

A Management Tool to Promote Healthy & Stress Free Lifestyle through Hathyogic Exercises

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ABSTRACT:

Background: Stress is a feeling of strain and pressure. Also this is one type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment. Excessive amounts of stress, however, may lead to bodily harm. Stress can increase the risk of strokes, heart attacks, ulcers, and mental illnesses such as depression.

Method: A strategic management tool is developed based on traditional and complementary medicine systems. Yoga and Ayurveda methods are used to reduce the stress without side effects; unlike in the allopathic systems. Over stress is the major cause for all diseases, so it's important to reduce stress before curing any kind disease.

Results: A management strategy tool is developed for stress management. In addition, one has to practice Hathyoga exercises such as: suryanamaskar (Sun salutation), Tadasana (breath awareness – lying or standing) etc. Yogic exercises helps to come over stress, and Ayurveda helps to improve diseases free life.

Conclusion: Complementary & alternative medicine may be systematized; Yoga help to improve life style. Anxiety, stress and depression get reduced through yoga and thus indirectly helping for disease free life.

Keywords: Hathyoga, stress, lifestyle

INTRODUCTION:

Stress is a Sudden Biological Change. It has become the curse of 21st century and is silent killer in the modern world. Stress is the greatest danger to the information era. Stress is the priceless poison for human life in the universe. Stress is not a disease but it may be a cause for several diseases like diabetes, B.P., According to Balaji deekshitulu & P.V. (2012), stress can disturb any one's physical, mental, emotional and behavioral balance. Stress can damage different parts of human body from muscles from tissues to organs and blood vessels. It can speed up pulse rate and respiration. It can raise blood pressure and body temperature. It can also interfere with the body metabolism, digestion, appetite, sleep, sexuality and even fertility. Occupational stress includes the environmental factors or stressors such as work overload, role ambiguity, role conflict and poor working conditions associated with a particular job. According to 'Helpguide.org' Stress is your body's way of responding to any kind of demand or threat. When you sense danger—whether it's real or imagined—the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction or the "stress response". The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life—giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident. Stress can also help you rise to meet challenges. It's what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV. But beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life. Sapolsky (1996), An extensive literature demonstrates that glucocorticoids (GCs), the adrenal steroids secreted during stress, can have a broad range of deleterious effects in the brain. The actions occur predominately, but not exclusively, in the hippocampus, a structure rich in corticosteroid receptors and particularly sensitive to GCs. The first half of this review considers three types of GC effects: a) GC-induced atrophy, in which a few weeks' exposure to high GC concentrations or to stress causes reversible atrophy of dendritic processes in the hippocampus; b) GC neurotoxicity where, over the course of months, GC exposure kills hippocampal neurons; c) GC neuroendangerment, in which elevated GC concentrations at the time of a neurological insult such as a stroke or seizure impairs the ability of neurons to survive the insult. A research study shows wellen et al. (2005), an abundance of evidence has emerged

demonstrating a close link between metabolism and immunity. It is now clear that obesity is associated with a state of chronic low-level inflammation. THERE IS CONSIDERABLE evidence that hyperglycemia results in the generation of reactive oxygen species (ROS), ultimately leading to increased oxidative stress in a variety of tissues. In the absence of an appropriate compensatory response from the endogenous antioxidant network, the system becomes overwhelmed (redox imbalance), leading to the activation of stress-sensitive intracellular signaling pathways. One major consequence is the production of gene products that cause cellular damage and are ultimately responsible for the late complications of diabetes. According to Matough et al. (2012), Diabetes is considered to be one of the most common chronic diseases worldwide. There is a growing scientific and public interest in connecting oxidative stress with a variety of pathological conditions including diabetes mellitus (DM) as well as other human diseases. Signs and Symptoms of Stress If exposure to stressors continues for a longer period of time, chronic health problems can develop, such as: Psychological and emotional - Feeling heroic, invulnerable, euphoric, Denial, Anxiety and fear, Worry about safety of self and others, Anger, Irritability, Restlessness, Sadness, grief, depression, moodiness, Distressing dreams, Guilt or “survivor guilt”, Feeling overwhelmed, hopeless, Feeling isolated, lost, or abandoned, Apathy *Identification with survivors* Cognitive Memory problems, Disorientation, Confusion, Slowness of thinking and comprehension, Difficulty calculating, setting priorities, making decisions, Poor concentration, Limited attention span, Loss of objectivity, Unable to stop thinking about the disaster, Blaming etc. these all above items are symptoms of over stress. Sometimes stress ends with suicide. Hadshiew et al. (2004), Hair loss, as it occurs with telogen effluvium and androgenetic alopecia, provokes anxieties and distress more profound than its objective severity would appear to justify. This reflects the profound symbolic and psychosocial importance of hair. Stress has long been implicated as one of the causal factors involved in hair loss. Amandeep et al (2018) prepared a management model for stress & hair loss given below. This model based on complimentary medicine system.

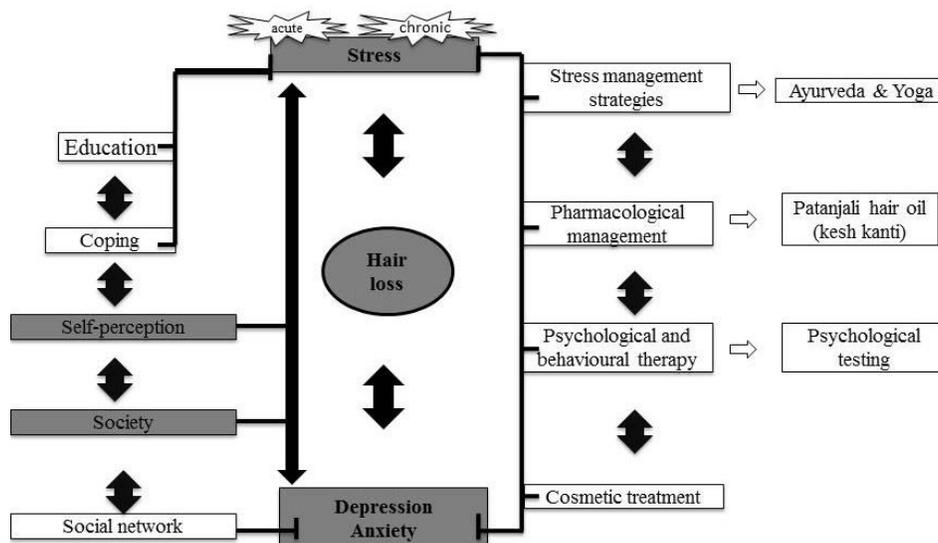


Fig 1: Management strategies through complimentary medicine systems.

Quick et al (2013) *Preventive Stress Management in Organizations* revises the classic work, *Organizational Stress and Preventive Management*, which introduced the epidemiological notion of prevention into the domain of organizational stress

Method:

Patanjali introduced -Ashtanga or Power yoga - a more demanding workout where you constantly move from one posture to another (“flow”). The dimensions of yoga are

- Pranayama (breathing)
- Asana (postures)
- Yama (restraint)

- Niyama (healthy observances)
- Pratyahara (sensory withdrawal)
- Dharana (concentration)
- Dhyana (meditation)
- Samadhi (higher consciousness)

Type of Asana:

They work at the chitta (subtle aspect of consciousness) level that eliminates the physical and mental tensions. They are trained in supine and prone position of the body respectively. Shavasana and Makarasana, Vijrasana, Bhujangasana, Trikonasana, Virabdrasana, Pranayama, Siddhasana with Kumbhaka, Padmasana, Yogamudras are important relaxative asanas. (Sharma ,1984)

1. Vajrasana is best asana of Stress & Tension and Anxiety it makes the body exceptionally strong and healthy. Vajra means Diamond in Sanskrit. During this asana, feel the sensations in the body as you move them. Do the Movement slowly and in a relaxed manner. Inhale and exhale slowly. While drawing the abdominal region inwards and expanding the chest, focus the attention on these body parts. The way the muscles move must be felt. Relax before, during and after the yoga posture.
 - With knees, ankles and big toes touching the ground, take a kneeling position.
 - One should sit on the heels and place palms on the knees.
 - The Spine should be erect and breath should be deep.
 - Draw the abdominal region inside and expand the chest (Figure 2).

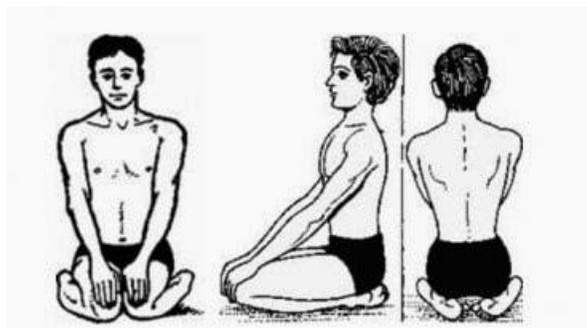


Fig 2: Vajrasana



Fig 3: The triangle pose – Trikonasana

The legs are spread apart and the body stretches to the left, moving from the pelvis and extending over the left leg. Both arms are perpendicular to the floor, the left hand on the floor, or resting on the calf or the outer ankle of the left foot, and the right hand reaching up straight. The spine is straight, chest open, the body facing to the front (Figure 3).



Fig 4: The cobra pose - Bhujangasana

The pose starts from a downward facing position with hands flat on the floor below the shoulders. The spine is lengthened and the buttocks firmed as the head and chest is slowly lifted. The elbows stay close to the body and the eyes look up. The neck is kept neutral (Figure 4).



Fig 5: The warrior pose – Virabhadrasana

From a standing position, feet are jumped apart approximately 4 feet. Arms are raised parallel to the floor, gaze is forward. Left foot is turned 90 degrees to the left and the knee is bend (keeping the knee above the ankle) (Figure 5).



Fig 6: Padmasana

1. Sit on the ground by spreading the legs forward.
2. Place the right foot on the left thigh and the left foot on the right thigh.
3. Place the hands on the knee joints.
4. Keep the body, back and head erect.
5. Eyes should be closed.
6. One can do Pranayama in this asana (Figure 6).



Fig 7: Swastikasana Siddhasana

1. Place the left heel at the anus, the terminal opening of the alimentary canal or digestive tube. 2. Keep the right heel on the root of the generative organ.
3. It should be in a way that the knees and the heels, both lie upon the other.
4. The hands must be placed on either sole of the feet. Keep the eyes half closed (Figure 7).

Practices of above exercises promote health and reduce stress level in a short time. These above exercises belong to hathyogic texts (hathpradipika, gherand samhita etc.) should be practice for good health.

CONCLUSION:

Actually yoga combines several techniques to combat stress. Yoga provides a combination of benefits such as breathing exercises, stretching exercises, fitness program, and meditation practice and guided meditations all in one technique. That is powerful, that is very powerful! Even for people who have physical limitations yoga can be very beneficial just by practicing the breathing techniques, the meditation and the guided meditation. Just by doing this you can have great benefits with the practice of yoga. So in conclusion yes yoga can be a great remedy for stress and can offer some stress relief. Yoga has combined set of principles and exercises that can greatly benefit you and help you to deal with stress.

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