

Yoga for Stress Relief in Our Body Life

Mohana Kumara

Physical Education Director

Government Ramnarayan Chellaram College of Commerce and Management, Bengaluru, Karnataka, India
mohanakumaragowda@gmail.com

Abstract: *The state of the mind and that of the body are intimately related. If the mind is relaxed, the muscles in the body will also be relaxed. Stress produces a state of physical and mental tension. Yoga, developed thousands of years ago, is recognized as a form of mind-body medicine. In yoga, physical postures and breathing exercises improve muscle strength, flexibility, blood circulation and oxygen uptake as well as hormone function. In addition, the relaxation induced by meditation helps to stabilize the autonomic nervous system with a tendency towards parasympathetic dominance. Physiological benefits which follow, help yoga practitioners become more resilient to stressful conditions and reduce a variety of important risk factors for various diseases, especially cardio-respiratory diseases.*

Keywords: Yoga

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