

Role of Yoga for Effective Stress Management

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Abstract:-

Stress is an integral part of human life. Now days everybody tries cope up with the growing challenges in the day to day life. The physical and mental ability of a person drastically used while working on current scenario. The yoga is a gift of Indian traditional culture and it's a gives mankind peaceful and healthy lifestyle. Now days globally Yoga practices has been adapted to for stress relief theory. This paper highlight the effective role of yoga for stress management how yoga can improve the mental and physical ability with importance of stress management. In recent decades Ayurveda and Yoga mixed theories and practices adopted by the Ayurveda and Naturopathy therapist to cure some diseases. To conclude yoga is a very important therapy for reducing stress in human life. It improves creativity, concentration and sharpens our memory without stress and tensions.

Keywords: - Yoga, Stress, Confidence, relaxation, Health, Effective.

Introduction:-

According to the World Health Organization (WHO) yoga help to reduce to all things related to human stress in their life. Stress affects all age groups and people of all sectors all occupations (Public sector, private sector and all other employment sectors). Though many treatments are available for reducing stress, people are trying to find to relieve from stress without medications. Stress produces a state of physical and mental tension. Since many decades' yoga is recognized as a form body medicine

The term stress is derived from the Latin word *stringer* 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 family members.

The stress also effects on emotion that produces physiological changes to for fight-or-flight to defend ourselves from the threat or free from it.

One of the first things people do when they are experiencing a lot of negative thoughts is to try and not think about them, or push them out of their mind. However, this doesn't always work. In fact the more you try not to think about something the more it can intrude into your mind. Challenge the thought

and ask for the proof if you are challenging the thought then mind will answer may be may not be. Take the alternative meaning logical and critical thinking helps to enhance the positivity thought process.

Modern yoga in the Western world typically consists of asana (movement), pranayama (controlled breathing), and dhyana (meditation) When this combined yoga practices are used together they are aimed at attaining "enlightenment" or "self-awareness. As an increasing number of individuals have discovered the therapeutic benefits of these practices, the field of Yoga Therapy has recently emerged. This field consists of health professionals who are also yoga instructors. They have been working to change the way yoga is practiced as therapy through the creation of the theory and practice of "Yoga Therapy" (Horovitz & Elgelid, 2015)

- **Research Methodology:** Secondary information sources are referred for the research paper such as journals articles, magazines and online open access journals.
- **Stress on Mankind :**

Stress may be defined as a state of threatened homeostasis, which is counteracted by adaptive processes involving affective, physiological, biochemical, and cognitive-behavioural responses in an attempt to regain homeostasis.

Stress can lead to various physical and mental health concerns like Cardiovascular disease, obesity, diabetes, depression, anxiety, immune system suppression, headaches, back and neck pain, and sleep problems are some of the health problems associated with stress. Stress also influences individual behaviours that affect health. Diet choices, sleep habits, and drug use are behaviours that are often negatively affected by stress.

1. Physical Body:

Yoga induces relaxation response, releases muscular and nervous tension, massages Musculoskeletal system, improves body awareness, stretches and relaxes circulatory system, Lowers blood pressure, reduces heart rate, massages adrenals, helps digestive system and Assimilation of nutrients, improves respiratory function, stimulates immune system and flow of Lymphatic fluid.

- I. Yamas & Niyamas promote a non-harmful, truthful way of life, and bring diet and lifestyle into balance.
- II. Asana:Active (brahmana)—needed to increase blood flow and reduce tension in stressed are as and to improve overall immunity Passive (langhana)—calming and balancing
- III. Yoga sage—ease tension, promotes increases flexibility in muscles, calming and Soothing
- IV. Guided imagery—body scans to promote awareness of body

2. Emotional Body:

Yoga brings emotional blocks and unconscious belief patterns to awareness in order to release stress. Yoga Nidra: loving kindness imagery helps with interpersonal stress Journeying to a place of beauty in nature, can use sound, music, water, birds. Guided imagery: body scan to find areas of emotion held, opening heart chakra—visualization. Postures: supported as beneficial to release emotions, forward bend, fish.

3. Witness Body:

Yoga practices changing focus from external to internal and provides tools of wisdom and compassion, to bring balance. As we focus internally on the mind and emotions as an observer, the mind becomes steady and less prone to stress. Yoga nidra: noticing experiences with compassion and finding a place in the body to hold the experience without judging. Journeying to meet inner guide..

4. Bliss Body:

Yoga nidra—noticing place in the body that is open and any color associated with it. Allow sensations and color to be amplified and then expand through entire body, realizing sense of bliss, openness and unity. Dhyana—meditation.

Yoga techniques to relief stress:

1. Breathing Techniques helps relax train the respiratory organs to cope-up with scientific technique of pranayama breathing.
2. OM chanting-mentally & loudly also by spitting the syllabus v, Å, e
3. Relaxing joint exercises - slow i breath awareness do the all-round joint movements from neck, shoulders, elbow, wrist, fingers, spinal stretching, knee movements, ankle movements/stretches.
4. Instant relaxation technique - lie down comfortably on a carpet bring legs together, hands by the side of thighs. Now tighten one by one consciously & quickly the ankle, calf muscles, knee joints, thighs, buttocks, low back, abdomen, chest, neck, back of neck, facial muscles, hold the breath, tighten the whole body & let loose the whole body at a stretch and relax. Deep breathing.

Some important yoga tools to reduce stress:

Shivasan	Makarasana
Bhujangasan	Shalabhasana
Suptavajrasana	Vakrasana Ptranayan : Naadi Shudhi, Ujjayee, Bramharee

Features of Yoga:

Yoga combines physical exercises, mental meditation, and breathing techniques to strengthen the muscles and relieve stress.

1. Yoga helps you to manage stress.
2. Yoga improves strength, balance and flexibility.
3. Yoga relaxes you and helps for better sleep.
4. Yoga benefits heart health.
5. Yoga connects you with a supportive community.

Role of yoga for stress management:-

1. Yoga helps to increase energy :-
Breathing exercises are important in yoga for stress management. Inhaling and exhaling techniques bring more positive energy to your body.

2. Yoga helps good concentration :-
Yoga keeps our body relaxed from upcoming stress. We all must have noticed forgetfulness when we are worried about something that's disturbing us. It leads to a confused state of mind. Yoga brings an improved concentration to deal with situations with a calm mind.
3. Keeps good health :-
A combination of breathing exercises and unities the mind, body, and soul. Imbalance of these three gives birth to health issues and unwanted mental stress. Yoga has relieved people from stress to great extent.
4. Grow in confidence :-
We can't develop our personality without confidence. Confidence makes a man perfect. Stress often breaks us and tears us apart from taking decisions in life with confidence. Yoga for stress management is the best alternative for bringing back the inner confidence.
5. Satisfaction in Life :-
Satisfaction comes from the meditation and meditation is an important factor in yoga for stress management. Yoga with meditation balances those alpha vs waves that are needed to relax your mind. Yoga keeps good heart rate tends to become normal and blood pressure normalize

Conclusion:-

To conclude yoga is a very important therapy for reducing stress in human life. It improves creativity, concentration and sharpens our memory without stress and tensions. Everyone should do the practice of yoga regularly for promoting good and healthy life, without yoga man cannot get peaceful life. Yoga science, having persisted for 5000 years and known to be spiritual for many years, is now being proven through scientific studies to have significant benefit on health. Yoga is big natural medicine in human life for removing stresses and

tension. The dedicated practice of yoga as a way of life is no doubt a reduce for problems related to psychosomatic, stress related physical, emotional and mental disorders and helps us regain our birthright of health and happiness with the accept of proper exercises of yoga and lifestyle through the yogic way of life can blossom as a time of variety, creativity and fulfillment.

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