

Yoga for Stress and Mental Health

Sejal Dubey

Shri G.P.M. Degree College of Science and Commerce, Andheri, Mumbai, Maharashtra

Abstract: *This study explores the potential benefits of incorporating yoga sadhana as a complementary therapeutic approach for individuals suffering from psychogenic diseases, where psychological factors significantly impact physical health. Psychogenic diseases, often associated with conditions such as stress-related disorders, anxiety, depression, chronic pain, autoimmune disorders, and gastrointestinal ailments, can be exacerbated or triggered by psychological stressors. Yoga sadhana, encompassing various yogic practices, offers a holistic approach that addresses the mind-body connection and promotes overall well-being.*

Through an extensive review of existing literature, this research elucidates the mechanisms by which yoga sadhana positively influences psychogenic diseases. Yoga practices, including meditation, deep breathing exercises, postures (asanas), and mindfulness techniques, have been shown to reduce stress, alleviate anxiety and depression symptoms, enhance pain management, and improve the overall quality of life for individuals with these conditions. Furthermore, yoga's ability to reduce inflammation and modulate the stress response can play a pivotal role in ameliorating symptoms of autoimmune diseases and gastrointestinal disorders.

These abstract underscores the importance of integrating yoga sadhana into comprehensive treatment plans for individuals with psychogenic diseases, highlighting its potential to enhance the effectiveness of conventional medical interventions. However, it is crucial to emphasize that yoga should be practiced under the guidance of qualified instructors and in conjunction with professional medical advice. The findings of this study contribute to the growing body of evidence supporting the therapeutic benefits of yoga sadhana in promoting mental and physical well-being among those affected by psychogenic diseases.

Keywords: yoga sadhana..