

16 -TREATMENT OF LOW CONCENTRATION **WITH AYURVEDA MEDICINE**

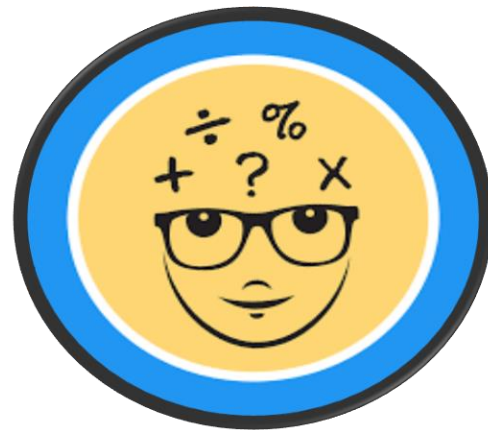
- **Difficulty with concentration**

- No matter how hard a person tries, it seems impossible to focus on the task at hand. Distraction catches the eye every few minutes, whether it's technology, colleagues or family or even pets. Even the most organized can have difficulty concentrating from time to time.

- **Common accompanying symptoms**

- Other related symptoms of difficulty concentrating include the following:

- Feeling the edge
- distraction
- Inability to sit still
- Racing thoughts
- irritability
- Feeling dissatisfied
- forgetting



- Many people report difficulty concentrating their symptoms, but the problem may take many forms. Sometimes your symptoms may indicate a medical problem, while other times a mental health professional is best equipped to handle the problem.

- **Reasons**

- The causes of difficulty concentrating can vary as much as the symptoms, and there can be many factors contributing to the problem for each person.
Psychological reasons
- There are several psychological reasons for difficulty concentrating, such as the following.
- **Attention disorders:** Attention disorders can also affect adults and can severely impair performance at home, school, or office.
- **Depression:** The feeling of sadness can make it difficult to manage thoughts.
- **Compensation:** After the death of a loved one, it can take months to recover.
- **Anxiety:** People with serious anxiety often have trouble focusing on just one task because their attention can be divided.
- **Mood disorders:** Uncontrolled conditions such as bipolar disorder can include racing thoughts.

- **Medical reasons**
- You may have concentration problems due to your medical condition.
- **Hormone problems:** Adrenal dysfunction can lead to changes in your energy level and your ability to concentrate.
- **Thyroid problems:** When your thyroid gland works too little or too much, your concentration may suffer.
- **Low red blood cell count:** Red blood cells carry oxygen to the brain, and deficiency can deprive the brain of the energy it needs.
- **Environmental causes**
- You may have problems concentrating due to certain life habits or events.
- **Stress:** Stress can maintain your concentration, making it difficult to complete tasks and continue on a cycle.
- **Ultra-stimulating environment:** When a task is not incredibly interesting, it may be nearly impossible to set up the TV nearby, leave your cellphone on, or stop talking to your officer.
- **Lack of sleep:** A good night's rest is a way for the body to recover from a day of hard work and without a day off **sleepiness** will almost certainly take over.
- **Burning:** If you are on the verge of **emotional exhaustion**, focusing on any task can be a losing battle until you solve the underlying problem directly.
- **Concentration difficulties, aging and cognitive impairment**
- Sometimes people wonder if their difficulty concentrating is related to memory problems or other aging problems. It is important to distinguish aging from more severe conditions such as dementia.
- **Aging:** It is normal to forget certain words or change the keys for a few minutes when we get older. This problem can be distracting, but it usually will not require treatment.
- **Cognitive impairment:** People with more severe memory problems, such as often forgetting events or even names of family members, often have problems that remain focused on a task or conversation. Sometimes friends or family notice problems with a person with difficulty concentrating.
- **Treatment of low concentration with Ayurveda medicine**
- The **Ashwagandha** plant, one of the most potent herbs in Ayurveda healing, has been used since ancient times for a wide variety of conditions. It is best known for its restorative and rejuvenating benefits. In Sanskrit, ashwaganda means '**smell of a horse**', which indicates that the herb has the potential to give stallion energy and power. Ashwagandha root also has a smell reminiscent of horse sweat.

- Traditionally, ashwagandha has been prescribed as a nerve tonic and adaptive – a tool that helps the body adapt to various **emotional and physical stressors**. Classically used in India for nearly 5000 years in conditions such as failure in children, weakness and obesity in the elderly, rheumatism, constipation, insomnia, **nervous conditions**, stress, goiter, joint inflammation, parasites, hormonal balance. A paste made from ashwagandha root powder, topically applied for the treatment of boils, ulcers and other skin irritations and infections.
- Ashwagandha is known to help people strengthen their immune systems after **illness, chemotherapy or surgery**. This is a highly effective, evidence-based tool, helps reduce stress and anxiety levels – by lowering cortisol levels and mimicking **inhibitory GABA neurotransmitter**.
- Ashwagandha is often referred to as ‘Indian ginseng’ because of its rejuvenating properties, although botanically, ginseng and ashwagandha are not related.
- Belonging to the same fox family as tomatoes, organic ashwagandha is a thick shrub with oval leaves and yellow flowers. It bears red berries the size of a raisin. This adaptogenic herb is native to the arid regions of **India, North Africa and the Middle East** and is also grown today in a milder climate, including in the United States.

- **When can you use Ashwagandha:**

- *stress*
- *fatigue*
- *Difficulty concentrating*
- *Poor memory*
- *Sleep problems*
- *Low libido*
- *Frequent illness*
- *anxiety*
- *Low endurance (mental or physical)*
- *Joint pain*
- *Neurological condition*
- The use of ashwagandha can work as an herbal remedy to help relieve these symptoms and to support a vigorous and rejuvenating sense of well-being.

- **Benefits of Ashwagandha and curative effects**

- Ashwagandha contains many useful *medicinal chemicals, including vitanolides (steroid lactones), alkaloids, choline, fatty acids, amino acids and a variety of sugars*. While leaves and fruits have valuable therapeutic properties, the organic root of ashwagandha from the ashwaganda plant is the part most commonly used for healing in Western herbal medicine, since the effects of ashwagandha are numerous.
- Medical researchers have been studying ashwagandha for years with great interest and have completed over 200 studies on the healing benefits of this botany.

- **Some key health benefits are:**

- **Protect the immune system**
- Helps combat the effects of stress
- Improves learning, memory and response time
- Reduces anxiety and depression without causing drowsiness
- Helps improve **cognitive function**
- Stabilizes blood sugar
- Helps lower cholesterol
- There are anti-inflammatory and analgesic benefits
- Contains **anti-malarial properties**
- Enhances **sexual potency**
- Can be an effective anti-tumor agent
- Encourages new nerve growth