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## YOGA AND LIFE STYLE CHANGES ARE A NOBLE WAY TO HANDLE STRESS

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**Abstract:** In today's perspective Stress has become a global public health problem. Stress is general word termed to various mental and bodily pressures experienced by people through out life. It is only in the last half century that the role of stress in every ailment from the "common cold to Aids". It is physiological support for adaptive behaviours such as "fight (or) flight". It can alter health and emotions as well, it can effect cognitive functions, impairs concentration attention, decision making ability and creativity. Yoga reported to reduce stress and anxiety, improves autonomic functions by triggering neurohormonal mechanisms by suppression of sympathetic activity. Yoga is beneficial to all age groups, almost all the profession. It does not required very much time, money and hard work. Life style changes also can treat the stress by following modifying life style activities- Exercise regularly, get enough sleep, Eat properly, learn to relax, practice yoga and meditation, Do things you love, avoid negative thinking, organize your life, stop worrying about the things you can not change, Develop a sense of humour, learn to lean on friends and loved ones, positive attitude.

**Keywords:** Lifestyle, Stress, Physical Activity, Yoga and meditation.

**Introduction:** The term Stress was introduced first by Hans selye(1936) to life sciences. Theword Stress is derived from latin word "Stringer" which means to be drawn tight. Currently a far and wide prevalent phenomenon in society and has become a global public health problem that is Stress. Stress is general word termed to various mental and bodily pressures experienced by people throughout life it is only in the last half centaury that the role of stress in every ailment from the "common cold to Aids".<sup>[1]</sup> It is physiological support for adaptive behaviours such as "fight or flight". It can alter health and emotions as well, It can effect cognitive functions, impairs concentration, attention, decision making ability and creativity. Life style changes also can treat the stress by following modifying life style activities- Exercise regularly, get enough sleep, Eat properly, learn to relax, practice yoga and meditation, Do things you love, avoid negative thinking, organize your life, stop worrying about the things you can not change, Develop a sense of humour, learn to lean on friends and loved ones, positive attitude.

### Common causes of stress<sup>[2]</sup>

- Family problems- Disturb marital life
- Job problems- Shift duty, Poor working condition
- Financial difficulties
- Poor health
- Death of some one close to you.
- Frustration
- Religious conflict
- Change in environment
- Lack of participation in decision making
- Interpersonal and inter group conflict
- Occupational demand

**Effects of Stress on Body:** Effects of stress are of two types short term and long term effects of stress-The short term effect shows diversion of blood from less vital to more vital organs increase in heart rate to supply more blood quickly, increasing respiratory rate to get more oxygen from atmosphere, headache, backache, and neck pain, sleeplessness. Long term effects are chronic headache, anxiety disorder, memory disturbance, heart attack due to increased blood pressure, sugar, cholesterol etc.<sup>[3]</sup>

### Benefit from Yoga and Life Style Changes

a) **Yoga:** yoga is Sanskrit word meaning “yoking( or) joining”. Yoga is a mind body practice that combines stretching exercises, controlled breathing relaxation. <sup>[4]</sup>

#### Advantage

- Decrease stress and tension
- Increased strength and balance
- It helps from fear, frustration and challenges of every day life
- Slow respiration
- Reducing heart rate
- Lowering blood pressure
- Stimulating digestive activity:-Relief from indigestion
- Improving blood supply throughout the body <sup>[5]</sup>

#### b) Treating Stress with Life Style Changes <sup>[6]</sup>

- Exercise regularly:-
- Get enough sleep
- Eat Properly
- Learn to relax
- Do things you love
- Avoid negative thinking
- Organize your life
- Identify the things that put you under stress
- Learn to lean on friends and loved ones
- Positive attitude

#### Stages of Yoga

- Yam
- Niyam
- Asan
- Pranayama( Breathing technique)
- Pratyahar
- Dharna
- Dhyana
- Samadhi

Yoga is an antidote for stress and a potentially powerful complement to living a healthy, balanced life. <sup>[7]</sup>

#### Asans for Stress Management

1. **Adhomukha Savanasana (Dog Pose):** This is one of the 12 phases of Surya Namaskar along with energizing the body and offering relief from indigestion problems, the pose is known to relax your body. Thus, it is an ideal asana for obtaining relief from stress.



2. **Shavasana (Corpse Pose):** Relax yourself completely with this pose. It brings breathing to normal levels, and thus helps to soothe down stress levels.



3. **Dhanurasana(Bow Pose):** This yoga posture has been named after the shape it takes that of a bow. Dhanurasana (bow pose) is part of the Padma Sadhana sequence. Good stress and fatigue buster.



4. **Uttanasana (Standing forward Bend):** It helps in preserving proper functioning of the nervous system by improving blood supply through out the body. <sup>[8]</sup>



5. **Marjaryasana (Cat Pose):** The cat pose is the best pose for stress relief that helps in stretching the spine and toning the muscles and organs of the abdomen <sup>[9]</sup>.



**Conclusion:** Yoga and life style changes are beneficial to all age groups, almost all the profession, it does not required very much time, money , and hard work. Yoga and life style changes reduce stress and axiety, improve autonomic function by triggering neuro hormonal mechanism by the suppression of sympathetic activity<sup>[10]</sup>.

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