. Academic stress is a pervasive matter across countries, societies, and ethnical groups, and must be viewed in its surroundings. Every pupil aspires to pursue academic success to achieve respect, family pride, and social mobility. This results in extreme demands to reach best grade and extraordinary pressure on students especially adolescents. As a consequence of stress and demands to perform well in examination, the students are not able to enjoy their academic life and become joyless and burden for them.

Due to high examination stress, pupils engage lesser time in socializing and engaging in unresisting and active leisure which further magnify the effects of examination stress. It pushes them to work hard to get a good score in the exams. But when anxiety caused by examination stress reached clinical or sub-clinical degrees, it obtrudes the capability of the students to perform eventually. The incapability to perform in turn led to a major sense of agony. Examination anxiety has been reported to produce enervating cognitive effects including difficulties with memory and recalling information.

A simple and genuinely practical step is to develop a plan of action by preparing well and organizing your time and workloads. This will help address that "out-of-control feeling". An alternate step is to begin to understand the physiological responses going on in the body and try to adapt them.

Stress and Anxiety has sluggishly made its way into day-to-day life indeed if we don't want it. Effects start to go sideways when this stress is constant and slowly it takes a risk on your body and mind. This chronic stress can be a part of life affecting at various stages. Countable common symptoms of stress and anxiety are feeling agitated, getting panic attacks, fatigue, restlessness, problems getting asleep, irritability etc.

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Role of ayurveda in relieving stress

Stress is something not good for the human body as it affects physically as well mentally. At micro level, it affects the body's chemical system by causing imbalances and changing the fundamental normal. Most all the systems of body are negatively affected like as digestion, metabolism, cardiovascular, nervous, reproductive, immune system etc. One cannot manage stress solely by popping pills. Ayurveda is centuries old and is based on the principle of balancing the doshas. From Ayurveda's perspective, stress and anxiety are caused by an inappropriate balance in Vata Dosha. An excess of vata affects the Mano vaha srota which is the channel of the mind, which implies that mind is wandering.

Preparation for the examinations along with arming oneself with defensive gear to keep out Covid infection has turned a great challenge for pupils. The science of Ayurveda has always been applied in these times to keep off stress and relieve mental health. Pupils need redundant support from their family and buddies who are appearing for their entrance as well as other examinations during these times. Unlike the pre-Covid times, where the focus was only on academics during examinations, now pupils also need to stay safe.

Ayurveda also aims at diet variations thereby reducing inflammation by correcting the diet. Ayurveda recommends eating according to prakriti as every single body is different and has different prakriti. Each entity should follow a diet plan designed for his/her body and lifestyle habits. This also promotes healthy blood circulation and when specific is added, it provides relief in cases of chronic stress, anxiety, sleeplessness, migraines etc. This process enables the mind and body to relax at a deeper position. Colourful studies show that Shirodhara leads to a state of calmness which is very alike to the relaxation response observed in contemplation.

It is true that every pupil aims to become an achiever but at the same time they should sustain exam stress in a positive manner. It is a necessary part of student life that can be a tough nut to crack. A child's diet is one of the most neglected aspects during their examinations. It has been observed that the children who usually eat healthy end up eating a lot of junk food during examination times. Not eating healthy may have its own ramifications.

There are certain food sources that help to recover from anxiety and stress related to examinations and results in an Ayurvedic manner.

Milk

Milk is one of the healthiest and most nourishing foods for everyone. It is rich in nutrients such as calcium, potassium, proteins, iodine, phosphorus and riboflavin. Milk aids in reducing stress levels of the body specially during exams as it contains a protein called lactium, which minimizes cortisol situations. In addition, milk also contains tryptophan - an amino acid which is needed for the synthesis of serotonin - the hormone that relaxes mind and calms our nerves. Cow's milk is invigorating (rasayana). It strengthens the various tissues, improves memory, and boosts immunity. It is easily digested and well absorbed in the body.

Nuts

Nuts are an important part of the vegetarian diet. They contribute protein, essential fatty acids specially omega-3 ones, dietary fiber, minerals, and vitamins. They contain beneficial phytochemicals such as antioxidants which scavenge free radicals and reduce inflammation to the body. They contain different forms of plant sterols, which are believed to help moderate blood cholesterol. Nuts of all kinds followed by nut milks and nut butters as well as seeds like

sunflower and pumpkin seeds are excellent for pacifying Vata. Blanched and peeled almonds and coconuts, if taken in moderate amounts are good for Pitta, as are sunflower and pumpkin seeds. Nuts increase Kapha, but sunflower and pumpkin seeds in temperance are adequate in a Kapha diet. Walnuts are astringent and are fine to balance Kapha to eat in moderation. One walnut in a day is good for growing children since it has medhya qualities — nourishing for the brain. Walnuts are natural "stress-busters."

Herbs

Ashwagandha is an excellent natural adaptogen that helps the body adapt to stressful and emotional situations. It also helps boost energy, stamina and endurance power. It also promotes sound sleep. It is considered one of the most powerful ingredients that supports brain function, lower cortisol levels, and help fight symptoms of anxiety and depression.

Brahmi is also widely used and well-known for reducing stress and anxiety. It also works in reducing levels of cortisol, the stress hormone. It further enhances your concentration, revitalizing the brain cells leaving a soothing effect on the nervous system and promotes great memory.

Bhringraj is a powerful ingredient in Ayurveda that can be taken as tea and also used in oils for massage. It promotes blood circulation and promotes the blood flow towards the brain for relaxation and detoxification. It also has a relaxing effect on the brain and helps calm the mind thereby reducing stress.

Jatamasi is a powerful anti-stress and anti-fatigue herb that is also used in the treatment of insomnia. The roots of Jatamasi are known for their therapeutic effects and work on reducing stress and calming the mind.

Vacha is an ayurvedic herb that is used in many mental disorders. It is also a memory enhancer and is a potent antioxidant which fights against free radicals. It protects the brain cells from inflammation and degeneration. It helps support brain functioning and memory.

Gotu Kola works well for stress and anxiety by acting as a sedative. It works well for calming the mind and is a memory enhancer. It is a powerful Medhya rasayana that nurtures dhi, dhriti, and smriti and their coordination.

Vallarai (*Centella asiatica*) is regarded as a kayakalpa herb in Siddha medicinal system. Vallarai is called mandookaparani (frog's leg) in Sanskrit as the leaves resemble the legs of a frog. These creepers grow in shades near lakes and water bodies in a cool temperate climate. It is widely used as brain food to improve memory.

Conclusion

The food we eat affects the functioning of the body in more ways than one. It is also essential to stay healthy during the exam season to perform well. A healthy and nutritious diet can help you ensure better health. Ayurveda can come to assist in these times to keep off stress and soothe mental health and to overcome exam anxiety and stress.

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