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RESEARCH ARTICLE
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Management of Stress and Tension through Yoga

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ABSTRACT

Stress and tension are very common catchwords in the present day situation. The cause of stress and tension are uncountable. Basically these are happened due to an obstruction in the way of willingness and freedom. Gradually this becomes cause of several illnesses like hypertension, diabetes, obesity and other psychosomatic disease. From survey reports it has been observed that only from stress and tension and borne diseases a large number of people suffer and die every year. In fact in this case there is no successful medical effectiveness. Rather Yoga proves that it could handle better than the other devices. Many research result show that stress and tension can successfully prevent these common ailments. Yoga is a primitive practice observed over about 5000 years back in Indian origin. The Indian sages and Rishis used to practice Yoga for spiritual development *i.e.* for absolute control over the mind and body. They were used to up grate to them through the practice of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Once Vivekananda said that the rest what we achieve through the meditation even we can't get from sleeping. Meditation that is Dhyana of 10-15 minutes and rest of 5 minutes has a great beneficial effect. Asana and Pranayam make strong the different parts of the body and mind so that stress and tension are prevented they can't harm. Perhaps for that reasons Yoga has been widely accepted all over the world. Presently about 193 countries has accepted yoga. Even 47 Muslim countries also accepted yoga. Regularly a great no. of people practices Yoga. However, Bandha, Mudra, Kriya, the other parts of Yoga help the otherwise development of the body. Kriyas purifies the body; Pranayamas helps to carry more oxygen to the body to become more freshness. Mudra makes the body beautiful. Asanas helps to secret different hormone of the body in balanced condition. It has the effects on the glands of the body. Bandhas help to eliminate the death cells of the body. In this way Yoga completely helps overall development of the body and keeps away the stress and tension so there is no chance of harm from stress and tension.

Key Words : Yoga, Stress, Tension

INTRODUCTION

Stress and tension are the part of the life. They are necessary for the existence. Both are required for creativity, learning, and our very survival. Stress and tension only harmful when they become overwhelming and interrupt the healthy state of equilibrium that our nervous system needs to remain in balance. Stress has been linked up to 75% of diseases, but that does not mean that all stress is bad for the health of the person. In fact a certain amount of stress helps motivate the person on the toes. It's when stress reaches high level, or is persistent that it becomes dangerous! Many people think that the stress, anxiety and tension as the same thing, but the states that they describe are actually very different. Anxiety refers to a state of being anxious about danger and being overly concerned about the future. Anxiety is not usually linked to a specific person, situation or experience-it a vague, undefined, tense feeling of dread which is difficult to control. Stress refers to an effort or demand of a person physical or mental energy. Stress produce the same feeling as anxiety, but is usually linked to a specific person, situation or experience that one fears. Tension on the other hand refers to mental strain or

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excitement, a strained state or relationship. If the symptoms are experienced acutely, it's referred to a panic attack. The word tension means a strenuous condition, a state of mental or emotional strain or suspense; "he/she suffered from fatigue and emotional tension"; "stress is a vasoconstrictor". Tension means the act or process of stretching something tight. Tension means the condition of so being stretched; tautness. However, Tension is not the creation of a single problem. It may be physical, mental, social, economical, national, international, sexual, or from superiority or inferiority complex. It may be from any of these reasons. In today's life the tension might be due to the deal with high tech careers, fast paced business transactions, job changes, separations, illness, divorces, death of family member, financial crisis, failure in exams, etc. Stress becomes detrimental when a person starts feeling as though you have no control over the situation. According to the American Psychological Association, chronic stress is dangerous and is linked to the six leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver and suicide. And more than 75 per cent of all physician office visits are for stress-related ailments and complaints. Chronic stress can affect our brain, suppress our thyroid, cause blood sugar imbalances, decrease bone density and muscle tissue, raise blood pressure, reduce our immunity and ability to heal, and increase fat deposits around our abdomen that are associated with heart attacks, strokes and elevated "bad" cholesterol. Scientific evidence has surfaced that stress reduction bolsters longevity by directly impacting our DNA in a favorable way. Tension in mind leads tension in the muscles which can result in digestive problems, headaches, backaches and many other symptoms. It leads to other physical and psychological diseases. Some of the psychological and physical diseases could be anxiety, hopelessness, anger, head ache, depression, frustration, loss of memory, loss of mind's balance, blood clotting, high BP, palpitation, chest pain, heart attacks, chronic fatigue and even death. However, different practices and processes of Yoga aim at purification, nervous control and co-ordination. It gives gentle exercise to the body as a whole including individual organs. Thus it helps to reduce the physical all kind of stress and tension. From many research works it has proved that it is preventive and curative of many diseases. Yoga brings fitness through its regular practices. Pranayam, Sudhi Kriyas, Mudra and Bandha help in control of breathing, purifications and stronger the different parts of the body. All work to protect stress and tension- to be physically fit and remain mentally healthy. 20-30 minute meditation session a day can have lasting beneficial effects on health. Another advantage of Yoga is of its simplicity of technique, almost no requirement of equipments to practice and no need of much space. Presently worldwide 30 million people regularly practice Yoga. In America, nearly 14 million (6.1% of the US population) reported that yoga had been recommended to them by a physician or therapist. In 2002 use of relaxation techniques and yoga was reported by 14.2% and 5.1% of US adults. In the UK, yoga is promoted by the National Health Service as a safe and effective approach, in health and illness. Presently yoga has been accepted by 193 countries and it has been accepted by 47 Muslim countries.

Aim and objectives of the study:

The aim and objectives of the study is to analyze how stress and tension affects our body and mind and how they can be managed through practicing of Yoga to remain healthy, fit and wellbeing.

Observation:

Excessive Stresses and tension always a cause of one or more of the several ailments in the body and mind and sometimes terribly affects the life very badly. It makes the life less enjoyable and contributes to such bothersome symptoms as headaches, insomnia, and back pain. Stresses affect brain, nerves, muscle, joints, heart, stomach, pancreas, intestines, and reproductive system. Tension causes anxiety, hopelessness, anger, head ache, depression, frustration, loss of memory, loss of mind's balance, blood clotting, high BP, palpitation, chest pain, heart attacks, chronic fatigue and even death. The excessive tension which is also called the hyper tension gives birth of different mental diseases. It also adversely affects on the function of organs of the body and bear diseases which are not consider the diseases of mind. The diseases like blood pressure/hypertension, blood sugar, migraine, indigestion, senseless, paralysis, stomach diseases, blindness, weak memory, epilepsy, bleeding from brain artery, low blood supply to brain, nerve disease, disease of kidney, vanishes of peace etc. may be the cause of tension. Other diseases like Constant frustration, uncontrolled emotion even for a small incident comes from tension. Present Scientific data indicate that prolonged tension might cause a person's cells to age,

and possibly die, significantly faster than normal. During stress the adrenal medulla secretes two neurotransmitters, epinephrine (also called adrenaline) and norepinephrine (noradrenaline), in the response to stress. Researchers have found that people aged 65 or older were five times more likely to die within the six year follow-up period if they had high levels of stress hormones. They were more likely to die from cardiovascular disease, such as heart attacks, heart failure and strokes, but not more likely to die from other causes such as cancer, it was found. Short-term stress is thought to be good for health but chronic long-term stress can lead to damage in the lining of the blood vessels. Stress can also raise blood pressure and cholesterol which are known to be harmful to the heart and stressed people tend to eat a poorer diet and may be more likely to smoke. Researchers at VU University Medical Center in The Netherlands, measured levels of the stress hormone, cortisol, in the urine of 861 people aged 65 or older. The measurement was taken once over a 24-hour period. In another study one in three of all deaths in Britain are caused by cardiovascular disease, accounting for more than 200,000 deaths per year. Ellen Mason, Senior Cardiac Nurse at the British Heart Foundation, said: "Stress is already associated with an increased risk of heart disease and this study throws up more evidence about the role of cortisol. Scientific evidence has surfaced that stress reduction bolsters longevity by directly impacting our DNA in a favorable way. That revelation comes from the many years of work by three American geneticists who won the 2009 Nobel Prize for Medicine and Physiology. Their research (Epal, et. al) involves the study of telomeres. Study provided evidence that long-term exposure to stress decreases telomerase, the enzyme that provides protection for the telomeres. A shortage of the enzyme results in telomere shortening, leading to accelerated aging through premature cell death. British Medical Journal (BMJ), looked at death risk in 68,000 adults over 35 who were involved in previous studies from 1994 to 2004. Reviewing mental health surveys given to the study participants along with mortality data, the researchers and found those with mental health issues were more likely to die than their stress-free counterparts. Teen stress increase risk of suicide. From a news report published in the NEWS paper "The Week" on 29.06.2008 on tension that in this country 5857 candidates committed suicide for did not tolerating the pressure from examination, competition and parents in 2006 and in last three years the figure was sixteen thousand. Due to increase of mental pressure the research works revealed that after 10 years of age the symptoms of mental unbalance is seen. It has been categorized by research work that among this percentage of people 72% belongs to writer, 42% are artist, 41% are politician, 36% are intelligent class people, 35% are singer, 33% are scientist all are suffering from the diseases of tension and In last five years it has been increased six times in youths. In the city of Bangaluru 36% engineers has been suffering from mental disability, in industries 50% workers are being mentally pressurized, 30% people has crisis in married life, 20% has grief stricken life and 71% male and female has mental problem in the society. So these candidates weep silently, apart this, about 66% upper grade managers tremendously are in pressure in IT Sector and out of it 27.6 employees are drug addicted. However, it has been seen that under normal conditions, our brain slowly releases cortisol hormone into our body to make our muscles work, when we are highly stressed our brain thinks there's an emergency and responds by flooding our body with cortisol. If there really was an emergency, we would need this much cortisol to deal with broken bones, excessive bleeding, and so on. But if we're just stressed out by life, excess cortisol can lead to ulcers, high blood pressure, bone density loss, and can throw our immune system out of whack that is why we get sick when we're stressed. It can also lead to weight gain because the body thinks it's responding to an emergency and so holds onto as much fat as it can. Regular practitioner yoga can be benefited to respond properly with the difficult situation and manage to secrets the adequate hormone. To begin changing the way we react to stress also to tension we'll need to understand how it typically affects the body. If our mind interprets a stressful event as an emergency threat, it triggers an immediate response in the autonomic nervous system. Our stress response kicks in and activates the sympathetic nervous system (SNS). Our body is flooded with hormones like cortisol and norepinephrine, which heighten the senses, increase heart rate and blood pressure, and focus the brain's activity. The parasympathetic nervous system (PNS), which is responsible for physical relaxation and emotional calm, becomes overwhelmed by this sympathetic response. With the sympathetic nervous system in charge and the parasympathetic overwhelmed, we are primed to respond with energy and focus, but also with anger, anxiety, and aggression. Experts found

that yoga can rightly manage the stress and tension.

Discussion:

There are many ways which have been found how to reduce stress and tension. Yoga is one of the best. Yoga helps to access an inner strength that allows facing the sometimes-overwhelming fears, frustrations, and challenges of everyday life. Practicing of Yoga to regulate the breath and relax the body by gently releasing tension from the large muscle groups, flushing all parts of the body and brain with fresh blood, oxygen, and other nutrients, and increasing feelings of well-being. "Whole body" exercises such as the Sun Poses are particularly helpful because they encourage a man to breathe deeply and rhythmically. Many exercises can be adapted so a man can do them even in an office chair. A 30-minute exercise routine with breathing, relaxation and meditation help a man to release from stress and tension. Yoga poses are good exercise and can help loosen up the tense muscles in the body. Through Pranayam the Complete breath technique is a must for anyone who often feels "stressed out." Once learned, the Complete breath can be used anywhere, anytime, to reduce the severity of a panic attack, to calm the mind, or to cope with a difficult situation. Learning to concentrate simply on the sound of the breath as a man can inhale and exhale evenly and smoothly will help him gently but effectively switch his attention from feelings of anxiety to feelings of relaxation. The practice of Asanas brings purity in tubular channels, firmness to the body and vitality to the body and the mind. Yoga loosen up the tense muscles in the body, bring a harmonious development of all the muscle of the body, internal organs, nerves and frame, keep a three dimensional effects on body, mind and spirit, secrets hormones from different glands in balanced condition, regulates blood circulation properly and forms antibody to prevent diseases thus Yogasanas make the body strong, therefore, the body and mind do not get weak with the effect of stress and tension. Beside this, Pranayam of Yoga helps in control of breathing, this breathing control exercises give extra energy to heart and lungs hence helps to keep away stress and tension. Meditation on the other hand calms the mind and body in this way Yoga manages the stress, tension and keeps us to remain healthy, fit and wellbeing. In Yogic exercises, there is a harmonious development of all the muscles of the body, internal organs, nerves and frame. There are no rapid movements and hence there is no waste of energy. In Yoga exercise, movements are gentle and rhythmic. Besides, they conserve energy. The three important organs namely heart, lungs and brain with its cerebro-spinal system, are kept in a healthy condition by regular practice of a few important Asanas and one or two breathing exercises. Sound functioning of the organs depends upon good healthy nerves. The heart and the lungs are under the control of the brain. These three important organs along with the cerebro-spine system are kept in a healthy condition by regular Yogic exercises. Yogasana helps secretion of hormone from different glands in balanced condition, it regulates the blood circulation properly, it forms antibody to prevent diseases thus Yogasana make the body strong. Hence the body does not get weak with the effect of tension. Besides asanas and pranayams, meditation also helps to keep away the stress and tension. Swamiji said that the rest we achieve through the meditation even we cannot get through sleep. Through meditation the depth of mind develops, mind is expanded, a mental peace is developed. In meditation the concentration period is to be of 10-15 minutes and after the concentration period is over to be quite for 5-10 minutes. Repetition of Om… Om… Om it is not a ritual of the religion, but it will make the circulation of blood rush towards the skull. Overall the nervous system is developed. At last we can say stress and tension are the root problem of all diseases these should be coped up properly. However, this apart there are few others activities which can frees us from stress and anxiety may be followed up such as to rock on a rocking chair gives the feeling of lightness and happiness, playing with children, learning of forgive and be patient, try to bring peace and happiness in others lives, we shall feel the same, development of some hobbies which give happiness, have good friends.. to be rely on them, getting all the negative influences and friends out of our life who pull us down, when a worry bothers, stop thinking on that topic and concentration on some other topic, thinking on one topic for too long causes tension, finishing necessary tasks till they become urgent, learning to divide and choose work or it will lead to tension, if we have had a bad break up with a loved one and the person does not want to get back… move on time heal we shall find somebody else. The habits to be built up to remain healthy and tension and stress free we should avoid spicy food, red meat, oil food, alcohol, smoking, fast food, junk food, sweets. To be used Perfumed oil, cream powder for the body. During working hour laughing and singing is also helpful to release

from stress and tension.

Conclusion:

Every year a great number of people suffer and die from stress, tension and related diseases. However, it has been observed that Yoga provides a lot of benefits if it is done regularly. Asanas, Pranayams, Mudra, Meditation Sudhi kriyas, Bandha of Yoga provide several advantages if these are included in our routine life to perform. 20-30 minute meditation session a day can have lasting beneficial effects on mental health. However, the advantages which are available for practicing of Yoga are it loosen up the tense muscles in the body, bring a harmonious development of all the muscle of the body, internal organs, nerves and frame, keep a three dimensional effects on body, mind and spirit, secrets hormones from different glands in balanced condition, regulates blood circulation properly and forms antibody to prevent diseases thus Yogasanas make the body strong, therefore, the body and mind do not get weak with the effect of stress and tension. Beside this, Pranayam of Yoga helps in control of breathing, this breathing control exercises give extra energy to heart and lungs hence helps to keep away stress and tension. Meditation on the other hand calms the mind and body. In this way Yogasanas manage the stress also the tension. Mudra beautifies the body and mind, Kriyas cleans the body, Bandha eradicates the dead cells from the body and make fresh the body and mind. Yoga in real sense makes our mind and body strong from inside and able to manage stress and tension and keeps us healthy, fit and wellbeing. In real sense Yoga builds up a preventive power in the body and mind thus through Yoga stress and tension can be managed. So far the commonly known stress and tension managed Yogasanas are savasan, salvasana, padmasan, swastikasan, bhujangasana, sukhasan, siddhasan, vajrasan, surya namaskar etc. and Pranayams are bhamri pranayam, nari sodhan pranayam, suryavedan pranayam, om pranayam, sputa sagar pranayam etc. Experts say 30 minutes of regular practicing of meditation is beneficial. Presently yoga has been accepted by 193 countries and it has been accepted by 47 Muslim countries. Presently worldwide about 30 million people practice Yoga everyday to have different types of advantages.

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