**Article 1:**

**The 'Ayurvedic' Way to De-Stress: Ancient Wisdom for Modern Minds**

**Headline:** Beyond the Books: 5 Ayurvedic Habits for Mental Wellness

**Content:**

As students of Maganbhai Adenwala Mahagujarat University, you are learning the profound wisdom of Ayurveda. Did you know that these ancient principles offer powerful tools to combat modern-day stress and anxiety?

Ayurveda views mental health as a balance of the mind, body, and spirit. When this balance is disturbed, we experience symptoms of stress. Here are five simple, Ayurvedic practices you can incorporate into your daily routine to find balance:

1. **Dina-Charya (Daily Routine):** Wake up and sleep at consistent times. In today's demanding academic environment, late-night studying is common, but it can disrupt your biological clock (Vata dosha). A consistent routine, even a simple one, can significantly reduce anxiety and improve focus.
2. **Abhyanga (Self-Massage):** Before a shower, try a gentle self-massage with warm sesame oil. This practice, traditionally done to calm the nervous system, helps relax your muscles, improve blood circulation, and reduce feelings of being overwhelmed.
3. **Mindful Eating:** In the rush of classes and lab work, we often eat on the go. Take a few minutes to eat mindfully. Pay attention to your food's taste, texture, and aroma. This simple act helps ground you and improve digestion, which Ayurveda believes is linked to mental clarity.
4. **Pranayama (Breath Control):** Even five minutes of deep breathing can make a huge difference. Sit comfortably and practice 'Nadi Shodhana' (Alternate Nostril Breathing). This technique balances the left and right hemispheres of the brain, calming the mind and preparing it for study or sleep.
5. **Herbal Allies:** Consider incorporating simple, safe Ayurvedic herbs into your diet. For example, a warm cup of milk with Ashwagandha (an adaptogen) before bed can help your body cope with stress. Consult with a faculty member from our Ayurveda department for personalized guidance.

*Disclaimer: These are general wellness tips. For specific health concerns, please consult a qualified healthcare professional from the MAMU Mental Health and Wellness Cell or our university hospitals.*