

Role of Yoga in Reducing Stress

Bhavisha Verma

Assistant Professor, Commerce Department Sanatan Dharma College Ambala Cantt

Abstract

The mind and body are inextricably linked. When the mind is relaxed, the body's muscles relax as well. Physically and psychologically tension results from stress. Yoga is a method of mind-body treatment that dates back thousands of years. Physical postures and breathing techniques in yoga help to increase muscle strength, flexibility, blood circulation, oxygen uptake, and hormone function. Furthermore, the relaxation caused by meditation aids in the stabilizing of the autonomic nervous system, which has a propensity to support parasympathetic dominance. The physiological benefits that follow assist yoga practitioners in becoming more resilient to stressful situations and lowering a number of major risk factors for many diseases, including cardio-respiratory diseases.

Keywords: Yoga, Stress, Relaxation, technique, stress-management

Introduction

Stress is a natural psychological and physical response to life's challenges. Stress can be beneficial in that it motivates you to perform well. However, many daily obstacles, such as sitting in traffic, meeting deadlines, and paying bills, might overwhelm you. For your safety, your brain is pre-programmed with an alarm system. When your brain detects a threat, it sends a flood of hormones into your body, which raises your heart rate and blood pressure. This "fight-or-flight" response prepares you to face the danger.

Yoga in Modern Era

Your body is designed to revert to a normal, calm condition once the threat has passed. Unfortunately, due to the never-ending complexities of modern life, as well as its demands and expectations, some people's alarm systems rarely go off. Stress management provides you with a variety of methods for resetting and calibrating your alarm system. It can aid in the adaptation of your mind and body (resilience).

Stress of the important purpose as it enables to respond quickly to threats and avoid danger however length the exposures to stress may lead to mental health difficulties at using priority and depression increased Physical health problem may increase the the level of stress and interfere the physical illness of the person such as to avoid the situation one must to following activities:

1. **Eat and drink to optimize your health:** as eating and drinking the right amount of nutrients can remove the major amount of stress from your daily life, nutrients play a very important role in changing the mood of a person and good nutrients boost the mood in a very positive way.
2. **Exercise regularly** as it is said that exercise gives many benefits to the body and relieves stress so daily exercising for a fixed amount of time reduces the stress as it contributes to the physical and mental well being of the body.
3. **Stop using the caffeine oriented products:** using caffeine oriented products causes major increase in the stress and destroys the good amount of hormones present in the body such as to reduce the stress one must avoid the caffeine oriented products.
4. **Assert yourself:** it means that you can say no for the activities or for the work you are no longer interested in or you feel burdened and it's absolutely useless to take extra burden on yourself and cause stress in your life.
5. **Selling yourself to yourself:** means this body is our asset and if we do not take care of it then soon the asset will be converted into liability and to avoid the liability one must take care of the body and make sure he or she contributes his time to benefit it.
6. **Use your values:** live by them one must use his or her values in living

Yoga in Modern Era

the life and choosing the activities that makes him or her feel better rather than burdened.

7. **Realistic goals:** means those goals which are achievable and which are achievable without any extra stress in life one should set only those goals that are achievable without causing extra efforts in stress in our life if one has to go through major level of stress by achieving the goals that means that activity is not realistic and is causing more and more to the exerting our body.
8. **Practicing yoga:** practicing different forms of yoga or Asana of yoga helps in reducing the stress from the life so I must practice or learn the different Aasan of yoga for removing stress from the life
9. **Studying and practicing the relaxation techniques:** relaxation techniques includes breathing exercises, progressive muscle relaxation, and mindful meditation there are many apps available that helps you guiding the techniques of using the meditation and muscle relaxation techniques and mindful meditation for removing the stress from the life take this as a challenge and try practicing these relaxation techniques for better results

Role of Yoga:

Classical yoga practices include ethical principles, physical postures, breathing exercises, and meditation. It's a traditional Eastern practice that's now gaining popularity in the West. Many organisations, particularly in the United Kingdom, are recognising the benefits of yoga and funding yoga fitness programmes, knowing that relaxed workers are healthier and more creative.

A little yoga in the morning, evening, or even during a lunch break has been shown in numerous studies to reduce stress and boost productivity. Yoga is thought to be particularly beneficial for stress relief because, in addition to the physical advantages, it promotes a positive mood, increased mindfulness, and a healthy dose of self-compassion.

Yoga Has Stress-Relieving Techniques

Yoga is the source of many prominent stress-reduction techniques:
Breathing under control
Meditation
Physical activity
Visualisation
Stretching

Yoga in Modern Era

Yoga, which gets its name from the word "yoke," which means "to join together," does exactly that, uniting the mind, body, and soul. The benefits of yoga, whether used for spiritual development or stress management and physical well-being, are numerous.

The Body's Effects

The following is a partial list of the advantages of yoga:

- Reduced anxiety and stress
- Sleep well
- Cortisol levels are lower.
- Many medical issues have improved.
- Symptom alleviation from allergies and asthma
- Reduce your blood pressure.
- Help with quitting smoking
- Reduced heart rate
- Spiritual development
- a feeling of happiness
- Muscle strain is lessened.
- Strength and flexibility have improved.
- Ageing is being slowed.

Yoga can provide physical and psychological advantages, such as stress reduction and a sense of well-being, as well as spiritual ones, such as a sense of oneness with God or Spirit, or a sense of transcendence. A yoga programme can last hours or minutes, depending on one's schedule.

There are various mechanisms in yoga that have an effect on stress levels, which means that yoga can help you reduce stress in a variety of ways. According to research, the most effective strategies for yoga to reduce stress are to improve your mood (or positive affect), promote mindfulness, and increase self-compassion.

Yoga in Modern Era

Yoga is a particularly efficient stress reliever since it improves our moods while also allowing us to be more focused on the present moment and encourages us to take breaks.

Explanation:

1. **It deepens your breathing:** Yoga regulates your breath which is very helpful in the condition of anxiety and stress. Breath controls the blood pressure of the body and reduces the risk of cardiac arrest.
2. **IT INSTRUCTS CONSCIOUSNESS:** It's possible that when people are worried, they're ruminating on the past or fretting about the future. Yoga, on the other hand, teaches people to be aware of their emotions in the present moment, a practise known as "mindfulness." Long-term stress relief can be achieved by incorporating mindfulness techniques into your yoga practice and then utilising them throughout the day.
3. **IT ENHANCES SLEEP:** A vicious loop exists between stress and sleep (or rather, a lack thereof). Wilson claims that stress can disrupt sleep, which makes you even more agitated. Breaking the cycle with yoga for stress alleviation is possible.
4. **IT GETS YOU UP AND MOVING:** Exercise is becoming increasingly popular among medical professionals as a treatment for depressing symptoms like stress and worry. High-intensity exercise, on the other hand, might briefly raise cortisol levels, putting your body (and possibly your mind) under further stress. Non-impact exercises are used in gentle types of yoga to help gain the stress-relieving effects of physical activity without stimulating the release of stress hormones.
5. **THE MUSIC Enchants YOU IN:** The music in your yoga class has the power to completely change your mood. According to research published in the Journal of Music Therapy, listening to relaxing music (such as that played in almost every yoga studio) lowers the effects of stress on anxiety, heart rate, and blood pressure.

Conclusion:

Yoga, which combines physical fitness with self-awareness and compassion, may be a more effective technique of lowering stress. Almost everyone can perform it since it mixes physical positions, regulated breathing, and

Yoga in Modern Era

meditation. Yoga has been related to lowering blood pressure and heart rate, lowering cortisol levels, lowering anxiety and muscle tension, increasing strength and flexibility, slowing the ageing process, and boosting sound sleep, among other things.

References:

1. Parshad, O. (2004). Role of yoga in stress management. *The West Indian Medical Journal*, 53(3), 191-194.
2. Smith, C., Hancock, H., Blake-Mortimer, J., & Eckert, K. (2007). A randomised comparative trial of yoga and relaxation to reduce stress and anxiety. *Complementary therapies in medicine*, 15(2), 77-83.
3. Rao, R. M., Amritanshu, R., Vinutha, H. T., Vaishnaruby, S., Deepashree, S., Megha, M., ... & Ajaikumar, B. S. (2017). Role of yoga in cancer patients: Expectations, benefits, and risks: A review. *Indian journal of palliative care*, 23(3), 225
4. Riley, K. E., & Park, C. L. (2015). How does yoga reduce stress? A systematic review of mechanisms of change and guide to future inquiry. *Health psychology review*, 9(3), 379-396. Li, A. W., & Goldsmith, C. A. W. (2012). The effects of yoga on anxiety and stress. *Alternative Medicine Review*, 17(1).
5. Phor R.K., Sehgal N.(2020) *Yoga for body, mind & soul*, Academic Discourse, vol-9, issue-2,70-73.
6. Phor R. K.(2013). *Importance of yoga in Physical Education and Sports*, Academic Discourse, vol-2, issue-2, 42-48.
7. Thakur, R. (2016). Role of Yoga in Stress Management. *Hill Quest*, 3(2).
8. Butterfield, N., Schultz, T., Rasmussen, P., & Proeve, M. (2017). Yoga and mindfulness for anxiety and depression and the role of mental health professionals: a literature review. *The Journal of Mental Health Training, Education and Practice*.