



Stress can impact of sexual life; How to overcome Ayurveda

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Abstract

Ayurvedic systems of medicine are over 5000 years old. The concept of Stress can impact of sexual life. Ayurveda is guided and reduce the stress. Ayurveda is highlighted as a holistic system with its concern for prevention and promotion of stress and sexual health.

Key Words: Stress, sexual problems, effect of Ayurveda.

Introduction:

The everyday meaning of "stress" is being under too much pressure, usually from work or other commitments. It can have psychological and physical symptoms such as poor sleep, irritability and feeling anxious.

Some stress may help your body to prepare for certain challenges, so it's probably impossible to live without any stress. But too much stress, especially if it's day in, day out, can cause physical and emotional problems.

The modern stresses we face in our everyday lives - such as deadlines at work or money troubles - don't really trigger a fight or flight response. However, they do release the same stress hormones, and this natural reaction can damage health and reduce the ability to cope.

Common causes of stress include:

- Death of a loved one
- Confrontations
- Marriage
- Deadlines
- Legal problems
- Job loss
- Divorce
- New job
- Retirement
- Money problems
- Illnesses
- Parenting

When you are not sure of the exact cause of your stress, it may help to know the warning signs of stress. Once you can identify these signs, you can learn how your body responds to stress. Then you can take steps to reduce it

Symptoms:

Everyone reacts to stress differently, but there are some common effects to look out for. In times of extreme stress, people may tremble, hyperventilate (breathe faster and deeper than normal) or even vomit. For people with asthma, stress can trigger an asthma attack. People who are chronically stressed may have:

- periods of irritability or anger
- apathy or depression

- constant anxiety
- irrational behaviour

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- loss of appetite
- comfort eating
- lack of concentration
- loss of sex drive
- increased smoking, drinking, or taking recreational drugs
- There can also be physical effects, which may include the following:
- excessive tiredness
- skin problems, such as eczema
- aches and pains resulting from tense muscles, including neck ache, backache and tension headaches
- increased pain from arthritis and other conditions
- heart palpitations
- feeling sick
- stomach problems
- for women, missed periods

Impact of sexual life:

The effects of stress are insidious. It takes a toll on your physical, emotional and relationship health, probably more than you realize. Here are **five ways of stress can impact of sexual life:**

1. Stress contributes to a negative body image. Bad body image = bad sex.

The hormones produced in association with stress can impact of metabolism. If we feel sluggish or if we gain weight (unintentionally), it can make us feel badly about our physiques. If we don't like our bodies, it is pretty difficult to find the desire to shed your clothes and jump into bed with your partner. Now, I am not suggesting that you should just get it over with, but it's a vicious cycle. Lower self-image equals less sex and less sex creates relationship problems. Ideally, our relationship should enhance who we are, not make us feel more stressed. And one of the biggest stressors we can have is our relationship, if we don't take the time to nurture it.

2. Stress takes a toll on our libido.

By now, we know that hormones affect our bodies in numerous ways from childhood to adolescence, pregnancy, menopause and beyond. Cortisol is one of the hormones produced by stress, and you might have heard of it if you've ever seen those late night diet pill commercials with the image of the pixelated woman gaining weight in her abdomen. Our bodies need this hormone, but in small doses for short bursts of time. If elevated levels of Cortisol are being produced for a prolonged period of time, they suppress our sex hormones. Lower quantity of sex hormones equals lower libido.

3. Stress makes us question our relationships and our partners.

As I mentioned earlier, when we are stressed, we are not that pleasant to be around -- and vice versa. You don't want a partner who flies off the handle and snaps at you because he or she is overwhelmed. And you don't want to be the one who incites those feelings of frustration in someone that you love. Who wants to go to bed with an emotional monster? Relationships suffer when we are stressed, especially if we stop communicating. Or if our communication consists of rolling our eyes and grunting at a loved one.

4. Stress can lead to excessive drinking. Excessive drinking makes for bad sex.

It's not a surprise that lots of people use alcohol to escape. I, like many women I know, have been known to long for happy hour -- any happy hour. But this isn't about a glass of wine, a bottle of beer or a drink with one of those smile-inducing hot pink umbrellas in them. This is about excessive, prolonged drinking. More than one or two drinks a day. (And we can even debate whether that is too much.) This is the type of drinking that you probably hide from friends. It may be the type of drinking that begins long before happy hour does and goes on far later. Or it may just be one drink beyond that early, feel-good buzz.

We know that men have difficulty getting an erection when they drink too much. But what about us? As it turns out, alcohol can dull sex, making it less pleasurable. Alcohol dehydrates us, making lubrication challenging. Without lubrication, sex is painful. Without lubrication and sufficient arousal, we can kiss the idea of orgasm (or pleasure in general) goodbye. After a number of pleasure-less or mildly painful sexual experiences, we are not going to want it. Would you?

5. Stress impacts our fertility and our menstrual cycle. When we are stressed, our hormones levels take a dive.

I mentioned stress as a factor in why our libidos suffer when we're stressed. But who would have thought that fertility would be challenged, too? (Yes, I know what you're thinking, if you're not having sex, you're probably not getting pregnant. You're right, but there's more to this -- and besides, not all women are heterosexual, and they try to get pregnant, too.)

Stress can impact our pituitary gland, which controls the thyroid, adrenal glands and ovaries. If our ovaries aren't functioning properly, your menstrual cycle is adversely affected. Our periods may become irregular or we may stop menstruating. (This is called amenorrhea and if stress-related, not a permanent condition.)

If you are trying to get pregnant, you need to decrease your stress. Which (as I know) can be difficult, because there are few things more stressful than trying to become pregnant and not being able to do so.

How Does Ayurveda Manage Stress?

We all experience stress a little differently, according to our constitution and mental tendencies. The Ayurvedic approach always takes into account these and provides guidelines in an individualized and holistic manner. For instance, pitta constitutions, who tend to become angry and act out their stress, or take it out on others, will benefit from certain pitta pacifying herbs and foods, such as pomegranate juice, coconut water and aloe vera, to help decrease excess pitta and prevent it from moving into the nervous tissue. Daily massage with coconut oil and applying oils such as sandalwood, khus, mitti or rose attars to the third eye, temples and crown of the head can dramatically cool and quiet the mind. Pitta herbs include Shatavari, Licorice, Brahmi and Rose petals.

Kapha people tend to internalize stress and develop eating disorders or substance abuse problems. Lack of exercise causes the formation of toxins and slows down the metabolism. This can lead to heaviness on the mental and emotional plane giving rise to depression. When kapha types become stressed they can also get irritable because excess pitta becomes trapped in their increased body fat, and they tend to eat too much to relieve tension and try to attain a feeling of satisfaction. In this case, pungent, bitter and astringent foods can help, as well as a kapha reducing diet, increased activity, vigorous exercise, mentally rejuvenating herbs like Vacha, and pungent digestive stimulants like black pepper and pippali are great to lighten the body and refresh the senses.

Vata types are more prone to becoming overly anxious, jumpy, and even panicky. And most people with a chronic illness may find that the symptoms of their illness flare up under an overload of stress. When prana vata gets aggravated in the brain it causes an inability to think clearly or retain information, which is a common symptom in a stressful or traumatic situation. Other symptoms associated with vata may included mental hyperactivity, anxiety, and scattered thoughts. Here the best regime consists in following a vata

pacifying diet of primarily warm, cooked foods that have sweet, sour and salty tastes, daily oil massage, meditation, relaxing yoga, and warm milk before sleep. Herbs such as Ashwagandha, Bala, Jatamansi, and Licorice are among the best vata tonic herbs to combat stress as well as to replenish depleted stores of energy and bolstering adrenal energy.

Stress from excessive physical or mental work can also exhaust your body and mind, and cause fatigue, which can over time make you lazy, sluggish and mentally dull. So rest, play, and fun are vital ingredients to prevent energy exhaustion. To help your body detox and rejuvenate, get regular Ayurvedic therapies such as shirodhara, abhyanga, herbal steam, netra basti, nabhi basti, marma massage, aromatherapy, and color therapy. Also, incorporating healthy daily routines (dinacharya) is a very good way to counteract daily stress and promote overall balance and vitality.

Furthermore, seasonal Panchakarma is one of the best ways to reduce stress because it is the most effective way to balance all doshas, cleanse your body of toxins

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(both physical and mental), and allow yourself to be nurtured and cared for, and take care of unresolved emotions in a healing environment.

Stress Reducing Herbs

Ashwagandha, Bala, Licorice, Vidari, Shatavari, Brahmi, Gotu Kola, Saraswati churna, Vacha, Tulsi, Shankapushpi, Siberian Ginseng.

Stress Reducing Foods

Coconut, walnuts, dates, almonds, cooked fruits, fresh raw milk, and fresh, organic pomegranate, persimmons, mangoes and pineapple. Bananas fried in ghee with cumin.

Stress Reducing Drinks

A daily cup of tomato juice. Ginger jatamansi tea. Tulsi tea. Ojas drink. Fresh almond drink. Garlic Milk. Ashwagandha Milk. (see right column)

Stress Reducing Yoga Asanas

Child pose (Balasana). Extended child pose. Corpse pose (Shavasana). Easy pose (Sukhasana). Half shoulder stand (Viparitamudra). Yoga Nidra techniques.

Stress Reducing Ayurvedic Therapies

Shirodhara (Bliss therapy), Abhyanga (warm oil massage), Shiro Abhyanga & Nasya (head massage), Netra Basti (eye rejuvenation), Nabhi Basti (emotional release), Shila Abhyanga (hot stone massage)...and more

Conclusion

Actually Ayurveda is to control stress. Automatically solve impact of sex . Ayurveda provides a combination of benefits such as Pancha karma and Madya Rasayanas (Medicines) practice and guided Herbal Remedies. That is powerful, Even for people who have fallow Nutrition and Diet, Good Dinacharya and Physical Exercises Just by doing this you can have great benefits with the practice of Stress and impact sex Health. So in conclusion yes Ayurveda can be a great remedy for stress and can offer some stress relief.

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