

STRESS AND SKIN HEALTH

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ABSTRACT:-

Beauty is combination of qualities that pleases mind and senses; is not always physical it could be having good personality and nature. Skin is marker of health and beauty best facial structure can be unbalanced by skin that is flawed. Skin is largest organ of body and affected by every aspect of life from what we eat to how we live. When it visually altered or damaged can make profound effect on one's quality of life. Stress is one major cause of skin issues. Mind and skin are connected closely, a lot of nerve endings are connected to skin and emotional stress causes releasing of stress hormones including cortisol which makes skin more sensitive and reactive. Beauty of skin can be achieved by reducing stress via adopting healthy lifestyle described in ayurved and different preparations for reducing stress. By reducing stress we feel better about ourself, sleep better, feel healthy and more alive.

INTRODUCTION

Beauty is combination of qualities that pleases the aesthetic senses. The characterisation of a person as "beautiful", whether on an individual basis or by community consensus, is often based on some combination of inner beauty, which includes psychological factors such as personality, intelligence, grace, politeness, integrity, harmony and elegance, and outer beauty (i.e. physical attractiveness) which includes physical attributes which are valued on an aesthetic basis.

Skin is marker of health and beauty.

Beauty and skin care go hand in hand, especially for those who want to show off their best with confidence. Starting good skin habits at a young age will contribute to younger looking skin. Good eating habits of healthy organic foods and good daily habits of serious skin care helps in getting flawless skin.[1]

We all attracted to beautiful face. We like to look at them and we aspire to have one. The skin is important when people judge someone as

beautiful. The best facial structure can be unbalanced by skin is flawed.

There is a complex link between skin and psyche, stress affects skin conditions. Stress such as feeling anger, anxiety, depression, tension these emotional states translate to physiological problems. Stress in everyday terms, feeling that people have when they are overloaded and struggling to cope with their demands like finances, work, relationships etc. Stress is body's natural defence against predator and danger. It flushes the body with hormones to prepare systems to evade or confront danger, this is known-as the "flight or fight" mechanism.

The body produces larger quantities of the chemicals cortisol, adrenaline and nor-adrenaline. These trigger an increased heart rate, sweating, alertness to respond challenging situation. Factors which trigger this reactions called stressors. The more stressors we experience the more stressed. Stress slows bodily functions, such as digestive and immune systems. Stress helps body to face danger. The symptoms can be physical or psychological. Short term stress can be helpful, but long term stress is linked to various health conditions.[2]

Mind and skin connected on different levels, lots of nerve endings are connected to skin. Emotions have role neurologically, they can be expressed through skin. Skin is immediate stress perceiver and target of stress responses. Stress hormones make skin more sensitive and reactive.

AIMS AND OBJECTIVES:

Our aim is to evaluate the affect of stress on skin health and manage and control stress through different Ayurvedic lifestyle and preparations so that one can have healthy skin and confident life.

METHODS:

Study material is collected from different Ayurvedic literature as well as modern medical science books from library and the various articles available online related to topic and different research papers. The data obtained were analysed and presented.

DISCUSSION

In Ayurveda, skin is considered a manifestation of inner health. Our skin is our largest organ and serves as protection barrier. According to Ayurvedic texts mind is connected to all sense organs and skin is largest sense organ of the body. Our skin can reflect what you're feeling inside. It makes sense, then, that emotional trouble might show up as skin trouble. Although cause and effect can be difficult to pin down, considerable data suggest that at least in some people, stress and other psychological factors can activate or worsen certain skin conditions. If mind gets disturbed because of different triggers skin will also show result on itself by affecting its appearance or physiology. Skin when visually altered or damaged can make profound effect on one's quality of life. There are many factors that affect skin like eating habits, sleeping pattern, skin care routine, environment, stress etc. Stress is one major and most affective over them. It affects every aspect of life from what you do and how you live. The skin contains sweat glands and blood vessels (which help regulate body temperature), cells that use the sun to manufacture vitamin D, nerve endings that are in constant contact with the brain, and an array of

immune system cells that help ward off invaders such as bacteria and viruses.

The brain and nervous system influence the skin's immune cells through various receptors and chemical messengers — neuropeptides, for example.[3]

Skin reacts to stress by activating the endocrine and immune systems and shows negative impact on skin health. When a person experiences stress neuropeptides released by skin nerve endings are skin's first line of defence from infections and trauma. When responding to protect the skin, neuropeptides can create inflammation and uncomfortable skin sensation and stressful condition can flare of skin condition.

These neuropeptides travel to the brain and ultimately increase the reuptake of neurotransmitters; means that the stress depletes the chemicals that regulate our emotions such as serotonin, norepinephrine and dopamine.[4]

Research suggests that chronic negative stress can disrupt the function of the skin's permeability barrier, which normally keeps out harmful substances and prevents the loss of fluid from skin cell layers. This kind of disruption is thought to be a major factor in many skin diseases like dermatitis, alopecia areata, pruritis, acne, early skin aging etc. Unhealthy skin loses its collagen and elasticity and causes early aging symptoms in skin.

So coping these troubles we have to first control and manage that cause of all these skin problems. Avoidance of stress is the best strategy for treatment and where it is not possible, the body should be well protected by taking appropriate care of the diet and sleep, sleep here indicates adequate rest required by the body.

Helping the mind will help the skin. Stress can be managed and reduced via many different methods described in our Ayurvedic texts. Many non-pharmacologic interventions like counselling, behavioural therapy, relaxation therapy, meditation, yoga etc and pharmacologic preparations like different *rasayana dravya* can be used for boost immune power.

Stress management:-

Diet

Diet and lifestyle being core aspects of the Ayurvedic healing process, are integral to the treatment.

In general, Ayurveda recommends a healthy, whole foods, largely vegetarian diet for all types of constitutions. fatty, fried, refined, and processed foods, salt, sugar, seafood, and red meat can cause skin problems—so avoid them when you can.

Exercise & Sleep Hygiene

Ayurvedic experts suggest exercising at least five times a week until sweat forms along the spine and under the arms promotes sweating (which rids the body of toxins), increases circulation, and calms the mind.

Stick to a restful regular sleep schedule, going to bed and waking up at the same time every day. Sleep and exercise stimulate growth hormone, which promotes fibroblast health and allows more production of collagen and elastin to keep your skin taut. They also accelerate the production of epidermis.

Yoga

“*Yogastuchittavrattinirodha*”

Incorporate a balanced yoga with slow and steady *aasanas* that give absolute control of the mind and help to sharpen it.[5]

Dhyana(Meditation)[6]

Dhyana is the 7th limb of yoga, building upon *asana* (physical posture), *pranayama* (breath control), *pratyahara* (control of the senses, moving the focus to the inside), and *dharana* (concentration). The word *dhyana* comes from the Sanskrit word *dhyai*, which means "to think of."

Meditation techniques are used to calm and relax both the mind and the body since both the mind and the body are closely tuned to each other.

Abhyanga

“*Abhyanga* is an Ayurveda self-massage technique using warm oil (usually infused with herbs) which deeply nourishes the face and body, hydrating skin, stilling the mind and leaving you feeling grounded and re-energised. Skin feels revitalised and radiant afterwards too.[7]

Abhyanga should be done every day before you shower. Practiced regularly, it boosts immunity and improves circulation, and it's beneficial for maintaining wellbeing.

Rasayana

Achara rasayana, constitutes the balanced use of sense organs, non-violence and self control is advised. This also suggests a regular routine free from stress.

Ajasrikarasayana is about observing a nutritious and balanced dietary routine. A balanced diet consisting of all the six *rasas* and modified as *perdesha*, *kala* (climate, environment and season), age and *prakrti*(*doshik* constitution) of the individual. In disease states, the dietary substances opposite to vitiated *dosas* are advised. In health, the balanced diet is considered the best *rasayana*.

Ausadha *rasayana*, i.e., the drug treatment becomes effective only when the first two are appropriately followed.

Ayurvedic medicine for stress and depression :- , the herbs *jatamansi*, *Sarpagandha*, *Ashwagandha*, *Brahmi*, *Vacha* & *shankapushpi* are prescribed in conditions of a disturbed mind.

They strengthen the nervous system so that the body can handle added levels of tension and stress and restore normal mental condition.

- *Ashwagandha*– It strengthens the brain.
- *Sarpagandha*. -Helps to control blood pressure, induces sleep.
- *Jatamansi*-gives stability to the brain functioning.
- *Vacha*– Memory enhancer. Helps to increase recall ability or recall memory.
- *Brahmi*-In Ayurveda it is called *medyarasayana*. It enhances concentration. Revitalises brain cells and gives soothing effect on the nervous system.

Gandha-dharana

Gandha(aroma/scent) brings many stress relief benefits, it's effect is *pittashamaka* and mood elevator.

Satsang

It can be translated as ‘true company’ it means ;1. Company of the highest truth, 2. The company of a Guru 3. An assembly of people which listens to, talks

about and assimilates the truth. This involves listening to or reading the scriptures, reflecting on them, absorbing their meaning, understanding and discussing the meaning of certain words and integrating their significance into one's daily life.

CONCLUSION

after studying all these aspects the fruitful conclusions, which have emerged through the discussion of available concept are being presented as follows-stress is hidden major cause in triggering various skin problems and elevating many skin conditions. By understanding the stress and its causes we can heal and treat any stress induced skin problems. Psychological stress is very common in modern era. We can't totally remove it from anyone's life but we can reduce it by many Ayurvedic methods. Ayurvedic way of stress management is very effective and easy to adopt plus they do not cause any other adverse effects. Diet and lifestyle being core aspects of the Ayurvedic healing process, are integral to the treatment. Stress is one of the major cause behind disturbing our skin health, productivity and mental health. 89 percent of India's population suffering from stress, most don't feel comfortable talking to medical professionals.

That's why we are talking about some relaxing and little pleasuring methods of Ayurveda which don't need any special expertise. For stress management we can do aerobics, yoga (pranayam, anuloma-viloma, surya namaskar)

for mental exercise we can do meditation, which reduces the level of body's stress. Such as adrenaline, cortisol and stimulates the production of endorphins which are natural pain killers, mood elevator and stress reducers.

Same as we can apply some basic Ayurveda methods for skin health like *abhyanga* (massage with warm oil) and many daily routine habits with a little change like wash your face with lukewarm water, mud mask and many other other therapies which we discussed above can help our life to do better with happy and healthy mind and a charming personality.

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