



Yoga and stress management

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Abstract

This paper is an attempt to discuss regarding the meaning and importance of Yoga in our daily life. The peoples belonging to global village or science and technology age are engaging without rest for sustaining as well as uplifting their life. They are whatever rich or poor fellow struggling for life to live socially and peacefully. For all those reasons we have face a lot of problems e.g. anxiety, pressure, tension and depression which can be regarded as stress. A stress is a negative energy or a complex problem for all beings in which we are required its management. The process of stress management is named as one of the keys to a happy and successful life in modern society. It produces numerous physical and mental symptoms which vary according to each individual's situational factors. The management of stress provides for the human beings a number of ways to manage anxiety and maintain overall well-being. Ultimately yoga is the only way in case of stress management by using strategic techniques.

Keywords: Yoga, stress, anxiety, management

Introduction

The term 'Yoga' is originally derived from the Sanskrit word which means group of physical, mental, and spiritual practices or disciplines which is originated in ancient India. There are six orthodox school in Indian school and yoga is one of them. There is a broad variety of yoga schools, practices, and goals. The term "yoga" in the Western world often denotes a modern form of Hatha yoga, yoga as exercise, consisting largely of the postures called asana. The origins of yoga have been speculated to date back to pre-Vedic Indian traditions; it is mentioned in the Rigveda. but most likely developed around the sixth and fifth centuries BCE, in ancient. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE and gained prominence in the West in the 20th century. Hatha yoga texts emerged sometimes between the 9th and 11th century with origins in tantras. The impact of postural yoga on physical and mental health has been a topic of systematic studies, with evidence that regular yoga practice yields benefits for low back pain and stress.

The spiritual sense of the word yoga first arises in Epic Sanskrit in the second half of the 1st millennium BCE, and is associated with the philosophical system presented in the Yoga Sutras of Patanjali with the chief aim of "uniting" the human spirit with the Divine. The term 'kriyayoga' has a technical meaning in the *Yoga Sutras*, designating the "practical" aspects of the philosophy, i.e. the "union with the supreme" due to performance of duties in everyday life. According to Bhagavad Gta, "Yoga is said to be equanimity" (2.48); "Yoga is skill in action" (2.50); "Know that which is called yoga to be separation from contact with suffering"

Meaning and Goals of Yoga

The ultimate goal of Yoga is liberation and free from stress, although the exact form this takes depends on the philosophical or theological system with which it is conjugated. Jacobsen has given the five principle traditional meanings of yoga

- A disciplined method for attaining a goal.
- Techniques of controlling the body and the mind.
- A name of a school or system of philosophy.
- With prefixes such as "hatha-, mantra-, and laya-, traditions specialising in particular techniques of yoga.
- The goal of Yoga practice.

According to David Gordon White, the core principle of 'Yoga' were more or less in place, and variations of these principles developed in various forms over time. They are-

- A meditative means of discovering dysfunctional perception and cognition, as well as overcoming it for release from suffering, inner peace and salvation.
- The raising and expansion of consciousness from oneself to being coextensive with everyone and everything; these are discussed in sources such as in Hinduism Vedic literature.
- A path to omniscience and enlightened consciousness enabling one to comprehend the impermanent (illusory, delusive) and permanent (true, transcendent) reality.
- A technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments; these are, states White, described in Tantric literature of Hinduism and Buddhism.

Yoga is often depicted metaphorically as a tree and comprises eight aspects, or limbs: 1.yama (universal ethics), 2. niyama (individual ethics), 3. asana (physical postures), 4. pranayama (breath control), 5. pratyahara (control of the senses), 6. dharana (concentration), 7. dyana (meditation), and 8.samadhi (bliss). Long a popular practice in India, yoga has become increasingly more common in Western society.

Meaning of stress

The term 'stress' is derived from the Latin word *Stringere*, which means "to be drawn tight." Stress is a complex, dynamic process of interaction between a person and his or her life. Stress can affect one's health, work performance, social life, and the relationship with family members. The stress response is a complex emotion that produces physiological changes to prepare us for fight-or-flight, to defend ourselves from the threat or flee from it. Generally, stress management is a techniques and psychotherapies aimed at controlling a person's level of anxiety, pressure, tension and depression, especially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. In this context, the term 'stress' refers only to a stress with significant negative consequences, or grief in the terminology advocated by Hans Selye, rather than what he calls eustress, a stress whose consequences are helpful or otherwise. Stress was traditionally conceptualized to be a result of external insults beyond the control of those experiencing the stress. The process of stress management is named as one of the keys to a happy and successful life in modern society. It produces numerous physical and mental symptoms which vary according to each individual's situational factors. The management of stress provides for the human beings a number of ways to manage anxiety and maintain overall well-being. The most common causes of stress are- a. Conflicts in company. b. Lack of job security c. unclear expectation d. Poor communication e. Co-worker does not do their fair share. f. Inadequate pay or benefits g. Too much work h. Uncomfortable physical condition i. Relationship conflict j. Lack of co-operation.

Types of stress

There are different types of stresses which are discussed in details of the following-

- a. Acute stress: Acute stress is a short-term stress and as a result, does not have enough time to do the damage that long term stress causes. It deals with the pressures of the near future or dealing with the very recent past. This type of stress is often misinterpreted for being a negative connotation.
- b. Chronic stress: Chronic stress has a wearing effect on people that can become a very serious health risk if it continues over a long period of time. This type of stress is unlike acute stress. This may strongly lead to memory loss, damage spatial recognition and produce a decreased drive of eating. Women are able to take longer durations of stress than men without showing the same maladaptive changes.
- c. Workplace: Stress in the workplace doesn't always have to be negatively viewed. It has taken a great role in the field of workplace in between employees and owner of company. Salary can be an important concern of employees. Salary can affect the way people work because they can aim for promotion and in result, a

higher salary. In order to manage stress in the workplace, employers can provide stress managing programs such as therapy, communication programs, and a more flexible work schedule.

Management of stress

There are many practical stress management techniques in which are available. Some for use by health professionals and others, for self-help, which may help an individual reduce their levels of stress, provide positive feelings of control over one's life and promote general well-being. Other stress reducing techniques involve adding a daily exercise routine, finding a hobby, writing your thoughts, feelings, and moods down and also speaking with a trusted one about what is bothering you. It is very important to keep in mind that not all techniques are going to work the same for everyone, that is why trying different stress managing techniques is crucial in order to find what techniques work the best.

Significance of study

It attempts to show that how yoga is useful for stress management. Many problems comes in our life, such as tension, blood pressure, negative feeling, worrying, feeling disinterest etc. which are involved within the problem of stress. All those arisen problems can be solved by means of yoga practises. Some benefits by the way of yoga practises are given below-

- a. Yoga significantly decreases heart rate and systolic and diastolic blood pressure.
- b. Studies suggest that yoga reverses the negative impact of stress on the immune system by increasing levels of immunoglobulin A as well as natural killer cells.
- c. Yoga has been found to decrease markers of inflammation such as high sensitivity C-reactive protein as well as inflammatory cytokines such as interleukin-6 and lymphocyte-1B.
- d. Regardless of the pathophysiologic pathway, yoga has been shown to have immediate psychological effects: decreasing anxiety and increasing feelings of emotional, social, and spiritual well-being.
- e. The improvement of mental health of both the young and seniors are possible by reducing stress through yoga.
- f. This signifies that yoga helps to improve mental health and to overcome routine stress. Both state anxiety and trait anxiety scores decreased after yoga practice in both groups.
- g. Yoga is an increasingly popular therapy, used to maintain wellness and assist with the management.

Some strategy to manage arisen stress through yoga

Many techniques cope with the stresses life brings. Some of the following ways reduce a lower than usual stress level, temporarily, to compensate the biological issues involved; others face the stressor at a higher level of abstraction. High demand levels load the person with extra effort and work. A new time schedule is worked up, and until the period of abnormally high, personal demand has passed, the normal frequency and duration of former schedules is limited. Many businesses today have begun to use stress management programs for employees who are having trouble adapting to stress at the workplace or at home. Some companies provide special equipment adapting to stress at the workplace to

their employees, like colouring diaries and stress relieving gadgets. Many people have spill over stress from home into their working environment. There are some ways to reduce stress. They are-

- a. Autogenic training
- b. Social activity
- c. Cognitive therapy
- d. Conflict resolution
- e. Cranial release technique
- f. Getting a hobby
- g. Meditation
- h. Mindfulness
- i. Music as a coping strategy
- j. Deep breathing
- k. Yoga Nidra
- l. Reading novels
- m. Prayer
- n. Artistic expression
- o. Humour
- p. Physical exercise
- q. Spending time in nature
- r. Natural medicine
- s. Time management
- t. Planning and decision making
- u. Listening to certain types of relaxing music
- v. Spending quality time with pets and so on.

Solution of stress through Yoga

1. Yoga can have a positive effect on the parasympathetic nervous system and aid in lowering heartbeat and blood pressure.
2. This reduces the demand of the body for oxygen. Yoga can also improve digestion, strengthen immunity, help in effective elimination of toxic wastes and also increase lung capacity.
3. Effective use of this practice can also reduce the chances of stress culminating in anxiety and depression.
4. yoga provides a unique way of managing stress through pranayama (A birthing technique), in this technique an individual do slow and steady breathing steady- like inhaling through his one nostril and exhaling through other. Besides there are fast breathing movements like intake of air through nostrils and exhaling through mouth at fast pace, this way air is passed properly through blood capillaries and the person feels himself / herself in light mode
5. Meditation is also a good method of controlling stress, in this part of Yoga a person Sit comfortably and think of a favourite place. Imagine yourself in a successful situation. Than after breathe deeply and slowly. Continue for five or six breaths. It is calming and the extra dose of oxygen increases the brain's thinking ability.
6. Finally, Yoga has and is proving itself as "Stress Management Tool" and now a day it is being used in Western world too as a major alternative to the offensive allopathic drugs.

Conclusion

Yoga is said to be a complete science, as it fulfils the WHO's definition of health by addressing the individual at all physical, psychological, and social levels. Stress affects individuals of all age groups, and people of all sectors and occupations, including doctors. Though many modalities of treatments are available for reducing stress, people are trying to find an alternative to be relieved from stress without medications. Yogic science, having persisted for 5000 years and known to be spiritual for many years, is now being proven through scientific studies to have significant benefits on health.

Yogic science includes yogasanas (postures), pranayama (breathing practices), dhyana (meditation), and relaxation techniques which benefit human beings at every level. Through research studies, yoga has proven effective in many physical and psychological ailments. Apart from the management of diseased condition, it also has been proven

to improve the positive health and quality of life of the healthy. Most importantly, yoga is also a strong practice for the prevention against painful ailments.

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