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Stress management through yoga

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Abstract

Stress is the emotional and psychological strain in medical terms stress is described as, “A physical or psychological stimulus that can produce mental tension that may lead to illness. Our body tries to adjust to different circumstances. In this process, the body is put to extra. Work resulting in wear and tear. Stress disturbs the normal way of functioning. The mental symptoms of stress include dry mouth, fast heart beating, stomach upset, frequent urination. There are so many cause of stress in life. Stress management start with identifying the source of stress in our life. There are so many way to manage the stress like feel better, take yourself. Yoga has been long known to be a great attitude to stress. But the yoga is the best and modern way of managing the stress. Yoga combines many popular stress reducing techniques, including exercises and learning to control the breath, clear the mind and relax the body.

Keywords: stress management, fast heart beating, and meditation

Introduction

What is Stress

The word stress is derived from Latin Word, “Stringi which means, “To be drawn tight”. In Medical terms the meaning of stress as “a physical or psychological stimulus that can produce mental tension or psychological reaction that may lead to illness.

Stress is not always harmful. But the optimum level of stress is beneficial for a sports person. But high degree of stress is harmful for us.

Types of Stress

There are four major types of stress:

1. Eustress
2. Hyper stress
3. Hypo stress
4. Distress

In the above four types of stress the 1st type eustress is the helpful type of stress. This type of stress prepare the muscles, heart and mind for the strength needed for whatever is about to occur. When a person need some extra energy eustress kicks in to bring then in the inspiration they need. Because of eustress, the athlete receives the strength that they need to perform.

The last type of stress (Distress) is the one most harmful type of stress it is known as negative stress. It disturbed the body and mind of a Sportsman.

Effect of stress on individual

Stress affects the mind, and behavior in many ways, and every one experiences stress differently. The following common effects are showing on the health due to stress:

1. Isolation
2. Anxiety
3. Irritability
4. Modiness
5. Rapid heart beat
6. Eating more or less 7Using drugs
7. Weight Loss
8. Headache / Hypertension.

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Meaning of Yoga

The word yoga is derived from the root "Yujir" means to unite or to bind or to yoke. Acc. To Yajñvalkyā yoga means the union, i.e. union of the individual spirit with universal spirit. According to another meaning the word yoga is derived from root, "Yujāmadhu" It means spiritual absorption. Maharishi Patanjali called as the father of yoga. He compiled and refined various aspects of yoga systematically in his "Yoga sutra."

Yoga for Stress Management

Yoga is a 5000 years old Indian concept for the relaxation of body and mind. Yoga means union or Harmony through the classical yoga has 8 components. But out of them 3 are used in stress reducing.

Postures or Asanas

Asanas can be considered science of body physical. Wrong and bad postures causes stress in the body by inhibiting the flow of energy and by accumulating toxic products inside. All kinds of body aches are said to be due to bad. Posturing and the subsequent accumulation of toxic product in the body: By performing yogic postures there is a free flow of energy in and out of the body which help in proper functioning of the body and the subsequent relief or muscle tension.

Makarasana or Crocodile Posture

In this posture the person lies flat on his tummy with face downwards and remains still without moving resembling a crocodile under water. It relaxes the muscles and keeps the mind away from distraction.

Bal Asana or the child's Pose

In this posture, the person assumes the posture of the fetus inside the uterus by curling forwards.

Savasana or the corpse's pose

In this posture, the person emulates a dead person, Though it appears very simple, It is one of the toughest asanas to perform and the most effective one also for relaxation.

Pranayam

By doing pranayama, the person takes control over his breathing. There are different types of pranayama. The most popular and the simplest one is the 'Nadi Shodhanam'. It means channel purification. According to yoga there are 14 nadis or channels and prana or lives flow through them. In this technique the person holds his nose with his right thumb and ring finger and breathes through the two nostrils alternatively by releasing the pressure of the thumb and the ring finger alternatively. The technique of using the hands by assuming different postures is called mudra. (Different mudras are used for other purpose like meditation also.)

Meditation

The key of meditation is chittavrittinirodha elimination of the veeries. Meditation reducing stress, anxiety depression and after negative emotion.

Meditation that needs focusing

- Sit comfortably with a straight erect spine.
- Focus on any object or sound or image or any thought.
- Take deep breaths slowly.
- Do this for about 30 minutes.

By doing this the person's mind focuses on a particular objects and thus gets rid of all the thoughts and worries. The mind focus gets shifted away the stress inducer and this gives a feeling of relief.

Yoga can be said to tackle stress by properly understanding body response slowing the pace of reaction and modifying the physiological change by affecting the breathing and cleaning activity.

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