

YOGA AN EFFECTIVE REMEDY FOR STRESS MANAGEMENT

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Introduction:

In a hectic life, everybody experiences pressure and stress. Many can overcome it by adapting constructive and effective coping with the help of sports activities, recreation, and spirituality, etc. To overcome stress, individuals make use of drugs, alcohol, smoking, and analgesics, etc. As a result, people develop a tendency to become an addict and degrades their lifestyle. In this case, yoga becomes the most effective remedy for stress management.

Yoga is an ancient art, science, and philosophy originally developed for spiritual progress. It is stated that yoga is the destroyer of sorrows, miseries, and it regulates the function of various organs and helps to overcome digestive, metabolic and psychosomatic disorders. The majority of mental and health problems can be easily solved with the help of yoga.

Stress:

Stress refers to a nonspecific response of the body to any demand made on it under pressurized conditions. It is an unavoidable phenomenon in every aspect of human life. However prolonged, uninterrupted, unexpected and unmanageable stress is damaging the person's physically and emotionally well being. It also disturbs the equilibrium of the body.

- **Acute Stress**- Is one of the least damaging types of stress and common among folks. We experience acute stress multiple times throughout the day. Acute stress is experienced as an immediate persuade threat either physical, emotional or psychological.
- **Long Term Stress**- Ongoing, chronic stress, however, can cause or exacerbate many serious health problems, including mental health problems such as depression, enzymes and personality disorders, cardiovascular disease including heart diseases, high blood pressure abnormal heart rhythm, heart attack and stroke.

Environment and Human Stress:

Human stress depends upon the environment, the magnitude of the stress, what has gone before him/her, the person's self-perceived ability to handle the stresses, and the human physical condition, etc.

In the present era, the prevalence of stress is increasing among students, youth, men, women and aged. The reasons behind stress are varied as per their working, professionals, family type, etc.

1. **Students:** Physically prolonged college' hours, too many assignments, sound pollution, rigid rules and regulations of the institutions and inability to participate in extra-curriculum activities, uncooperative institutional staff, lack of teachers and scarce resources for recreational activities, high expectation of parents.
2. **Youth:** Competitive examination pressure, to get good grades in it, peer pressure, competition, separation from family, uncertain future.
3. **Men:** Official overburden, financial crises, family disputes, physical & mental health problem.
4. **Women:** Official and household dual burden, family disturbances, low income & high expectation, high ambitious.
5. **Aged:** Lack of care, laser time, physical health, mental illness, forgetfulness, lack of physical and mental ability, feel loneliness, Alzheimer's.

Mental Tiredness:

While in daily routine, people experience different moods such as eagerness, depression, over-sentimental, interrupted mind, more work pressure more than predefined capacity, ideological complications, etc which results in tiredness.

As per the American psychological team report, diseases and stress depend on mental status. As per the report, 90 out of 100 were in extremely tired condition. But no physical disease symptoms occurred in them while searching the reason, it was found that their psychological vision was being spoiled. Their ideological process becomes disturbed and results in the imbalance of their mental health.

Negative Contemplation:

A human-disturbed mind is a prime reason of negative contemplation. Factors behind it are worry, fear, anger, displeasure, frustration, hate, revenge, etc. Negative contemplation has created a tidal effect in mind without any reason. In such a disturbing condition, nobody is able to keep themselves in balance. This condition can promote negative contemplation. Chronic stress anxiety and depression create a negative effect on brain fitness, Chronic, unmanaged stress which causes an excessive amount of cortisol released into the blood stream.

After considering the above fact it is clear that there is a need of effective measures to be adopted to overcome stress, tiredness, and negative contemplation condition. Which could help to keep the mind and brain peaceful and positively active. Yoga, Pranayama is the best solution for it.

Effective Measure for Brain Fitness and Stress Management:**Brain fitness:**

It is the ability of a human being to efficiently meet the diverse cognitive demands of everyday life. It includes a healthy state of the brain and mental wellbeing, the ability to assimilate information, understand the relationship and developed reasonable conclusions and plans. Brain fitness enhances the ability to concentrate, work more efficiently and delay or even prevent age-related memory loss and cognitive decline including Alzheimer's disease.

Yoga practices:

It helps to reduce stress anxiety and that results in a decrease in blood cortisol level. This improves brain function.

Yoga Practice and their Benefits

Sr. No.	Aasan	Benefits
1	Suryanamaskar	Effective for coordination of movements, awareness, concentration, blood circulation and improve brainpower.
2	Vrikshasan, Natrajasan	Improves willpower and coordination of movement.
3	Adhomukh Shawasan, Viparitkarni, and Sarvangasan	It makes a calming effect on the brain.
4	Uttanasan, Paschimottasan, Shashankasan, Ardhamatsendrasan	It improves blood circulation toward the brain area and create a calming effect.
5	Suptavajrasan	For proper digestion and peace of mind control constipation, hyperacidity, gastric trouble.
6	Shalbhasan	Only effective remedy for sciatica
7	Dhanurasan	Waist ache, Spondylitis.

Meditation practice:

Meditation is believed to be a novel approach for physical, cognitive and psychological health benefits that promotes brain health. It targets different brain systems that are involved in the regulation of attention, emotional, control mood and suggested to be used in the treatment of prevention of depression and caregiver stress, or serve as 'brain fitness' exercise. Students can use meditation as a 'study tool.'

Meditation boosts neural connections. It activates the brain to release dopamine, serotonin, oxytocin, and endorphins, which are 'feel-good' hormones.

Science of Pranayama and Oxygenation Process:

All processes of pranayama help to increase the proportion and percentage of oxygen in cells which can purify the blood. While respiration many gases go inside the body, it contains near about 79% nitrogen, 20-21% oxygen, 0-0.4% carbon dioxide and a small percentage of other gases and vapors. After the oxygenation process near about 79% nitrogen, 16% oxygen and 4% carbon dioxide and other gases vapors go outside the body. In fact, the proportion of nitrogen gas intake and outside proportion is the same. Hence in the respiration process, 4% oxygen is essentially turned into 4% carbon dioxide is a significant change, which is essential in the transformation process. This process is called oxygenation.

Due to the process of pranayama, we can increase muscular exercise ventilation volume up to normal to 10 times. When we increase our physical exercise, the human body demands more oxygen than regular. At that time by the pranayama process, we can increase the proportion of oxygen as compared to carbon dioxide. The blood purification process is increased and every cell gets the required oxygen. After oxygenation process energy (ATP) is created, through it and each and every cell gets proper nutrition. In this way through pranayama degeneration process is to be detained. Thus we can give a term to pranayama as an antioxidant.

Breathing Practices:

- Deep breathing improves the amount of oxygen in the blood and results in a more relaxed, sharp and frosted mind.
- Research has shown that the rhythm of breathing affects memory and fear. Breathing linked to brain function and behavior.
- Pranayama practices can significantly influence the physical, pranic, mental and psychic aspects of the human brain.
- Anulom vilom pranayama is believed to balance the functioning of the left and right brain hemispheres.
- Bhastrika pranayama improves brain oxygenation, benefits the nervous system and energizes the body and the mind.
- The practice of Kumbhak or breath retention stops vital body rhythms and affects brain waves. As a result, the body and mind learn to stay calm under stress.

Types of Pranayama:

Kapalbhati, Anulomvilom (Nadishodhan), Bhastrika, Ujjaini, Nasabhiti, Udgid, Chandrabhedi, etc.

Pranayama and Their Benefits

Sr. No.	Pranayama	Benefits
1	Kapalbhati	Improve digestive system, Enhance Peristalsis movement of the entire body also enhance the work of nervous system
2	Anulom Vilom (Nadishodhan)	Control the nervous system by providing oxygen to the brain
3	Bhastrika	With the help of inhalation pure oxygen is taken by the heart through the lungs and obviously clear the passages of the heart

4	Ujjaini	Clear the throat with the help of air which is taken by the mouth
5	Nasabhiti	With the help of this pranayama blood clout cleaned, as a result, fresh blood is provided to the brain
6	Udgid	Arteries and veins form the different parts of the body get stimulated
7	Chandrabhedhi	Control body temperature by keeping the mind calm and quiet

During the pranayama process, additional secretion is expelled outside resulting in curing our respiratory system related diseases and mental disorders. Thus, for healthy and stress-free long life pranayama is highly useful.

Conclusion:

In a human lifestyle, human beings have got lavish physical facilities and efficient health services. In spite of that mental burden and stress is a dominant factor that affects the calm and quiet lifestyle, for efficient stress management yoga, pranayama is proved as the best solution. Hence, everybody must accept it and practice it in day to day life regularly for the betterment of life.

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