

Prevention of Mental Stress

- In present era, due to hectic and materialistic lifestyle, mental stress is increasing in humans. As a result, daily routine, physical & mental health are being disrupted.
- For prevention from mental stress, Prāṇāyāma and Yoga including meditation should be practiced regularly.
- Intake of intellect enhancing drugs such as Brāhmī, Muleṭhī, Giloy Śaṅkhaṣpī etc., proper sleep, being satisfied with belongings in life and good behavioural conduct should always be followed.
- Mūrdhataila (procedures involving application of oil on head) such as Śirodhārā (gentle pouring of medicated liquid over forehead) in consultation with Ayurvedic Physician is very useful.