

**IMPACT OF REGULAR YOGA PRACTICES FOR STRESS MANAGEMENT: NOVEL APPROACH****Dr. Kamini Yadav**

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**ABSTRACT**

*Yoga can be defined as a collection of disciplines encompassing physical, mental, and spiritual aspects, organised in the manner prevalent in ancient India. Hindu philosophy refers to the six orthodox philosophical institutions of Hinduism, of which yoga is one. Physical stress, psychological stress, psychosocial stress, and spiritual stress are the primary classifications of stress. Stress management encompasses a broad spectrum of innovative techniques and psychotherapies that seek to regulate the stress level of an individual. Physical tenseness and a melancholy emotion are characteristics of stress. It can be triggered by any thought or occurrence that induces feelings of frustration, anger, or anxiety. The response of the organism to a challenge or interest is stress. Stress is a common emotion that affects all individuals, but it remains in the body for an extended period of time and eventually leads to health complications. According to an ADP report, seven out of ten individuals in India experience tension on a weekly basis. In comparison to other nations, India exhibits a notably high surge in tension levels.*

**Keywords:** Yoga practices, Yoga techniques, Stress management, Steps of yoga asana, Survey approach.

**INTRODUCTION**

Yoga, an essential subject that contemplates the human condition, is a practical, all-encompassing ideology that aims to attain a fundamental state of being. Yoga, which is currently the subject of varied interests, has achieved widespread recognition. Further examination plans have demonstrated that it can function as an applied science in a variety of domains, including planning, actual preparation and sports, family and flourishing government assistance, frontal cortex assessment, and medication, in addition to being one of the procedures for the showcase and advantage. Regardless, there is inherent difficulty in employing yoga as a remedy for distress. Furthermore, since it is generally acknowledged that yoga is a critical science with progress as its goal, it cannot be regulated in the sense of being a treatment. The literature unequivocally establishes the significance of yoga practice in relation to mental health and other flourishing concerns. Additionally, certain yoga practices have been purported to not only remedy a variety of maladies but also to postpone deterioration and degeneration and, to some degree, to prevent death by extending the duration of life. Based on the aforementioned evidence, it can be concluded that yoga, in its broadest sense, is indeed a therapeutic tool and a substance.

**DEFINE YOGA: PRACTICES APPROACHES****Definition of Yoga**

Yoga is a scientific system that teaches self-control to the body, mind and spirit. Yoga is a physical activity which is about breathing, relaxation and mediation.

The ultimate goal of yoga is self-realization so that each individual can attain her complete physical, emotional, mental and spiritual potential.

**General Overview**

In ancient India, a collection of mental, physical, and supernatural exercises or disciplines known as yoga originated. One of the six traditional philosophical systems of Hinduism is yoga. Yoga encompasses a diverse array of schools, practices, and goals within the traditions of Jainism, Buddhism, and Hinduism. In the Western world, the term "yoga" often refers to an advanced form of hatha yoga and yoga as an exercise, which consists primarily of the postures or asana. It is believed that the practice of yoga originated in pre-Vedic Indian customs, possibly during the Indus Valley Revolution of 3000 BCE. Yoga, which is mentioned in both the Rigveda and the Upanishads, was most likely established as a systematic account between the fifth and sixth centuries BCE, during the period of austere and ramaṇa India. The earliest texts depicting yoga practices are jumbled and are inconsistently attributed to the Upanishads. The Yoga Sutras, authored by Patanjali in the second century BCE, gained significant recognition in the

West during the twentieth century, following their initial dissemination by Swami Vivekananda. Beginning with tantra, Hatha yoga texts began to emerge between the ninth and eleventh centuries. Later, yoga was introduced to the West by Indian gurus, subsequent to the success of Swami Vivekananda in the late nineteenth and mid-twentieth century, when he modified the yoga tradition to exclude asanas. Beyond the borders of India, it has evolved into a posture-based approach to physical wellness, tension relief, and relaxation. Yoga, in Indian traditions, transcends mere physical exertion as it encompasses a profound spiritual and meditative essence. Yoga darsana, comprising one of the six principal orthodox schools of Indian philosophy, is distinguished by its distinct epistemological approach. This method operates under the assumption that the ontology and metaphysics of the closely related Samkhya darsana are valid.

### Meaning of Yoga

A definitive objective of yoga is "moksha" signifies freedom albeit the specific structure this takes relies upon the philosophical or religious framework with which it is formed. In the old-style Astana yoga framework, a definitive objective of yoga practice is to accomplish the province of Samadhi and stay in that state as unadulterated mindfulness.

- As indicated by Jacobsen, Yoga has five head customary implications:
- A restrained technique for accomplishing an objective.
- Techniques of controlling the body and the psyche.
- A name of an everyday schedule of reasoning (darśana).
- With prefixes, for example, "hatha-, mantra-, and laya-, customs spend significant time specifically procedures of yoga.

### History of Yoga

In India, yoga is an important but antiquated discipline. Yoga is practiced to improve mental and physical health. God created men and women to be equivalent companions in order to share the same daily experiences of joys and sorrows. Comparing life to a chariot, the two wheels represent the male and the lady. Both men and women desire incredible health and mental harmony as they go about their daily lives. A variety of common and severe ailments are currently afflicting women. Due

to their hectic schedules, lack of physical activity, inadequate access to nutritious food, and decluttering, women are unable to devote enough time to maintaining their personal well-being. They have been suffocated by the distressing conditions in their expert universe. Due to refined talent, women require vitality, delight, and enjoyment.

One of the most uncomplicated and effective methods to satisfy their appetite is through the practice of yoga and engaging in vigorous physical activity. Yoga facilitates pressure relief and spiritual union between the body, mind, and spirit. Its focal point is the union of the spirit, body, and intellect. Yoga fosters a more significant inclination, which is an individual's connection with the universe. Yoga has deep-seated origins. The fundamental objective of yoga is to aid individuals in recognising authentic contentment, opportunity, or enlightenment.

In addition to this, yoga encompasses several supplementary objectives, such as enhancing physical well-being, mental health, and emotional equilibrium.

Yoga is the most robust form of physical activity. Probably the most beneficial exercise for women. Yoga is an artistic creation and a scientific innovation of India. Yoga postures have been discovered in archaeological sites located in the Indus Valley that date back at least 5000 years. There exists a common misconception that Yoga is an integral element of Hinduism; rather, Hinduism as a religion emerged considerably later and incorporated a portion of the practices of Yoga into its development. 1.1.4 The Concept of Yogic Practices:

**Yoga:** Yoga is an old discipline having an ancient past. There-lics of Mohenjo-Daro unearthing's show its vestige. The significance of yoga for profound advancement has been perceived through the ages. The discipline of yoga stuck through a few phases and in process of everything working out various school arose and assortment of strategies were developed. The practices urged in yogic writing and gave over in various customs are known as the Yogic Practices. These might be characterized in the accompanying gatherings:

**1. Asanas, 2. Pranayamas, 3. Bandhas and Mudras, 4. Kriyas.** Then again, stress the executives is our primary worry for research study. the pressure characterizes with the terms of pressure the board utilizing yoga rehearses. The yoga practices of yoga methods is utilized to

eliminate the two classifications of yoga venture by individually. Presently the idea stress and stress the executives is portraying given beneath.

### Stress

Stress is a sensation of enthusiastic or actual pressure. It can emerge out of any occasion or thought that causes you to feel baffled, furious, or apprehensive.

Stress is your body's response to a test or interest. In short explodes, stress can be positive, for example, when it assists you with staying away from risk or fulfill a time constraint. In any case, when stress goes on for quite a while, it might hurt your wellbeing.

**Stress is an ordinary inclination. There are two fundamental sorts of pressure:**

- **Acute stress.** This is momentary pressure that disappears rapidly. You feel it when you pummel on the brakes, have a battle with your accomplice, or ski down a precarious slant. It assists you with overseeing hazardous circumstances. It likewise happens when you experiment or energizing. All individuals have intense pressure at some time.
- **Chronic stress.** This is pressure that goes on for a more drawn out timeframe. You might have ongoing pressure in the event that you have cash issues, a miserable marriage, or inconvenience at work. Any sort of pressure that continues for quite a long time or months is ongoing pressure. You can turn out to be so used to constant pressure that you don't understand it is an issue. On the off chance that you don't discover approaches to oversee pressure, it might prompt medical conditions.

### Stress and Your Body

Your body responds to pressure by delivering chemicals. These chemicals make your mind more alarm, cause your muscles to tense, and build your heartbeat. Temporarily, these responses are acceptable in light of the fact that they can assist you with taking care of the circumstance causing pressure. This is your body's method of securing itself.

At the point when you have constant pressure, your body stays ready, despite the fact that there is no risk. After some time, this puts you in danger for medical issues, including:

1. High blood pressure, BP.
2. Heart disease. Cardiovascular disease.

3. Diabetes. ( level of insulin decreased)
4. Obesity.( cholesterol level increased )
5. Depression or anxiety.( disorder)
6. Skin problems, such as acne or eczema.
7. Menstrual problems.

If you already have a health condition, chronic stress can make it worse.

### Impact of Stress

With the advent of globalisation, organisations are presented with the opportunity to become fully market-driven entities by "contributing anywhere and sharing everywhere." With the rapid evolution of information technology (IT), the impact of internet business enhanced the market's intelligent correspondence capability. The management of business portfolios, consolidations, components, restructuring, rebuilding, identifying collaborative resources, and attaining predetermined objectives impose a significant burden on the leader. Workplace stress becomes an inevitable aspect of an environment devoted to the development of human and intellectual capital. Workplace stress is an international phenomenon that causes substantial costs for individuals, organisations, and associations, as well as the general public. At the singular level, work environment stress can devastatingly affect the physical and emotional well-being of the worker, rendering unsalvageable harm his prosperity. It can dissolve the certainty of an individual, prompting loss of ability to adjust to the difficult work and social circumstances. It can impact fixation and spotlight on work, inciting lackluster showing, low of vocation openings and loss of business. At the authoritative level, stress can take weighty cost for the usefulness and efficacy of the association. It costs the organization as far as expanded truancy because of affliction, higher clinical costs, decrease in execution because of low inspirational levels, high work turnover related enrollment and preparing costs, workers' pay and legitimate expenses.

### CONCLUSION

In general, THE An inherent characteristic of the therapeutic benefits of yoga is its association with "stress." Stress is defined as a collection of evaluations, physiological responses, and social affinities that occur when an individual observes the value of their resources being outweighed by the demands of others. While moderate levels of

stress are rarely a growing concern, consistent receptivity to even minor disruptions or genuine responsiveness to excessive stressors can result in elucidated negative outcomes. There is speculation that engaging in yoga can aid individuals in developing more effective pressure-regulating techniques, thereby mitigating the adverse health effects associated with chronic stress. Yoga may be particularly useful for facilitating tendency-centered

stress shifting, which entails reducing physiological energy by means of relaxation, cognitive reevaluation of stressors, or devising a method to recognise that which cannot be altered. Unambiguously, it has been suggested that yogic breathing and attention—two fundamental components of yoga—could facilitate individuals' adaptation to duress, thereby potentially mediating the purported clinical benefits.

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