

YOGA: THE BEST WAY TO DEAL WITH STRESS

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ABSTRACT

This paper is an attempt to bandy regarding the meaning and significance of Yoga in our diurnal life. The peoples belonging to global village or wisdom and technology age are engaging without rest for sustaining as well as upping their life. They're whatever rich or poor fellow floundering for life to live socially and peacefully. For all those reasons we've face a lot of problems. e.g. anxiety, pressure, tension and depression which can be regarded as stress. A stress is a negative energy or a complex problem for al beings in which we're needed its operation. The process of stress operation is named as one of the keys to a happy and successful life in ultramodern society. It produces multitudinous physical and internal symptoms which vary according to each existent's situational factors. The operation of stress provides for the mortal beings a number of ways to manage anxiety and maintain overall well- being. Eventually yoga is the only way in case of stress operation by using strategic ways.

Keywords: Yoga, Stress, Anxiety, Global Village, Management.

Introduction

The term ' Yoga ' is firstly deduced from the Sanskrit word which means group of physical, internal, and spiritual practices or disciplines which is began in ancient India. There are six orthodox academy in Indian academy and yoga is one of them. There's a broad variety of yoga seminaries, practices, and pretensions. The term" yoga" in the Western world frequently denotes a ultramodern form of Hatha yoga, yoga as exercise, conforming largely of the postures called asana. The origins of yoga have been suspected to date back to preVedic Indian traditions; it's mentioned in the Rigveda. but most probably developed around the sixth and fifth centuries BCE, in ancient. The Yoga Sutras of Patanjali date from the first half of the 1st renaissance CE and gained elevation in the West in the 20th century. Hatha yoga textbooks surfaced occasionally between the 9th and 11th century with origins in tantras. The impact of postural yoga on physical and internal health has been a content of methodical studies, with substantiation that regular yoga practice yields benefits for low reverse pain and stress. The spiritual sense of the word yoga first arises in Epic Sanskrit in the alternate half of the 1st renaissance BCE, and is associated with the philosophical system presented in the Yoga Sutras of Patanjali with the principal end of" uniting" the mortal spirit with the Divine. The term ' kriyayoga ' has a specialized meaning in the Yoga Sutras, designating the " practical" aspects of the gospel, i.e. the" union with the supreme" due to performance of duties in everyday life. According to Bhagavad Gta," Yoga is said to be imperturbability"(2.48);" Yoga is skill in action"(2.50);" Know that which is called yoga to be separation from contact with suffering"

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Meaning and Claims of Yoga

Yoga is ultimately liberating and stress-free, although its exact form depends on the philosophical or theological system with which it is associated. Jacobsen gave yoga five main traditional meanings a. A disciplined system to achieve a goal. ways to control body and mind. c. Name of Evangelical Academy or System. With prefixes similar to the words "hatha, mantra and laya, traditions specializing in specific yoga practices. e. Yoga practice. According to David Gordon White, the basic principle of yoga was thus in place, and variations of these principles developed in colorful forms over time. Their area. A mindful way to find and lean into dysfunctional perception and cognition for freedom from suffering, inner peace and liberation. b) Communicate and expand information about yourself to be with everyone and everything; they are scattered in sources similar to those found in the Vedic literature of Hinduism. c. The path to foreknowledge and enlightened knowledge that enables the understanding of eternal (erroneous, deceptive) and infinite (true, transcendent) reality. d. A mod for entering other bodies, creating multiple bodies, and achieving other supernatural feats; They are described in the tantra literature of Hinduism and Buddhism, notes White. Yoga is often directly described as a tree and contains eight aspects or branches 1. yama (general ethics),. niyama (personal ethics), 3. asana (physical postures), 4. pranayama (breath control), 5. pratyahara (mind control), 6. dharana (attention), 7. Dyana (contemplation) and 8. samadhi (bliss). Long popular in India, yoga has become increasingly common in Western society. The.

Importance of Stress

The term "stress" is derived from the Latin word *Stringere*, which means "to hold fast." "Stress is a complex, dynamic transaction between a person and their life. Stress can affect health, work performance, social life and relationships with family members. The stress response is a complex emotion that produces physiological changes to prepare us for fight or flight, to protect ourselves or escape from unhappiness. In general, stress surgery is a tool and psychotherapies designed to manage a person's anxiety, stress, pressure and depression, especially habitual stress, usually with the aim and motive of improving daily functioning. In this context, the term "stress" refers only to stress that has significant negative consequences, or sadness in Hans Selye's preferred language, not what he calls eustress, stress that has beneficial or other consequences. Traditionally, stress was thought to be the result of external forces beyond the control of the person experiencing the stress. The process of stress management has been called one of the keys to a happy and successful life in an ultramodern society. It produces many physical and internal symptoms that vary according to each existing condition. The effects of stress offer mortals a number of ways to manage anxiety and maintain overall well-being. The most common causes of stress are-a. Conflicts in the company.b. Lack of job security. vaguely expected. Poor communication. the colleague does not do his fair share.f. timid salary or benefits v. Too important a job. Uncomfortable physical condition. Relationship conflicts. Lack of cooperation..

Types of Stress

There are different types of stress. It deals with the pressures of the near future or it deals with very recent history. This type of stress is often misinterpreted as having a negative meaning. Great Stress - Ordinary stress has a debilitating effect on people that can be a really serious health hazard in the long run. This type of stress is different from acute stress. This can lead to explosive amnesia, impaired spatial recognition and decreased appetite. Women can withstand stress longer than men without the same maladjustment. Plant stress - Plants don't always have to be negative. It took a great part in the field of plants between the workers and the entrepreneur. pay can be a big concern for employees. pay can affect the way people work because they can try to create and get ahead as a result. To manage stress in the workplace, employers can offer stress management programs such as medical resources, communication programs and more flexible work schedules. Working with stress - There are many practical stress management methods available. Some of them are for health professionals and others are for tonal support that helps a person reduce stressful situations, bring positive passions into their own life and promote general well-being. Other ways to reduce stress include increasing your daily exercise routine, taking up a hobby, writing down your studies, passions and moods, and talking to a trusted person about what's bothering you. It is very important to remember that not all habits work the same way for everyone, so it is important to try different stress management methods to find which methods work elegantly.

Significance of Study

It aims to show how yoga is useful in stress-related activities. Many problems come into our life like pressure, blood pressure, negative feeling, turmoil, indifference etc. which are related to stress problem. All these problems can be answered through yoga exercises. Some of the benefits of yoga practice are listed below:

- Yoga significantly lowers heart rate and systolic and diastolic blood pressure. Studies show that yoga reverses the negative effects of stress on the immune system by increasing levels of immunoglobulin A and natural killers. Yoga has been designed to eliminate inflammatory markers such as high-sensitivity C-reactive protein, as well as cytokines that cause agitation, such as interleukin-6 and lymphocyte-1B. Yoga has been shown to have immediate effects regardless of pathophysiological conditions. A track brain benefits reduce anxiety and increase emotional, social and mental well-being. Improving inner health for young and old is possible through yoga by reducing stress. This means that yoga helps improve inner health and overcome routine stress. Both spatial anxiety and specific anxiety scores decreased in both groups after yoga practice. Yoga is an increasingly popular medicine used to maintain heart rate and aid in surgery.

Some Strategies for Managing Stress with Yoga

Several ways to manage stress in life. that. Some of the following methods temporarily reduce the voltage position below normal to compensate for the inherent problems associated with it; others face the stressor in a heightened state of abstraction. High-demand situations burden a person with unnecessary efforts and work. A new schedule will be developed, and until the end of the exceptionally high special demand season, the usual frequency and duration of the existing schedules will be limited. many companies have started using stress intervention programs for employees who have difficulty adjusting to stress in the factory or at home. Some companies provide their employees with special stretching supplies in the factory, such as colored sheets and stretching devices. many people slip stress from home to work. There are a number of ways to reduce stress. They are - a) Autogenic exercise b) Social stress c. Cognitive resource d. Conflict resolution e How to detach a skull f Get a hobby horse g. Reflection h. consciousness i. Music as a business strategy j. deep breathing k. Yoga Nidra l. Reading novels m. Prayer n Cultural expression o. Humor p. Exercise q. Spend time in nature r. Natural medicine s Time function t Planning and decision making u. with a certain kind of relaxing music harkening v. Quality time with favorites and so on..

Result of Stress through Yoga

1. Yoga can have a positive effect on the parasympathetic nervous system and help reduce heartburn and blood pressure. 2. This reduces the body's need for oxygen. Yoga can also improve digestion, strengthen immunity, help effectively eliminate toxic waste and also increase lung capacity. 3. Using this practice effectively can also reduce the chance of stress escalating into anxiety and depression. 4. yoga offers a unique way to manage stress through pranayama (emergent mode). In this way the person slows down and breathes evenly, as if inhaling through one nostril and exhaling through the other nostril. are there rapid breathing movements, such as inhaling air through the nostrils and exhaling rapidly through the mouth, so that the air passes right through the blood capillaries and the person feels light 5. Meditation is also a good system to reduce stress, in this part of yoga a person sits comfortably and takes his favorite position. Imagine yourself in a successful situation. Then breathe deeply and slowly. Continue for five or six breaths. It is calming and supplemental oxygen therapy increases the brain's ability to think. 6. After all, yoga is and proves to be "stress management" and is also used today as a major adverse allopathic medicine in the West.

Conclusion

Yoga is said to be perfect wisdom because it conforms to the WHO description. health that addresses all existing physical, mental and social conditions. Stress affects personalities of all age groups and individuals of all industries and professions, including croakers. Although there are many treatments available to reduce stress, people try to find the desire to relieve stress without specific information. The wisdom of yoga, which has been around for ages and has many times been spiritual, is now scientifically proven to have significant health benefits. Yogic wisdom includes yogic words (postures), pranayama (breathing practices), dhyana (meditation), and relaxation techniques that benefit mortal beings in all postures. In research, yoga has been shown to be effective for many physical and brain conditions. as part of the functioning of a disease state, it has also been shown to improve positive health and quality of life in healthy individuals. Most importantly, yoga is also a powerful practice for preventing painful emotions.

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