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## **Importance of Bahirang Yoga in reducing Stress.**

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### **Abstract**

*Yoga has proved its substantial importance in human life since ancient age; yoga plays a very vital role in the physical fitness of human life. Moreover, it keeps the balance of physical and mental health. The various sages from ancient times and Bhagwat Gita have discussed the importance of Gita in great detail. The most important thing is that the ancient sage, patanjali has suggested eight limb of yoga. They are 1. Yama 2. Niyama 3. Asana 4. Pranayama 5. Pratyahar 6. Dharna 7. Dhyana 8. Samadhi. These eight limbs are usually categorized into three groups. They are called a. Bahirang sadhana, b. Antarang Sadhana, c. Antar Atma Sadhana.*

*Yama, Niyama and Asana are including into bahirang sadhana. Pranayama and Pratyahar included in Antarang sadhana. Dharna Dhyana and Samadhi come under antar atma sadhana. Bahirang sadhana has a very important place not only up to the Samadhi stage but to have a stress free in life because human beings are in habit of finding shortcuts in everything. So many people consider yoga to be only Asana and Pranayama but it is a wrong. It is because, the person who practices only asana and Pranayama without following Yama and Niyama, can get physical strength and abilities, but he will not get relief from mental stress. So we should follow Bahirang sadhana while practicing yoga.*

**Key Words:** - Bahirang Yoga in reducing Stress.

### **Introduction**

In modern age, man is relying completely on the modern technology. Due to this, not only the usage of physical and mental power is decreasing but also the physical and mental diseases are increasing. To overcome such physical and mental disease, man can follow the path of yoga told by our ancient sages and can live a healthy life even in this busy life. To live a strong and healthy life, man has to spare some time for his own self.

The contribution of sages in Indian culture is immense. They have guided and illustrated all stages from birth to death of man and suggested how to live life through their ancient books. Sage patanjali is the one of the greatest sages in India who proposed 'Astang yoga' for healthy life.

Astang yoga told by patanjali have been divided into three parts

- 1) Bahirang sadhna,
- 2)Antarang sadhna and
- 3) Antaratma sadhana.

In Bhirang sadhna, yama, Niyam and Asana are included. In Antarang sadhna, Pranayama and Pratyahar is included. In Antar Atma Sadhana, Dharana Dhyana, and Samadhi are included.

Now, man has got a habit to achieve his aim through short cut method. Due to this, man has faced tremendous stress. Other important aspect is the life style. Man has adopted because in thing modern age, the habits of man and all the stages of this, man thinks of himself, he thinks that all things should be obtained by me. For that he is ready to go to any level. It is the major reason for generating stress in him.

### What is Stress

- a. The wear and tear our bodies experience
- b. The state of threatened homeostasis
- c. Stressors cause imbalance
- d. Body tries to balance
- e. Yoga can be a great help balance the imbalance!

### Definition

Stress is defined as an organism's total response to environmental demands or pressures. Is it primarily an external response that can be measured by changes in glandular secretions, skin reactions, and other physical functions, or is it an internal interpretation of, or reaction to, a stressor; or is it both?

### Eight Limbs of Yoga:

Patanjali is widely regarded as the compiler of the formal yoga philosophy. Patanjali's yoga is known as Raja yoga, which is a system for control of the mind. Patanjali defines the word "yoga" in his second sutra, which is the definitional sutra for his entire work:

#### **(yogaś citta-vrtti-nirodhah) - Yoga Sutras 1.2**

This terse definition hinges on the meaning of three Sanskrit terms. "Yoga is the inhibition (*nirodhaḥ*) of the modifications (*vṛtti*) of the mind (*citta*)".

Patanjali's writing also became the basis for a system referred to as "Ashtanga Yoga" ("Eight-Limbed Yoga"). This eight-limbed concept derived from the 29th Sutra of the 2nd book, and is a core characteristic of practically every Raja yoga variation taught today. The Eight Limbs are:



1. Yama (The five "abstentions"): Ahimsa (non-violence), Satya (Truth, non-lying), Asteya (non-covetousness), Brahmacharya (non-sensuality, celibacy), and Aparigraha (non-possessiveness).
2. Niyama (The five "observances"): Second limb of Astang Yoga. Shaucha (purity), Santosha (contentment), Tapas (austerity), Svadhyaya (study of the Vedic scriptures to know about God and the soul), and Ishvara-Pranidhana (surrender to God).
3. Asana: Asana is the third limb of Astang Yoga. Literally means "seat", and in Patanjali's Sutras refers to the seated position used for meditation. (Practice of yoga postures)
4. Pranayama: Pranayama is the fourth limb of Astang Yoga. ("Suspending Breath"): *Prāṇa*, breath, "*āyāma*", to restrain or stop. Also interpreted as control of the life force. (Practice of breathing exercises)
5. Pratyahara: Pratyahara is the five limb of Astang Yoga. ("Abstraction"): Withdrawal of the senses, meaning that the exterior world is not a distraction from the interior world within oneself.
6. Dharana: Dharana is the six limb of Astang Yoga. ("Concentration"): The ability to focus on something uninterrupted by external or internal distraction fixing the attention on a single object.
7. Dhyana: Dhyana is the seven limb of Astang Yoga. ("Meditation"): Intense contemplation of the nature of the object of meditation.
8. Samadhi: The last limb of Astang Yoga. ("Liberation"): Bliss. Building upon Dhyana, the transcendence of the self through meditation. The merging of self with the universe. Merging consciousness with the object of meditation.

### **Importance of Bahirang Yoga:**

In the modern age, man has a habit of using shortcuts. Due to this complete form of Yoga. It seems that man may have got physical growth may be got his flexibility improved or his respiratory system and blood circulation may be working properly, but his social, spiritual and mental development has been degrading day by day.

There are three steps in Bahirang Yoga 1) Yama, 2) Niyam, 3) Asana. Bahirang Yoga is the base of Yoga. The entire Yoga and its growth fully depend on Bahirang Yoga. Because we Unless man imbibes the Yama and the Niyam in his life, his yoga cannot lead to completeness. Because we know that the baseless building has a short life.

### **The five aspects of Yama are as follows**

Yamas: - Five ethical guidelines regarding moral behavior towards others

1. Ahimsa-Nonviolence
2. Satya-Truthfulness
3. Asteya-Nonstealing
4. Brahmacharya-No lust or sexual activity within marriage.
5. Aparigraha-don't collect things that are not necessary.

**The five aspects of Niyam are as follow**

Niyama: - Five ethical guidelines regarding moral behavior towards others

1. Sauch-Clealiness
2. Santosh-Contentment
3. Tapas-Sustained Practice
4. Svadyay-Self Study
5. Ishvara Pranidhan-Surrender to God

The first step in the Astang yoga is Yama. It includes Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha. It has close relation to the stress because in our day to day life we see that man becomes violent due to the imbalance of hormones, and increasing pulse rate.

In 'Niyama' Sauch, Santosh, Tapas, Svadyay and Ishvara Pranidhan are included. If man avoids any single of these aspects in his life, it can cause the imbalance of hormones in human body. It arises stress in humans. If human body doesn't remain pure or clean internally, then it generates the high temperature and gases problems in human body.

**Conclusion:**

On the conclusion of above discussion we many notice that Yama, Niyam and asana are very important for the mental development and stability in human life. And everybody wants to live a stress free life. People now tend to accept the ancient yoga as a mode of their day to day life. And if man follows the Bahirang Yoga in his life, he can enjoy a strong, happy and healthy life.

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