

# Yoga for Stress and Mental Health Psychosomatic Diseases Yoga Sadhana (Practices) for Stress Related Diseases

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**Abstract:** *Yoga Sadhana, at its essence, is a transformative and spiritual practice that transcends the physical realm to nurture the body, mind, and soul. Rooted in ancient wisdom, Sadhana represents a disciplined and dedicated journey towards self-realization and inner awakening. In this profound quest, practitioners engage in a systematic and regular routine that encompasses a variety of yogic techniques. These techniques may include physical postures (asanas) to strengthen and purify the body, breath control exercises (pranayama) to harness vital energy, meditation to quiet the mind, and ethical principles (yamas and niyamas) to cultivate virtuous living. Sadhana is not confined to the yoga mat or meditation cushion; it extends into one's daily life, guiding the choices and actions that reflect mindfulness, compassion, and self-awareness. Through consistent Sadhana, individuals embark on a journey of self-discovery, shedding layers of ego and illusion to reveal their true nature.*

*Ultimately, Yoga Sadhana is a sacred path that leads to a deeper understanding of oneself and the interconnectedness of all existence. It fosters inner peace, balance, and spiritual growth, inviting practitioners to embrace the boundless possibilities of the human experience and to embody their highest potential. This section deals with the application of Yoga procedures on the management of psychosomatic and psychogenic diseases and imparting total health to persons suffering from such diseases.*

**Keywords:** yoga.