



**STUDY ON THE POTENTIAL BENEFITS OF AYURVEDIC METHODS FOR  
LOWERING STRESS AND SLEEP PROBLEMS CAUSED BY EXCESSIVE USE OF  
TECHNOLOGY BY DIGITAL DETOXIFICATION**

<sup>1</sup>Dr. Vrushali Thote, <sup>2</sup>Dr. Pratibha Kokate

<sup>1</sup>Professor Swasthavritta and Yoga Department, Mahadeorao Shivankar Ayurvedic Medical College, Gondia.

<sup>2</sup>Professor Rasashastra and bhaishajya kalpana Department, Mahadeorao Shivankar Ayurvedic Medical College  
Gondia.



\*Corresponding Author: Dr. Vrushali Thote

Professor Swasthavritta and Yoga Department, Mahadeorao Shivankar Ayurvedic Medical College, Gondia.

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### ABSTRACT

The pervasive integration of digital technology into modern life has led to a significant increase in stress-related and sleep-related disorders, often termed "technostress." This article explores the potential of Ayurveda, an ancient Indian system of holistic medicine, as a complementary approach to digital detoxification for mitigating these adverse effects. It examines the Ayurvedic perspective on how excessive screen time aggravates Vata Dosha, leading to mental agitation, anxiety, and insomnia. The article details specific Ayurvedic interventions, including *Dinacharya* (daily routine), purification therapies like *Shirodhara* and *Nasya*, rejuvenating herbs (*Rasayana*) such as Ashwagandha and Brahmi, and mind-body practices like Yoga and *Pranayama*. These methods, when integrated with a conscious digital detox, aim to pacify the nervous system, restore circadian rhythms, and promote mental clarity. The synergy between withdrawing from digital stimuli and actively engaging in these grounding Ayurvedic practices offers a comprehensive framework for restoring balance and well-being in the digital age. This study posits that such an integrated approach addresses the root causes of technostress, offering a sustainable, non-pharmacological solution.

**KEYWORDS:** Digital Detoxification, Ayurveda, Stress, Sleep Disorders, Technostress, Vata Dosha, Insomnia.

### 1. INTRODUCTION

The 21st century is characterized by an unprecedented level of connectivity, driven by the ubiquitous presence of smartphones, computers, and social media. While technology offers immense benefits, its overuse has given rise to a new spectrum of health challenges. "Technostress" is a modern disease of adaptation caused by an inability to cope with the demands of new computer technologies in a healthy manner.<sup>[1]</sup> It manifests as anxiety, mental fatigue, irritability, and a feeling of being constantly "on."

A significant consequence of this hyper-connectivity is the disruption of our natural biological rhythms, particularly the sleep-wake cycle. The blue light emitted from screens suppresses the production of melatonin, the hormone that regulates sleep, leading to difficulty falling asleep, poor sleep quality, and chronic insomnia.<sup>[2]</sup> This combination of heightened stress and sleep deprivation creates a vicious cycle, impairing cognitive function, emotional regulation, and overall physical health.

In response, the concept of "digital detoxification"—a conscious period of abstaining from digital devices—has gained popularity. However, merely unplugging is often insufficient. The underlying physiological and psychological imbalances caused by chronic overstimulation remain. This is where Ayurveda, a 5,000-year-old system of natural healing from India, offers profound wisdom. Ayurveda provides a holistic framework that not only explains the mechanism of technostress but also offers a rich arsenal of personalized tools to restore balance. This article will explore how integrating Ayurvedic principles and practices with digital detoxification can create a powerful, synergistic approach to combatting stress and sleep problems in the modern world.

### 2. NEED OF THE STUDY

To explore holistic, non-pharmacological Ayurvedic interventions for mitigating the escalating mental and physiological health issues, specifically stress and insomnia, arising from excessive digital engagement in modern society.

## MATERIALS AND METHODS

### 3. The Ayurvedic Perspective on Technostress and Sleep Disruption

Ayurveda is based on the principle of Tri-Dosha- *Vata*, *Pitta*, and *Kapha*, the three fundamental bio-energies that govern all physiological and psychological functions.

- **Aggravation of Vata Dosha- *Vata Dosha***, composed of the elements of air and ether, governs all movement in the body and mind, including nerve impulses, thought processes, and breathing. Its qualities are light, dry, mobile, cold, and subtle. Excessive use of technology directly aggravates Vata due to.
  - **Sensory Overload**- The constant influx of information, notifications, and visual stimuli overstimulates the nervous system.
  - **Irregular Routines**- Late-night screen time and erratic work schedules disrupt natural rhythms.
  - **Mental Mobility**- Rapidly switching between tasks and apps mirrors the mobile and scattered nature of Vata.

An imbalance or aggravation of Vata Dosha manifests as anxiety, nervousness, a racing mind, feelings of being ungrounded, and, most notably, insomnia (*Anidra*). Ayurvedic texts describe *Anidra* as a condition often caused by an increase in Vata and a decrease in *Tamas* (the quality of inertia and sleep) at night.<sup>[3]</sup>

- **Disturbance of the Three Gunas**- Ayurveda also describes three universal qualities or *Gunas* that influence the mind.
  - **Sattva (Clarity and Harmony)**- A state of balance, peace, and contentment.
  - **Rajas (Activity and Agitation)**- A state of passion, restlessness, and stimulation.
  - **Tamas (Inertia and Dullness)**- A state of lethargy, darkness, and ignorance.

Excessive technology use promotes a *Rajasic* state of mind—agitated, overstimulated, and constantly seeking external validation. This eventually depletes mental energy, leading to a *Tamasic* state of fatigue and burnout, while suppressing the desired *Sattvic* state of calm awareness. The goal of Ayurvedic treatment is to increase *Sattva*.

### 4. CORE AYURVEDIC STRATEGIES FOR A SUCCESSFUL DIGITAL DETOX

A digital detox provides the necessary "space," while Ayurveda provides the "practices" to fill that space constructively, addressing the root Vata imbalance.

#### 4.1 Dinacharya- Establishing a Grounding Daily Routine

*Dinacharya*, or a structured daily routine, is the cornerstone of Ayurvedic wellness. It synchronizes the body's internal clock with the rhythms of nature, creating stability and predictability that directly counters the chaotic nature of Vata.

- **Brahma Muhurta Jagran (Waking Before Sunrise)**- Waking during the Vata time of early morning (approx. 2 am-6 am) is said to enhance mental clarity and freshness.
- **Abhyanga (Self-Massage with Warm Oil)**- A daily practice of massaging the body with warm sesame or almond oil is profoundly calming for the nervous system. The oil's heavy, warm qualities pacify Vata's dry, light qualities. It lubricates the joints, nourishes the skin, and grounds the mind.<sup>[4]</sup>
- **Gandusha (Oil Pulling)**- Swishing oil (typically sesame or coconut) in the mouth helps to reduce tension in the jaw, often held tight from stress, and is believed to have a calming effect on the entire sensory system.
- **Structured Mealtimes and Sleep Times**- Eating and sleeping at the same time each day, especially avoiding late-night meals and screen time, helps regulate the digestive and nervous systems, reinforcing the body's natural circadian rhythm.

#### 4.2 Panchakarma and Purification Therapies

For deeper-seated imbalances, Ayurveda recommends purification therapies. While a full *Panchakarma* requires professional supervision, certain treatments are exceptionally effective for technostress.

- **Shirodhara**- This is a signature Ayurvedic therapy where a continuous, gentle stream of warm, medicated oil is poured over the forehead (*Ajna Chakra*, or the third eye). *Shirodhara* is profoundly effective in calming the central nervous system, reducing stress hormones like cortisol, and promoting a state of deep relaxation. Studies have shown it can induce brainwave patterns similar to meditation and is effective in treating anxiety and insomnia.<sup>[5]</sup>
- **Nasya (Nasal Administration of Herbal Oils)**- The nose is considered the "doorway to the brain" in Ayurveda. Administering a few drops of medicated oil (like Anu Taila) into each nostril helps to clear the sinuses, relieve headaches and mental fog, and pacify Vata in the head region. It is known to promote clarity of thought and sound sleep.

#### 4.3 Rasayana- Rejuvenating Herbal Support

*Rasayana* refers to the science of rejuvenation. Adaptogenic and nervine herbs play a crucial role in helping the body adapt to stress and nourishing the nervous system.

- **Ashwagandha (*Withania somnifera*)**- Often called "Indian Ginseng," Ashwagandha is a premier adaptogen. It helps the body manage stress by modulating the hypothalamic-pituitary-adrenal (HPA) axis and reducing cortisol levels. A systematic review of several human trials concluded that Ashwagandha supplementation is associated with a significant reduction in stress and anxiety levels.<sup>[6]</sup> It also promotes restorative sleep without being a direct sedative.

- **Brahmi (*Bacopa monnieri*)-** Brahmi is a renowned nervine tonic and nootropic. It enhances cognitive function, improves memory, and has a calming effect on a racing mind. It is particularly useful for the mental fatigue and lack of focus associated with technostress.<sup>[7]</sup>
- **Jatamansi (*Nardostachys jatamansi*)-** This herb is a natural tranquilizer and is highly valued in Ayurveda for treating insomnia, anxiety, and restlessness. It helps to ground the Vata energy and calm the mind, making it easier to fall and stay asleep.

#### 4.4 Yoga and Pranayama- Integrating Mind and Body

Yoga and *Pranayama* are integral parts of Ayurveda, designed to unite the mind, body, and breath.

- **Restorative Yoga Asanas (Poses)-** Instead of vigorous, stimulating yoga, restorative poses are recommended to pacify Vata.
  - *Paschimottanasana* (Seated Forward Bend)- Calms the brain and relieves stress.
  - *Balāsana* (Child's Pose)- A grounding pose that quiets the mind.
  - *Viparita Karani* (Legs-Up-the-Wall Pose)- A passive inversion that calms the nervous system and improves circulation, highly effective before sleep.
- **Pranayama (Breathing Techniques)-** Conscious breathing directly influences the autonomic nervous system.
  - *Nadi Shodhana* (Alternate Nostril Breathing)- This practice balances the left and right hemispheres of the brain and the sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) nervous systems. It is exceptionally effective at reducing anxiety.<sup>[8]</sup>
  - *Bhramari* (Humming Bee Breath)- The humming vibration has an instantaneous calming effect on the brain and nervous system, releasing agitation and preparing the mind for sleep or meditation.

#### 4.5 Ahar- Vata-Pacifying Diet

Diet plays a vital role in grounding Vata energy. During a digital detox, a Vata-pacifying diet is essential. This includes foods that are.

- **Warm, Cooked, and Nourishing-** Soups, stews, cooked grains, and roasted vegetables are preferred over raw, cold, and dry foods like salads and crackers.
- **Healthy Fats-** Ghee (clarified butter), olive oil, and avocado provide lubrication and nourishment.
- **Avoiding Stimulants-** Reducing or eliminating caffeine and refined sugar is crucial, as they are highly Vata-aggravating.
- **Calming Beverages-** A cup of warm milk with a pinch of nutmeg and turmeric before bed is a traditional Ayurvedic remedy for promoting sleep.

#### 5. DISCUSSION

The synergy between digital detoxification and Ayurvedic practices offers a holistic and powerful

solution to the modern epidemic of technostress and sleep disorders. Digital detox, on its own, creates a vacuum by removing the primary source of stimulation. However, without supportive practices, individuals may experience withdrawal, anxiety, or boredom, making the detox unsustainable.

Ayurveda fills this vacuum with grounding, nourishing, and centering activities. The structured routine of *Dinacharya* provides a predictable anchor in a world of digital chaos. Therapies like *Shirodhara* offer a direct physiological intervention to reset the nervous system, something that simple abstinence from technology cannot achieve. Herbal *Rasayanas* like Ashwagandha work biochemically to help the body build resilience to stress, while Yoga and *Pranayama* empower the individual with self-regulation tools to manage their mental state in real-time.

This integrated approach shifts the focus from a negative goal ("stop using devices") to a positive one ("cultivate inner peace and balance"). It addresses the problem at its root—the aggravated Vata Dosha and disturbed *Gunas*—rather than merely managing symptoms. Unlike pharmacological interventions such as sleeping pills, which can have side effects and lead to dependency, the Ayurvedic approach aims to restore the body's innate ability to rest and heal itself.

However, it is important to acknowledge limitations. The efficacy of these methods can be highly individual, aligning with the personalized nature of Ayurveda. Rigorous, large-scale clinical trials are still needed to further validate many of these ancient practices within the framework of modern scientific standards. Furthermore, for serious conditions or for undertaking therapies like *Panchakarma*, consultation with a qualified Ayurvedic practitioner is essential.

#### 6. CONCLUSION

The excessive use of technology is a defining challenge of our time, with profound implications for mental and physical health. The resulting stress and sleep disturbances are not just symptoms of a busy life but are indicative of a deep-seated systemic imbalance, which Ayurveda identifies as an aggravation of Vata Dosha.

By combining the necessary act of digital detoxification with the time-tested wisdom of Ayurveda, a comprehensive and sustainable path to recovery emerges. The structured routines, purification therapies, rejuvenating herbs, and mind-body practices of Ayurveda provide the tools not just to survive in the digital age, but to thrive. This integrated model does not advocate for an unrealistic rejection of technology but rather for a conscious and balanced relationship with it, grounded in the principles of self-awareness, routine, and natural healing. It is a powerful reminder that the most sophisticated technology for well-being lies not in our hands, but within ourselves.

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