

# Yoga - For Stress Management

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**OBJECTIVE** *Yoga ----- An Alternative Medicine for Body and Mind*

*Yoga incorporation in our day to day life is considered as one of many types of Complimentary and acts as An Alternative Medicine to Oral drugs for Mental and Physical Well-Being.*

## **ABSTRACT**

*Practice for a few hours has become a mainstream of many.....Yoga is a systematic practice which helps in connecting Body and Soul, developing harmony in Human Body. Yoga includes practice of physical exercise, breath control, relaxation and meditation. Meditation in Yoga helps in controlling mind. This is achieved through Pranayamas. Sound Mental Health leads to peace; peace is related and attained through Yoga. Occupational stress relates to poor Mental Health. As it is known, Yoga is widely popular for its physical benefits and a very few are aware of its other psychological benefits like treating mental disorders by controlling the stress, which acts as a medicine and treats illness and benefits the body.*

## **INTRODUCTION**

A reaction or response of a human when overloaded during a struggle is called stress. This is one of the ways our body responds to any kind of demand or threat. Constant thoughts lingering in the mind, creates an emergency for which ones mind and body reacts and pays a price for the same. These thoughts might be related to our profession, family, finances and may be other situations.

A survey conducted by Cigna TTK Health Insurance reveals that Indian population are facing high stress levels compared to any other developed countries. 89% of the Indian population is suffering from Stress compared to the global average of 86%.

Stress in small doses respond and help to meet deadlines and also helpful to lead motivation and challenges instead of anxiety. Stress in less dosage can be a motivation and also an essential to survival. Fight – or – flight mechanism from the odd situations tells us when and how to respond to damages and teaches us survival of that situation. But too many stressors at one time leads to great damage and can undermine a person's mental physical health and become harmful.

The word “Stress” was initially defined by a Hungarian – Canadian endocrinologist Hans Selye in the year 1936. As per Hans Selye Stress is defined as “The non-specific response of the body to any demand for change”. Stress is said to be actually a normal part of life

Stanford University conducted a study and found that after natural disasters, those are affected experience a significant increase in Stress Levels. Daily hassles and life Stressors are the most frequently occurring type of stressor in most adults. Research says that individuals who experience socially anxious are more likely to take risks and experience stress. Acute stress results in activation of autonomic nervous system, through which body experiences lots of changes and leads to increase of drug usages.

Stephen Robbins a prominent conduct Scientist characterizes worry as that which emerges from a chance, request, nonstop danger or difficulties at the point when the aftereffects of the event are critical and questionable. As the idea of work is changing at hurricane speed, Job pressure is representing a danger. Wellbeing Organizations are stressed of this most recent turn of events. Occupation stress prompts unforeseen weakness, injury and employment disappointment. Stress is a quiet executioner. Ceaseless introduction to stretch causes serious medical issues and

impacts physical, mental, conduct prosperity of an individual. As indicated by the National Institute for work related wellbeing and wellbeing (NIOH) 89% percent laborers experience pressure.

### **YOGA: A GREAT GIFT TO THE WORLD**

Lord Shiva is regarded as the patron of Yoga and Patanjali is said to be the father of modern yoga. He has codified all aspects of Yoga into certain format known as the Yoga Sutras. Yoga, the antiquated physical, mental and profound practice, achieves harmony of the body and the cognizance with the environmental factors and nature. As per BKS Iyengar "Yoga teaches us to cure what needn't be endured and endure what cannot be cured."

Yoga a holistic approach for well-being integrates the mind and human body balance and harmony. Yoga a mention in Rig-Veda dates back 5000 years is a disciplined framework to improve, physical, mental, scholarly and profound wellbeing. Yoga a physical activity gives productive strategy for overseeing and lessening pressure, tension, depression and also promotes strength, endurance, and adaptability with self control, calmness and well-being.

Patanjali has defined Yoga as Ashtanga Sutras or Eight – Limbed Sutras 1. Yama, which has five absententions (universal ethics) 2. Niyama, which has five observances (Personal ethics) 3. Asana (physical postures. 4. Pranayama, (Breath control) 5. Pratyahara(control of the sense) 6. Dharana (Concentration) 7. Dyana (Meditation) 8. Samadhi (Liberation). June 21<sup>st</sup> is celebrated as International Yoga Day and was started in the year 2015 by the Ministry of AYUSH. An estimate suggests that there are 300 million yoga practitioners worldwide. Rishikesh tops and also said as Yoga capital. Next follows Goa, Ibiza Spain, Bali-Indonesia, Thailand, Portugal, Costa Rica, USA and Greece.

### **EFFECTS OF YOGA**

Specialists state that "Customary act of Yoga makes mental lucidity and tranquility, likewise builds body mindfulness and mitigates incessant pressure designs, loosens up the brain, focuses consideration, and hones fixation". Yoga is supposed to be an extraordinary apparatus for remaining solid. Yoga is additionally said as elective medication in the mending body frameworks, helps in quieting the sensory system, and parities the body, psyche, and soul of hypothesis and practice, which is a mix of breathing activities, physical stances, and reflection.

### **YOGA AND STRESS**

During Yoga, the cerebrum discharges a wide range of synthetics that help to unwind, yet additionally bring down your pressure and nervousness levels including, gamma-aminobutyric corrosive (GABA), dopamine, oxytocin, serotonin, and endorphins. Every one of which capacities in its own specific manner to enable an individual to quiet down and feel much improved. So when we are gone up against with a distressing circumstance, recollect the 4 A's – Avoid, Alter, Adapt, and Accept.

Decreasing pressure has cultural, familial, and singular advantages, for example, Economic advantages Reducing pressure builds a person's profitability grinding away and diminishes the quantity of days they take off... ... Psychological medical advantages: - Reducing pressure improves rest and lessens peevishness, tension, and despondency.

This reaction prompts the activation of vitality expected to battle the stressor through the work of art "battle or flight" condition. After some time, the consistent condition of hyper watchfulness coming about because of the continued terminating of the HPA hub and SNS can prompt deregulation of the framework and at last infections, for example, heftiness, diabetes, immune system issue, sadness, substance misuse, and cardiovascular sickness. Studies likewise show that yoga diminishes the degrees of salivary cortisol, blood glucose, just as plasma renin levels.

Researchers don't know precisely how yoga functions for good wellbeing. Some state it lessens pressure like other psyche body treatments, and others accept that yoga causes the arrival of endorphins, regular painkillers, and "feel better" synthetics in the cerebrum. Studies show yoga can bring down pulse and circulatory strain, increment muscle unwinding, and increment breathing limit.

Yoga improves wellness, brings down pulse, advances unwinding and fearlessness, and lessens pressure and tension. Individuals who practice yoga will in general have great coordination, act and adaptability, scope of movement,

fixation, rest propensities, and processing. Yoga is a corresponding treatment that has been utilized with ordinary medication to help treat a wide scope of medical issues.

Yoga is an undeniably mainstream treatment, used to keep up and help with the administration of a scope of wellbeing protests. An audit of the writing recognizes two preliminaries assessing the impacts of Yoga on lessening nervousness and stress. In a preliminary of 114 subjects by Khasky and Smith, yoga and symbolism were seen as progressively viable at expanding a casual state contrasted with the benchmark group ( $p < 0.03$ ) and guided symbolism was more compelling than yoga in decreasing negative musings ( $p < 0.03$ ).

Malathi and Damodaran randomized 50 focused on clinical understudies to yoga or to a neutrality control gathering. A review of the composing perceives two fundamentals evaluating the effects of Yoga on diminishing apprehension and stress. In a primer of 114 subjects by Khasky and Smith, yoga and imagery were viewed as logically practical at growing an easygoing state appeared differently in relation to the benchmark gathering ( $p < 0.03$ ) and guided imagery was more convincing than yoga in diminishing negative insights ( $p < 0.03$ ).

Another Yoga-based program that has been generally concentrated in the utilization of stress decrease is the care based pressure decrease program (MBR), which is instructed, considered, and advocated by Jon Kabat-Zinn and the Center for Mindfulness in Medicine, Healthcare, and Society at the University of Massachusetts Medical School.

The care based pressure decrease program remembers guidance for care contemplation practices, yoga and delicate extending, request activities to improve mindfulness, singular guidance, bunch exchange and home assignments. [16] Reibel, D. K., J. M. Greeson, G.C. Brainard, and S Rosenzweig (2001) directed an investigation which analyzed the impacts of care based pressure decrease (MBSR) on wellbeing related personal satisfaction and physical and mental symptomatology in a heterogeneous patient populace.

Patients took an interest in an 8-week MBSR program and were required to rehearse 20 min. of reflection day by day. Pre-and post intervention information were gathered and following One-year follow-up uncovered upkeep of introductory enhancements for a few result boundaries. The creator reasoned that a gathering care reflection preparing system can improve utilitarian status and prosperity and diminish physical manifestations and mental pain in a heterogeneous patient populace and that the mediation may have long haul useful effects. [17] Campbell, Debra Elise, and Kathleen A.

Moore (2004) With the double points of better understanding the commitment of Yoga to positive emotional wellness and investigating joins between yogic way of thinking and mental hypothesis, analysts at Deakin University in Melbourne, Australia, led an examination on Yoga as a precaution and treatment for side effects of psychological maladjustment.

The Yoga classes were structured as a six-week program fusing breathing methods (prânâyâma), practices for quality, essentialness, and adaptability (âsanas), guided unwinding (yoga-nidrâ), and contemplation. Psychometric testing was completed to survey side effects of pressure, uneasiness, and melancholy across three gatherings: normal Yoga professionals, apprentices entering the program, and individuals who didn't rehearse Yoga and its practices were re-regulated following a month and a half. Toward the finish of about a month and a half, the Yoga fledgling's bunch indicated lower normal degrees of side effects of gloom, uneasiness, and worry than at beginning, however levels were steady for standard Yoga professionals and individuals who didn't rehearse Yoga.

Impact of Yoga in Occupational Health : Rudra Bhandari et al, mentioned the yogic intercession was contained chosen yogic stances, breathing mechanics (Pranayama), motions, mystic locks, fixations, and reflections that was allowed for one month among 50 corporate work force (25 male and 25 female) from Indian Telesector, Raebrali, India. The outcome met demonstrated huge impact of the yogic mediation to oversee misery and improve work execution at  $p < 0.01$  and supported the adequacy of corporate yoga to help wellbeing, amicability, confidence, work inspiration, responsibility, execution and profitability at individual and hierarchical levels.

## **BIOCHEMICAL MARKERS OF STRESS**

Propelled research is additionally been completed in yoga wherein the cortisol levels were surveyed in different free preliminaries. Notwithstanding, the outcomes were conflicting, with most of the examinations indicating no impact of yoga practice on cortisol fixations. On the other hand, vadiraja and associates detailed noteworthy abatements in

early morning 6. a.m. what's more, pooled diurnal salivary cortisol fixations in 42 bosom malignant growth patients following a 6-week yoga intercession contrasted with 33 bosom disease patients in the benchmark group. So also West et al announced a critical diminishing in salivary cortisol in 18 college understudies after a semester-long Hatha yoga course. 44 diminished serum cortisol fixations were likewise found in 8 yoga teachers following 60 minutes of yoga routine when contrasted with before practice.

## CONCLUSION

Yoga should be a completed science as it fulfills the significance of WHO of prosperity by keeping an eye on the individual at all physical, mental and social levels. Stress impacts individuals of all age packs including youths and developed, people taking everything into account and occupations including experts. In spite of the way that various modalities of medications are open for reducing pressure, people are endeavoring to find some decision to be mitigated from stress without solutions. Yogic science suffering since 5000 years and known to be extraordinary for quite a while is at present being exhibited through intelligent assessments its enormous preferences on prosperity. Yogic science consolidates yogasanas (positions), pranayama (breathing practices), dhyana (reflection) and loosening up techniques that handles individuals at all the levels. Through assessment mulls over yoga has been wind up being convincing in an impressive part of the physical and mental illnesses. Beside the organization of sickly condition, it also has been exhibited to improve the constructive prosperity and individual fulfillment of the sound. Most importantly, Yoga is in like manner a strong practice for the evasion against anguishing ailments.

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