

STRESSFUL LIFESTYLE AND YOGA

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ABSTRACT

People's physical and mental health is being negatively affected by the widespread presence of stressful lifestyles in today's fast-paced society. This abstract investigates the link between stressful lifestyles and yoga as a means of relieving stress and improving health. Anxiety, depression, and cardiovascular disease are just some of the health problems that have been linked to stressful lifestyles including extended work hours, technology overload, and social demands. Yoga, a centuries-old Indian practise, takes a comprehensive view of these contemporary issues. It includes physical postures, breath regulation, meditation, and mindfulness practises that work together to alleviate stress. The stress response mechanisms in the body may be modulated, relaxation can be induced, and emotional resilience can be strengthened by regular yoga practise, as shown by scientific studies. In addition, yoga raises one's level of self-awareness, which in turn motivates one to adopt a more healthful way of life and put more emphasis on self-care. This abstract highlights the value of incorporating yoga into modern lives as a stress reliever and health booster. As more and more research demonstrates yoga's positive effects, it must be seriously considered as a resource for those seeking equilibrium and fortification against the stresses of modern life.

KEYWORDS: Yoga, Exercise, Stress management, self-awareness, lifestyles.

INTRODUCTION

Yoga is a kind of mind-body health that emphasizes both physical exertion and an inwardly synchronised, cautious focus on self-awareness, breath, and energy. The therapeutic framework of yoga is based on four guiding principles. The main principle is that the human body is an integrated whole with inseparable parts, each of which is subject to the health or sickness of the others. The second principle is that individuals and their requirements are unique

and hence, attention and training should be tailored to meet specific requirements. Third, the student is responsible for his or her own practise of yoga and healing.¹

Our mental and physical health are both negatively impacted by the stresses we subject ourselves to on a daily basis. Having to constantly balance work, family, and personal commitments may leave you feeling stressed, exhausted, and anxious. Constant anxiety has been linked to a variety of serious health problems, including high blood pressure, depression, and even heart disease. Many people have turned to alternative and holistic treatments in an effort to combat this contemporary pandemic, and yoga has emerged as a potent remedy. Yoga, which has its roots in India, is a flexible and adaptive practise that aims to improve one's physical, mental, and spiritual health. It takes a holistic view of stress relief, presenting strategies and methods that may aid in the pursuit of inner peace. Yoga provides a means to alleviate stress by calming the mind, relaxing the body, and building a stronger connection with oneself via a mix of physical postures (Asanas), regulated breathing techniques (Pranayama), and meditation.

We will dig into the many ways in which yoga can be a transformational force in overcoming stress in this investigation of the connection between stressful lifestyles and yoga. The stress-relieving benefits of yoga and its potential to improve well-being will be investigated, along with the underlying physiological and psychological processes. In addition, we will discuss realistic methods for integrating yoga into everyday lives and reflect on the remarkable influence it can have on people who are making an effort to live better, more balanced lives despite the overwhelming pressures of modern life.

STRESS

Anxiety has been subjected to the most difficult test that can possibly be imagined. The ability of CEOs to deal with stress has been improved via the expenditure of millions of dollars, but this has not brought us any closer to finding a solution to the issue. It's possible that throughout the middle of the 1970s, stress was confined to the executive suite, but in today's world, it appears to be pervasive in every aspect of life. Even toddlers, teenagers, and young adults are not immune to the negative effects of stress, worry, uneasiness, and weariness. In India, a country made up of many different ethnic groups, depression affects thirty percent of the country's teenagers. Our worries are really serious. Why has it been so difficult for us to find a

solution to the pressure issue until now? This article focuses on the ways in which yoga may be utilised as a technique for stress management and provides some examples of how this might be done. According to Busing et al. (2012)², it has been optimised for the management of executive stress, as well as for enhanced health and happiness and a life that is more rewarding.

THE VALUE OF YOGA TO OUR DAILY LIFE

The powerful effects of yoga, an ancient Indian practise that has spread over the globe, have attracted millions of followers. Its benefits go well beyond the physical exercises and stretches for which it is most famous; yoga is really a whole system for improving one's health on all levels. Yoga offers a haven of peace and tranquilly in the midst of our hectic, stressful life. Mindfulness and deep breathing exercises have been shown to alleviate emotional distress. It teaches us to be in the here and now, which improves our clarity of thought and composure of mood. The real value of yoga is in the lessons you pick up on the journey down, not in the poses you master at the top. Yoga encourages balance, strength, and flexibility on a physical level. Posture and body awareness are enhanced, which decreases the likelihood of injuries and ongoing discomfort. Physical health, mental fortitude, and physical and mental fortitude are all improved via consistent yoga practise. Yoga has also been linked to improved digestion and weight control.

Yoga may be used as a means to introspection and development. It inspires introspection, self-love, and an expansion of one's awareness of one's own mental and physical capabilities. Mindfulness and meditation help people understand themselves better by revealing previously hidden emotional and cognitive processes. Yoga's capacity to be adapted to individual requirements is one of its greatest assets. There is a yoga practise that will meet your needs, whether they are for meditation, physical health, or personal development. There is a wide variety of yoga practises to try, from Hatha to Vinyasa to Kundalini to Bikram. The benefits of regular yoga practise are well worth the time investment. The results of even a short daily practise session may be profound. It improves one's physical health, mental acuity, and emotional well-being, giving one the skills necessary to gracefully and resiliently face life's obstacles. The benefits of yoga go well beyond the mat, helping us to live fuller, healthier, and more balanced lives.

HEALTH AND STRESS RELIEF WITH YOGA

The American Council on Exercise (ACE) found that even novice yogis saw significant reductions in stress levels after practising yoga. They found that after monitoring Yoga practitioners for eight weeks, their overall physical and mental health had improved significantly. One of the numerous benefits that yoga has on one's health is the ability to reduce stress, but this is only one of many. The fast-paced nature of modern life is a crucial factor in the development of a variety of health problems, both mental and physical. The practise of yoga is an approachable and all-natural strategy that may be used to alleviate stress and improve health. Yoga blends physical postures, breath control, and meditation to help individuals relax. Yoga calms the nervous system. Through consistent yoga practise, levels of the stress hormone cortisol may be lowered, good neurotransmitters such as serotonin can be created, and the quality of one's sleep can be improved. The internal adjustments that occur as a result contribute to less stress, improved mood, and enhanced relaxation. In addition, the practise of yoga promotes a mental attitude that is known as "mindfulness," which means paying attention to the here and now while letting go of both the past and the future. Mindfulness training has several advantages, two of which are increased emotional stability and resilience in the face of stress.

Yoga not only helps decrease stress but also improves one's physical health by increasing flexibility, strength, and balance. There is a possibility that chronic pain will be alleviated, the health of the cardiovascular system will improve, and the immune system will be bolstered. In conclusion, incorporating yoga into day-to-day living is a great way to improve one's health while also reducing the negative effects of stress. Because it takes a holistic approach that not only addresses the physical concerns, but also encourages mental and emotional well-being, it is a successful method in today's demanding world. This is one of the reasons why it is an effective technique. That being stated, let's study the three pillars of Yoga:

- i. Asanas (Poses)
- ii. Breathing
- iii. Meditation

Asanas (poses):

A series of moves performed with the goal of enhancing one's physical capacity and adaptability is what is referred to as a yoga stance or posture. The positions known as Asanas also go by another name. The Asanas practised here are one of a kind. Asanas may be as simple as lying on the floor for beginners or as challenging as straining the body to its breaking point for advanced practitioners.

Breathing:

The gurus of yoga would say that breathing is more than just inhaling and expelling air in and out of the lungs. Breathing under control is one of the most important aspects of a good yoga exercise. When you have complete control over your breath, you have complete control over your body and mind.

Meditation:

The primary goal of yoga is to relax your muscles and mind, which may help calm an otherwise agitated body. Meditation allows you to learn more about yourself and leaves you feeling more refreshed and energised. Remember that the journey of finding out who you are is a great experience!

YOGA THERAPY FOR HEALTH AND WELL-BEING:

The regulation of yoga offers people a timeless and comprehensive model of health and healing, despite the fact that it could not result in the entire removal of true diseases or perhaps detrimental conditions from the body. There is a close connection between the mental and physical well-being of a yoga practitioner and the inner serenity and prosperity that yoga cultivates in their practise. Yoga improves our quality of life and reduces our need for suffering by teaching us to react with mindfulness and awareness.^{3 4}

EFFECTS OF YOGA ON EVERY PERSON:

Reducing Stress: You should start doing yoga in the first place to help you relax and calm down. It helps you feel at ease and eliminates the stress that has built up inside of you. When your mind and body are at ease, you'll find that you have a better response time and that you're generally happy. ⁵

Enhanced Fitness: Through the practise of certain yoga poses, you may be able to improve your balance, strength, and mobility. Because of this, you will be able to better manage your emotions in the workplace and make fewer errors. ⁶

Controlling the Course of Disease: In the long run, you will understand that devoting time and money to your yoga practise was the smartest thing you could have done. Yoga may protect you from potentially deadly illnesses like cancer and help you maintain healthy blood pressure levels. Regular practise of yoga has been shown to improve sleep quality. ⁷

CONCLUSION:

The strategies that are used in yoga are quite efficient in the management of stress. Everyone has the potential to learn how to concentrate their mind and body more effectively with the assistance of the directing practises that yoga offers. The ability of the herb to reduce stress in humans has led to its use in therapeutic mediations for the treatment of stress-related illnesses and the mitigation of risk factors for diseases whose symptoms are distinguished by tension and injuries, both of which are markers of stress. Although the herb was traditionally used in ancient India to promote stamina, its ability to reduce stress in humans has led to its use in ancient India to promote stamina. This article highlights research that links yoga practises to lower levels of anxiety. The research was conducted by others. However, long-term research is required in order to discover whether or not the practises provide a long-term treatment for stress or whether or not they must be performed regularly in order to get the desired benefits in terms of stress management. In any event, the findings of this study suggest that yoga should be practised by everyone in order to get the advantages described above.

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