



## ROLE OF YOGA IN STRESS MANAGEMENT

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### ABSTRACT

Yoga is said to be a complete science, as it fulfills the WHO's definition of health by addressing the individuals of all age groups and people of all sectors and occupations. Though many modalities of treatment 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.

**KEYWORDS:** a mind- body practice is considered one of many types of complementary.

### INTRODUCTION

**Yoga** – a mind- body practice is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help to achieve peacefulness of body and mind. This can help to relax and manage stress and anxiety. Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha yoga is one of the common styles of yoga and beginners may like its slower pace and easier movements. 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 automatic nervous system with a tendency towards parasympathetic dominance.

#### What is Stress?

Stress is the way that we react physically, mentally and emotionally to various conditions, changes and demands in our lives. According to Walter Canon (1929) we need stress to help us with an acute response such as "in fight or in flight" response. Fight or flight response, forgetfulness, loss of mental concentration, anxiety and fear, depression, extreme anger, and frustration, family conflicts, social withdrawal and loss of interest in activities.

#### Symptoms of Stress Health Problem

Headache  
Rapid Heart Rate  
Sweaty palms  
Irritability  
Anxiety  
Fatigue

Insomnia  
Inability to concentrate  
Emotional problems  
Tiredness  
Neck pain, back pain  
Migraine  
Suicide

#### Causes of Stress

Changes in life's expectations or demands e.g.; marriage, divorce, pregnancy, illness.

Disorganization- feeling unprepared and powerless physical constraints e.g.; exhaustion, lack of good exercise and diet strategies.

#### Stress Management through Yoga

Various techniques in yoga have been documented to help in stress management. These techniques work at an individual level and also at a collection level to ensure that there is significant respite from the condition of extreme stress. They help in relieving the physical as well as psychological negative aspects. Yoga, a form of body-mind exercise, has become an increasing wide spread alleviate a range of health problems Although Yoga has been practiced for over 5000 years.

#### Certain Yogic Techniques to Combat Stress

**1. Breathing techniques help to relax the respiratory organs to cope-up with the technique of breathing.**

**Procedure-** Either lying or sitting postures, close the eyes, place one palm or abdomen absorb the rhythmic breathing, the abdomen should raise when you breath and suck in where you breath out 3-5 rounds.

2. **Aum** chanting mentally and loudly relax the mind and body.

### 3. Relaxing Joint exercises

#### 4. Deep breathing asanas

- |                 |                  |
|-----------------|------------------|
| a. shavasna     | d. shalabhasana  |
| b. makarasana   | e. suptavjrasana |
| c. bhujangasana | f. vakrasana     |
| g. meditation   | h. pranayama     |

#### Meditation Techniques

Meditation is also a good method for controlling stress, in this part of yoga a person sits comfortably and think of favorite place. Imagine yourself in a successful situation. Then after, breath slowly and deeply. Continue for 5 or 6 breaths. It is the calming and extra dose of oxygen increases the brain's ability.

#### CONCLUSION

It is concluded from this article and research study 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.

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