

Abstract No 22**Stress free world through Ayurveda and Yoga****Fernando W.K.B.D.S.***Lecturer (Probationary), Academic Section of Swasthavritta, Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka*fernandowkbds@gmail.com**Pathirana R.N.D***Medical Officer, Teaching Hospital of Ayurveda, Borella, Sri Lanka*

The present global scenario is a pond of various non-communicable Diseases (NCDs), crime and violence basically due to the life style changes and mental stress. Ayurveda and Yoga, eternal sciences for healthy living deal with holistic approach of physical, psychological, social and spiritual wellbeing and highly emphasize is given to codes of conduct results in calmness of mind. The aim of this study is to gather the information on various principles in Ayurveda and Yoga in order to prevent stressful conditions among the people and critical analysis of its applicability. The data is gathered from authentic text books, journal articles and web sources. Medhya rasāyana, implementation of āchāra rasayana, Sadvritta pālana, Dharaneeya vega, Concept of Pragnaparadha, Satvika food and all the eight limbs of Ashtanga yoga; yama, niyama, asana, pranayama, pratyahara, Dharana, Dhyana, Samadhi are help in personal transformation and in turn development of the community. Ayurveda believes in the concept of āchāra rasāyanaya or behavioral rejuvenation for stress free life and longevity. Mental calmness and improvement in memory can be brought by regular intake of medhya rasayana. Constant practice of Yoga since childhood help in reduction of aggressive behavior, improve adjustment and transform mental state positively. These ancient teachings of Ayurveda and Yoga helps to alter the manasika prakriti and pathophysiology of manas vikara and refrain the people from mental stress and ultimately it leads to get away from psychosomatic disorders and offences. This aspect of health promotion is very much important as it is economical, non-pharmacological, devoid of adverse effects and eventually blessed the human beings with health and longevity.

Key words: Mental stress, Ayurveda, Yoga