

Stress Management with Yoga Therapy

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Abstract: *In recent years thousands of studies and researches conducted all across the world proved that yoga is useful in physical, mental, social and spiritual wellbeing and turned out to be highly beneficial in treating modern diseases like diabetes, hypertension, anxiety, etc. The study was done to investigate the effects of Yoga therapy on stress, depression, anxiety, etc. in college students. The research was done for four weeks and the theoretical data was collected and it was concluded that Yoga can be used as a means to treat chronic as well as acute stress. In the whole program Yoga asana, pranayama, meditation were taken as the base in the whole training session for four weeks.*

Keywords: Yoga, stress, depression, anxiety, Meditation, pranayama

I. INTRODUCTION

Yoga therapy refers to a category of treatment and intervention that is not addressed in modern medicine. Yoga is a Sanskrit word meaning “Yuj” unity of mind and body, and has been used in Indian subcontinent that dates back to 12,000 years old, and has recently received a great deal of attention from Western countries. Over the last few decades, some medical and scientific research on yoga has proved to be very useful in the treatment of some illnesses. Studies have shown the effects of yoga on many symptoms, including Constipation, asthma, irritable bowel, migraine, high blood pressure, drug addiction, osteoarthritis, and mental health problems. Increased stress, depression and anxiety are characteristic of modern lifestyles. Due to the side effects of medicines in the treatment of anxiety and depression, and in some cases their lack of efficiency, researchers are looking for non-pharmacological and non-invasive treatments for these disorders. Yoga practice improved variables in self-writing, psychological state, and quality of life. Studies suggest that yoga improves health as an intellectual and mental exercise. In addition, Yoga can improve the psychological state of controlling and managing stress and negative emotions, enhance positive emotions, and promote mental balance. However, despite the popularity and positive psychological and physiological effects of yoga, it has not been extensively studied to find out how effective it is in the prevention and treatment of mental illness. The research turned out to be a good method to check the effects of stress and gives out the ways to dissolve the causes of stress.

II. UNDERSTANDING STRESS MANAGEMENT

Modern way of life is full of annoyances, bitterness, time limits, irritation, etc. stress has grown so frequent for most of the people that it has become a way of life for them.

The concept of managing stress is very new because in ancient civilization people used to manage things which were precious to them like the kingdom, family, business, relations, etc. The concept of stress has come so quickly and is affecting our lives as well as the people around us that now we need to manage stress as well. In today's world people have started believing that stress is like an extra organ that they have in their body and they cannot remove but need to learn how to control it or manage it.

In Yogic lifestyle we believe stress is not a part of your body but you get stress because you cannot handle the mind you have that can do the wonders, that has the power to control the whole cosmos but now it has become so infiltrated that now it needs to be managed just to do certain basic things like how to be happy, how to get good sleep, how to be nice to people, how not to short circuit your mind, overthinking, etc. With the same mind we used to conquer the whole cosmos from its gross to its subtle state but today we are learning that how to manage your mind just to handle the basic necessity of our body. Being in the state of stress is the natural outcome of living such an unconscious life. Today everything people do or don't do, they end up getting stress. Not knowing your own system is stressfulness.

2.1 Objectives

1. To study the effect of Asana in reducing stress and managing it through the right techniques
2. To study the effect of Pranayama in balancing the stress and anxiety level
3. Effect of meditation in calming the overthinking and stressed mind.

Causes of Stress

- Work and life pressure
- Challenges and hurdles in life
- Over thinking about any work or situation
- Bad experience or abuse
- Gut feeling of mentally weak
- Too much of work to handle
- Less timeline
- Failure history
- Rigid mind to accept anything new
- Unhealthy lifestyle

Effects of Stress

- Rapid heart rate
- Sweating unnecessarily
- Insomnia
- High blood pressure followed by sweating
- Headache and sometimes may cause migraine
- Feeling exhausted
- Body pain and weakness
- Chest pain
- Bad metabolism
- Hyper acidity

Study 1:- Effect of Yoga Asana in Managing Stress

Most of the people today follow sedentary lifestyle that includes sleeping late at night and waking up late in the morning or afternoon. Our body is designed to sleep at night and work during day time. Human body works best when there is sunlight outside and it takes best rest when there is moon in the sky outside. Due to this people who work at night can't feel energetic during day time that's why they avoid doing physical activities, they are most of the time either super skinny or obese. In both the case they are unhealthy and are creating pressure in their mind but when there is a situation of over work their system fails and they get stress, since their body is weak and can't take it anymore. It's important to manage the mind and when you fail to do it, there will be consequences; that is Stress.

Following asana are found to be very useful for the stress management.

1. Balasana (corpse pose)
2. Shavasana (Child's pose)

Balasana (The child's Pose)

Technique:

1. Kneel on the floor and sit on your butt.
2. Keep the big toes in contact.
3. Place your knees hip-width apart and inhale.
4. Now lean forward and exhale as you place your torso between your thighs and swing your arms forward.
5. Hold this pose for 34 minutes.

6. Finally, breathe slowly and return to the starting position.
7. You can repeat 5-8 times.



Benefits

1. Promotes blood circulation throughout the body
2. Heals back pain
3. Useful if you feel dizzy or tired
4. Treats for digestion
5. Calms the mind and your body
6. Relieve stress and anxiety
7. Useful poses for hip pain relief and post-health maintenance.
8. Relaxes stomach and chest
9. supports energy

Shavasana (the Corpse Pose)

Technique:

1. Lie on your back
2. With your shoulders relaxed, move your arms 15 cm away from your body.
3. Rotate your palms upwards with your arms straight and your fingertips bent.
4. Find a comfortable position with your legs slightly apart.
5. Gently close your eyes and relax your whole body.
6. Continue to breathe deeply without moving your body.
7. Recognize and focus on body parts starting with the right foot and extending to the right knee and the entire right leg.
8. Now repeat with the left leg.
9. Similarly, go over your head.
10. Inhale deeply to energize the body, and as you exhale, gently relax the entire body.
11. Present at the moment of lowering the body to the floor and hold that position for 10-15 minutes.
12. Pay attention to your body and your environment.
13. Roll left without closing your eyes and remain there for 1 minute.
14. Sit in an easy pose with your right palm on the floor.
15. Close your eyes, remain seated, and continue breathing.



Benefits

1. Shavasana relaxes all muscles in the body.
2. It calms the nervous system.
3. Relaxes the body and mind, and also improves blood pressure.
4. Puts the body into a state of deep meditation.
5. This pose can be performed for immediate energy recovery when you are tired or stressed.

Study 2: Effect of Pranayama in balancing the stress and anxiety level

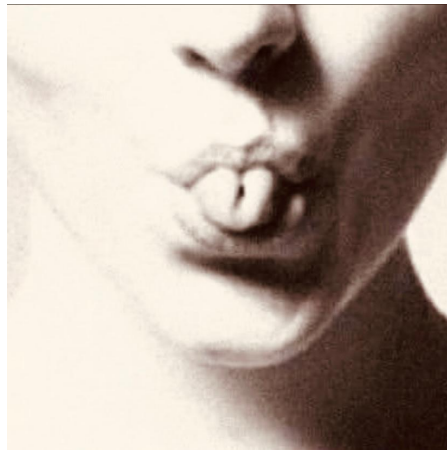
There are many ways to deal with stress in modern times, but the oldest and most balanced method of stress relief and mindfulness is Pranayama. In yoga, pranayama is known to regulate autonomic activity. Combining different types of pranayama helps to achieve and maintain an autonomic balance between the two components of the sympathetic and parasympathetic part of the nervous system. Pranayama constitutes the fourth part of Patanjali's Classical Ashtanga Yoga. Following Pranayama are found to be very useful for the stress management

1. Sitali Pranayama
2. Brahmari

Sitali Pranayama

Technique:

1. Sit calmly on lotus pose on a mat or a cushion, make sure the spine is straight.
2. Take a few deep breaths to focus.
3. Then bend your tongue and extending it out gently a little, inhale through the tunnel of the tongue that you have just made. Pay attention to the cooling effect of the mouth, throat, and trunk.
4. Loosen your tongue, close your mouth, and exhale through your nose.
5. Repeat steps 3 and 4 for a few minutes to relax your body and mind with a cooling effect.



Benefits

1. cools body and mind
2. Calms mind and mood
3. improves concentration
4. Decrease body temperature
5. Helpful during heat waves
6. Helps in digestion

Brahmari

Technique:

1. Sit on the lotus pose or sukhasana
2. Calmly shut your eyes and deep inhale.

3. Close your ears entrance with your thumbs
4. Place your index fingers in between the eyebrows followed by your fingers over your eyes till the nostrils.
5. Put little pressure gently to the sides of your nose.
6. Concentrate on your mind and the pineal area that is located between your eyes.
7. Keep the mouth closed and exhale slowly through the nostrils by making the humming sound like a bee.
8. Repeat this process 10 times and feel the vibrations inside the Kapaal or skull.



Benefits:

1. Opens blockages and gives happiness to the mind and brain.
2. Helps with high blood pressure.
3. Calms the mind and reduces stress.
4. It increases the concentration power of mind.
5. Cures migraine
6. Good for Alzheimer's disease

Study 3: Effect of meditation in calming the overthinking and stressed mind

Overall meditation technique is not about removing stress it is all about, how you manage it. A lot depends upon how we view stress. By changing our mindset we can decrease the side effects of stress. It makes a person calm and quiet and gives a wisdom of living a better life. Meditation leads to living a life in a conscious manner by avoiding the conflicts in the mind and harnessing the energy that is being wasted away in multiple ways. Meditation opens the door to the multi-dimensional cosmic energy if harnessed well enough people feel ecstasy in the meditative state.

Meditation can change the story of life in which we are continuously struggling and are stressed out due to those struggles. It makes a person feel complete by controlling the brain from going to the wrong directions and moving in the wise path.

There is a limit of everything our body can tolerate, too low BP or too high BP can kill you, too less and too much sugar in blood kill you anytime same way too much stress can put a body at a state of breakdown.

Like a car if we drive it in economy mode always, it may perform better than that it should have and may long last for a very long time. But, if we push the gas always at a high RPM definitely it is a strong car but it will breakdown quickly due to over stress. Same is with our mind so it's very important to understand the management of stress and we can live efficiently and live longer than a stressed mind.

Meditation is the key to steadiness in mind, body and soul.

III. RESULT

1. **Better sleeping pattern and concentration:** - before the students were having a hard time sleeping due to multiple reasons like stress of studies, stress of lifestyle, stress of personal life, etc. Most of the students who followed the program correctly showed better sleeping pattern. Those who complained about the lack of concentration were already getting better results while ongoing program.
2. **Better lifestyle:** - change in the lifestyle was observed, followed by calm behavior among each other as well as the other students. Social life as well academic life was improved due to the management of stress among all. Better results were also observed due to less or no stress.

3. **Psychological Test:-** After yoga therapy program, scores on the Anxiety and Depression Scale decreased significantly more, as measured by the Hospital's Anxiety and Depression Inventory Reduced levels of toxins in the blood improved the quality of life for people.

IV. CONCLUSION

The main purpose of the research was to manage and cure the stress among the students that are the future of the world. If they are stressed the future generations will be stressed too.

With the research we concluded that Yoga therapy plays an important role in reducing as well as managing the stress and depression among the students and therefore can become a replacement of drug use that may have side effects thus reducing the medical cost of treatment of stress.

The study shows clearly that Yoga therapy that includes Asana, pranayama and meditation cures stress, anxiety and other mind disorders.

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