

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

I. INTRODUCTION

Stress is the measure problem in modern time but it is not an illness in itself, rather it is maladaptive response to a particular situation. When it prolonged it results in mental and emotional imbalance that ultimately leads to various somatic and psychic disorders like Insomnia, Asthma, Coronary heart disease Hypertension, Diabetes etc . For prevention of all these disorders various medicaments are being used but no one is fully successful. So we have to change the lifestyle of the person to combat the stress. Yoga is one of the best tools for modification of behaviour, emotion, personality. Yoga offers many practices like Asana, Pranayama, Meditation, etc. Which individually and collectively activate relaxation and may help to restore the physical and psychological components of body. Regular practice of Yoga we can manage stress and psychosomatic disorders.

Stress is a gift of new age, new disease mainly targeting younger and productive age group of a society. Life can be challenging at times and everyone experiences stress and anxiety at some point in their life. There are a number of ways you can manage stress.

II. WHAT IS STRESS?

"Stress is a state of Mind and it is a mind-body reaction/response to a situation".

2.1 Concept of Stress

A non specific conventional and phylo-genetic based response pattern the primary function of which is to prepare the body for physical Activity such as residence or flight.

Stress according to Yoga is imbalance. Imbalance is misery. At the mental and physical levels, it is excessive speed and thus a demanding situation which causes pain and leads to ailments and disease. Imbalance at the emotional level manifest as upsurges which are caused by strong likes and dislikes. At the psychological level the imbalances lead to conflicts and often manifest as petty and narrow ego-centric behaviour. Lack of holistic knowledge and a balanced outlook, at the subtle levels are responsible for imbalances found at gross levels.

Thus, while understanding stress, a holistic concept of man is kept in view and not merely his bodily existence. The Taittiriya Upanisad has presented this holistic concept of man systematically as having five major sheaths of existence shown in Stress is studied and understood at the physical body level by modern medical systems as in imbalance of the neuro-endocrine systems and the neuro-transmitter level. Emotional imbalances in the form of strong likes and dislikes bring about imbalances in prana (the vital energy) in the Pranayama Kosa which percolates to the Annamaya Kosa causing stress symptoms and hazards. Origin of desires and action guided by strong likes and dislike (and not by what is right and wrong) will be the expression of imbalance at Monomaya Kosa. In Vijñanamaya, Ihe Avidya goes on reducing until in Annamaya Kosa it is all bliss. This state is the totally stress-free state.



2.2 Definition of Yoga

"Yogaha Chitta Vrutti Nirodhaha".

Yoga is the prevention of mental activity is one of the most famous patanjali Yoga sutras. "Yogaha Karmasu Kausalarn" Yoga is skill in performing various assigned action & duties.

Yoga - its importance for the spiritual attainment has been recognized by all the systems of Indian philosophy.

2.3 Concept of Yoga

1. The word yoga is derived from Sanskrit word 'yuj' which means to join.
2. Which has three meaning s;
 - a) Sam yoga - to join b) Samyarn - to control senses c) Samadhi - to equipoise,
3. The word Yoga has many connotations. Etyrnoiclogically it means Integration 'Samatha'o! Bhagavad-Gita convey the same meaning.
4. Other terms like homeo stasis, equilibrium baiance& harmonious, developments etc. moreoi less suggest the something.
5. The aim of yoga itself is integration of personality in its all aspects.
6. To help the development of such integration various techniques are employed.
7. This techniques or Practices enjoined in yogic literature & handed down in different tradition! Also go under the name of Yoga.

2.4 Types of Stress

A. Eustress

Which is synonymous with healthy essential stress produced for example, by joy, or by any other kind of positive impulse, sensible recreational activities,& sports hobbies etc,

B. Distress

Which is synonymous with morbidness stress that has to be controlled e.g. continuous mental or physical strain of any kind anger, frustration and states of tension seemingly without hope? These are depicted in Stress Over Reaction Causes Vulnarabifity Weakness.

However, even high and prolonged Eustress can turn dangerous in cases as in IHDduelo strong excitations associated with Eustress too.

Thus, stress the reaction to a demanding situation in the human physiology. Stress can occur at two levels-Physical & Psychological.

1. Physical stress, like accidents, burns, major surgeries, major infection, etc., which make demands on the entire physiology.
2. Psychological stress which can occur independently or as a reaction to physical stress. Examples are - fear, anxiety, tension, worry, jealousy, hatred, anger, excitement, emotional conflicts, etc. It may be temporary stress, demanding only an immediate adaption process. Or, it may be a long-standing one, leaving deep-seated subconscious impressions leading to prolonged tension.
3. Occupational stress
4. Teen age stress
5. Marriage stress
6. Work stress
7. Holiday stress

2.5 Why Stress Happens?

- When a situation/condition is not Acceptable to us
- When we want to do something but cannot.
- When ego is hurt (feedback, comments, criticism...)
- When we lose something which we feel as important

- Stress is mostly due to -Fear (of Future) - Worry (about Past)
- It is always due to the perception of Mind

2.6 Symptoms of Stress

- Physical symptoms
- Mental symptoms
- Behavioural symptoms
- Emotional symptoms

A. Physical Symptoms

- Sleep pattern changes
- Fatigue Digestion changes
- Loss of sexual drive
- Headaches
- Aches and pains Infections
- Indigestion
- Breathlessness Palpitations
- Missed heartbeats

B. Mental Symptoms

- Lack of concentration Memory lapses
- Difficulty in making decisions
- Confusion
- Disorientation
- Panic attacks

C. Behavioural Symptoms

- Appetite changes - too much or too little
- Eating disorders - anorexia,
- Increased intake of alcohol & other drugs
- Increased smoking
- Restlessness Fidgeting Nail biting
- Hypochondria

D. Emotional Symptoms

- Bouts of depression Impatience Fits of rage
- Tearfulness
- Deterioration of personal hygiene and appearance.

What Happens when Stressed?

Psychology of Stress: Emotional impact

- Anxiety Fear Anger
- Sadness

Physiology of Stress

Acidity Heart ailments Blood Pressure Diabetes

How to Manage Stress?

- Turn it into a Positive Spiral Break the negative cycle at each point
- Some amount of Stress is health it triggers and energizes the system and makes you achieve the goals Have multiple positive energy sources Hobbies (Listening to Music).
- Interests,
- Positive Thinking and Attitude Larger view of life
- Physical Exercise different part of the body

2.7 Benefits of Yoga

The most important benefit of yoga is physical and mental therapy. The aging process, which is largely an artificial condition, caused mainly by auto-intoxication or self-poisoning, can be slowed down by practicing yoga. By keeping the body clean, flexible and well lubricated, we can significantly reduce the catabolic process of cell deterioration. To get the maximum benefits of yoga one has to combine the practices of Yogasanas, Pranayama, and Meditation, Regular practice of asanas, pranayama and meditation can help such diverse ailments such as diabetes, blood pressure, digestive disorders, arthritis, arteriosclerosis, chronic fatigue, asthma, varicose veins and heart conditions. Laboratory tests have proved the yogi's increased abilities of consciously controlling autonomic or involuntary functions, such as temperature, heartbeat and blood pressure. Research into the effects of yogic practices on HIV is currently underway with promising results.

Through the practice of yoga, we become aware of the interconnectedness between our emotional, mental and physical levels. Gradually this awareness leads to an understanding of the more subtle areas of existence. The ultimate goal of yoga is to make it possible for you to be able to fuse together the gross material (annamaya), physical (pranamaya), mental (manomaya), intellectual (vijñanamaya) and spiritual (anandamaya)

A. Physiological Benefits

Physicians and scientists are discovering brand new health benefits of yoga every day. Studies show it can relieve the symptoms of several common and potentially life-threatening illnesses such as arthritis, arteriosclerosis, chronic fatigue, diabetes, AIDS, asthma and obesity, 1) Asthma 2) Respiration Problems 3) High Blood pressure 4) Pain Management 5) Back Pain 6) Arthritis 7) Weight Reduction.

B. Psychological Benefits

Regular yoga practice creates mental clarity and calmness, increases body awareness relieves chronic stress patterns, relaxes the mind, centers attention and sharpens concentration.

- 1) Self-awareness
- 2) Mental Performance
- 3) Mood Change & Vitality

C. Spiritual Benefits

When you achieve the yogic spirit, you can begin knowing yourself at peace. The value of discovering one's self and of enjoying one's self as is, begins a journey into being rather than doing. Life can then be lived practicing "yoga off the mat". 1) Pride 2) Knowledge

2.8 Mode of Action of Yoga

Kriyas - Asanas - Pranayama - Dhyana

1 Physical Health 2 Mental Health 3 Social Health 4 Spiritual Health As said earlier optimum level of stress is must for sustaining of life, so our goal is not to eliminate stress but to learn how to manage and use it to help us .

Principles for stress management.

- Diet
- Attitude towards life
- Asanas



- Pranayama
- Kriya
- Meditation

Diet - One of the most important lifestyle changes that need to be implemented in the management of any lifestyle disorder is diet .One should follow dietetics rules. Mainly Sattvika food should be taken i.e. food that gives the lightness, alertness, energy, and create a clear consciousness.

Attitude towards life - Attitude is an important component of our lifestyle. Through positive attitude we can handle any stressful situation, but if we harbor the negative attitude in our mind then this will provide fertile soil for various psychosomatic disorder to develop as said by great philosopher Epictetus " Men are not disturbed by things, but the views, take of them/Through Yama and Niyama we can develop positive attitude. They provide a strong moral and ethical foundation for our personal and social life and guide our attitude with regard to the right and wrong in our life.

Meditation -In simple term, meditation is a mind cleansing or emptying process. At deeper level, meditation is focused concentration and increased awareness of one's being. Vehicles for Meditation are mantra Recitation, Visual Concentration (Trataka), Repeated sound (Nada Yoga)etc.

III. CONCLUSION AND RECOMMENDATION

- Reducing the stress problem.
- Making inner Harmony.
- Stress affect everyone daily.
- Yoga reduce the pains,
- Yoga relax the body and mind.
- Increase the happiness.

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