

## Psychoanalysis of the stress related diabetes mellitus

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### Abstract

The science of *Ayurveda* explicates that the negative sentiments lead to psychosomatic disorders. *Acharya Caraka* and *Sushruta* have highlighted that psyche and body are the seat for the diseases and they are interrelated. This study was undertaken to critically investigate the psychology behind the stress associated Diabetes mellitus. Literary material in *Ayurveda* texts has been reassessed on logical justification. Important reasons of stress related Diabetes has been included under causative factors of *Vataja*, *Pittaja* and *Kaphaja Pramehas* (Diabetes). Bearing urges, avoiding meals, psychological trauma, anxiety, grievances, insomnia and distractive mannerism in *Vataja Prameha Nidana* demonstrates characteristic origin of stress. In *Pittaja Prameha*, contributory factors include worries, tiredness and anger which are also some key signs of stress. People with stress often avoid their daily routine, get depressed and show a sedentary lifestyle as mentioned in *Kaphaja Prameha*. *Harita Samhita* has mentioned that stress and wrongful behavior lead to Diabetes. Passion, anger, bewilderment, greediness, fear, attachment, jealousy, ego, pride, grief, worry, anxiety, fear and excitement etc. morbid mental faculty. When these disorders persist, they are escort to somatic diseases counting Diabetes. Wholesome food taken even in appropriate quantity does not get properly digested, once the individual is afflicted with those pessimistic emotions and the result is the derailed metabolism which direct to the path of Diabetes. Therefore Diabetes can be identified as a disease that is initiated and provoked by psychological factors and the most of these signs and symptoms observed can be placed under a broad heading of "Stress".

### Biography

M.W.S.Janakanthi Kumari (M.D-Ayu), is reading for the Ph.D. at National Institute of Ayurveda, Jaipur. Her research work is on Stress related Diabetes Mellitus. She is a Senior Lecturer of Basic Principles at the Institute of Indigenous Medicine, University of Colombo, Sri Lanka. She has published more than 30 Research Papers & 20 Abstracts. She is a Life member of Sri Lanka Association of the Advancement of Science, Senior Scientist Forum-NASTEC, National Science Foundation, Institute of Biology, Population Association of Sri Lanka and Royal Asiatic Society of Sri Lanka. She is one of the Chief Editors of "*Vimarsha*" Journal & Associate Editor of Sri Lanka Journal of Indigenous Medicine (SLJIM).