

## Yoga: A Solution for Stress and Its Impact on Human Health

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### Abstract:

*Health is very important factor for life as without health, everything is valueless. Now these days, human beings are suffering from many problems and diseases such as physical and psychological stress and strains. This problems should be reduced by the changes in their lifestyle in which yoga is considered as best lifestyle that has potential in the prevention, management and rehabilitation of lifestyle disorder. When someone feel healthy, he can touch himself from inside. He can make happy to others and his surroundings which shows the spiritual health. Yoga in daily life has five main goals; physical health, mental health, social health, spiritual health and self-realization for great healthy life. Yoga can be done in the meditation form or in physical exercise. Some people are confused with yoga and exercise are similar words but both are different terms. This paper represents the all goal of yoga by which human make themselves happy and stress-free. The daily yoga may be helpful in reducing the rush from hospitals because it prevent from many disease as cardiovascular disease has positive correlation with the yoga. The cardiovascular problem cure from the daily yoga.*

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## Introduction

In ancient India, Saints developed a method of medication, called Yoga. It is an effective method that controls mind and activities of body. Yoga is a system of practice that contains eight levels of development in the field of physical, mental, social and spiritual health. When all condition like stress, focused and all are under control with the healthy fitness and clear mind give the space for connecting to loved ones and maintain socially healthy relationships. A healthy person live in touch with oneself, with others and surrounding on a deeper level that connect him to his spiritual health. By yoga, spine makes flexible, physical condition of body is improved, and the awareness regarding the importance of relaxation is also increased.

Physical exercise and Yoga are two different terms by their definition as physical exercise is the exercise of skeletal muscles only while Yoga is the solution to each and every of the body. It includes exercise, massage and toning for all organs and muscles. We can say that yoga's effect reach to all internal organs which is not possible by physical exercise. For humans, only striated muscles are not need to be straightened but whole body needs an effective treatment for gaining the strength, energy, flexibility and sound health. In modern life time, man is suffered from different problems and diseases such as Diabetes, Obesity, Anxiety, Depression, Cervical Pain, Hypertension, Insomnia, Cancer etc. More than 60% population is involved in the chair job and driving due to which they suffer from Khyposis that resulted in the form of cervical spondolitis (Verma, Singh and Rajesh, 2015).

Goals of Yoga in daily routine are as Physical Health, Mental Health, Social Health, Spiritual Health and Self-realization of the divine within us. For achieving these goals different factors work like it is attained by love and help to other living beings, by the respect for life, and nature and environment protection, peaceful state of mind, Only complete vegetarian diet, having pure though and positive lifestyle, practices of physical, mental and spiritual, and have the tolerance for all nations, cultures and religions.

### The goal of yoga are described as follows:

**Physical Health:** The health has a principle value in a life. According to Swiss-born physician, Paracelsus, 'Health is not everything but without

health everything is nothing'. For preserving and restoring the health, there are many physical, breath and relaxation exercises. Physical exercise defines as 'Asanas' while breathe exercises in the form of 'Pranayama'.

Eight level system of Classic Asanas and Pranatamas which are follow in daily life are: SarvahitaAsanas: means the exercises which are good for everyone. Other seven parts that follow first preparatory level and lead by the practice of Asanas and Pranayamas. "Yoga for Back Pain", "Yoga for Seniors", "Yoga for Managers", "Yoga for Joints", and "Yoga for Children" are the basic exercises that develop several special programs. Other than these exercises, some exercises have value in daily life. These exercises include Deep Relaxation means 'Yoga Nidra', Concentration Exercises for example Trataka and others are Mudras and Bandhas which are come under Special Yoga Techniques.

Food is also a great factor for the maintenance of good physical health. The source of physical energy and strength is food. Grains, vegetables, pulses, milk, fruits, nuts, honey, sprouts, salads, seeds spices and herbs are the balanced and healthy foods which may be raw or freshly cooked. Some foods are avoided such as reheated, denatured foods, meat and their products, eggs etc. Alcohol, nicotine and drugs should also be avoided strictly because they rapidly destroy the health.

**Mental Health:** The life run by the mind and senses compared to have these factors under control. We have to place the mind under inner analysis and purify it for gaining the control on it. The imbalance is created in the nervous system by the negative thoughts and fears make causes of various illness and sorrows. Depression is an example of it which is a caused by the disturbance in the mind/ mental health. The basis of mental well-being are showed by the clarity of thought, inner freedom, contentment and a healthy self-confidence.

For attaining the mental wellbeing, different methods are offered by Yoga. 'Mantra practice' is the fulfillment of principles of ethics that keeps the good company and study of inspiring text by which mind is purified and become free. The technique of 'Self-Inquiry Meditation' is an important tool in self-investigation and self-knowledge. It is a step by step meditation technique of self-analysis. By this technique, the person goes into subconscious state

that contain desires, complexes, behavioral pattern and prejudices. By the daily practice, person is familiarized with their own nature (as he is or why he is) and then, he goes beyond the self-acceptance to self-realization. The person overcomes form negative qualities and habits by this technique and learn how to manage life's problems.

**Social Health:** It is a capacity to live happy with oneself and make happy to other. In the simple words, the meaning of it is to care honest contact and communication with other people, have the responsibility in the society and work for the community. In other terms, social health is the ability to feel relax and taking experience of life in all its beauty.

The clear sign of social illness is the drug addiction which is a growing problem of recent time. This illness problem can be reduced by the help of yoga through which positive aim and purpose of life can be attained. A great influence on our psyche is by the company as good and positive company can mould and form our personality and character. Yoga in daily life is beneficial to ours as well as to others.

**Spiritual Health:** It has a main principle and higher precept of mankind that are AHIMSA-PARAMO-DHARMA.

The principle of non-violence, in thought, word, action and feeling are embraced by this percept. The spiritual health is gained by the prayer, meditation, positive thinking, tolerance and Mantra. The qualities which make us human are the capability to give, understand and forgive. The primary practice of yoga teaching is to protect the life and respect the individuality and independence of all forms. The great tolerance, high understanding, help, mutual love and compassion are developed by this percept. This percept not only for an individual, it include all human, nation, races and religions in which these characteristics are developed.

**Self-realization for Great Healthy Life:** There are many factors by which self-realization occurs. These factors are cultivate indomitable will, Practice self-control and self-ministry, do not argue, develop independent judgment, kill little ego, development of pure love, Remove 'I' from self, etc.

Moksha is 'summumbonum' of life that means freedom from births and deaths. Moksha is not an extinction while it is an extinction of little 'I'. The knowledge of the self is the main source of Moksha. The truth is known by the direct natural experience. By the meditation on the self, the veil of ignorance is cut apart (in two parts). After that the person shine with the pristine purity and divine glory. The mind should be fill with great thoughts. The steps of moksha are as follows:

- Firstly, control the body,
- Purify the thoughts by the prayer, japa, kirtan and meditation
- Make a firm resolution as 'One day, I will be the perfect Brahmachari'
- Then, pray from God to provide spiritual strength for resisting the temptations of life and kill lust (Yadav *et al.*, 2015)

### Significance of Yoga

Yoga is a word which was derived from the Sanskrit root Yuj. The meaning of Yuj is yoke, join or attach and the practice of it helps to facilitate a union between self and divine. Yoga is divided into four parts; Karma Yoga, Bhakti Yoga, Raja Yoga and Jnana Yoga.

For explaining the significance of Yoga in modern life, it is very important to understand the characteristic of modern life. According to Soewondo (1996), the characteristics of modern life is defined in the term of work life, eating style and family life. The people of city have many works to do in their busy life result as they leave their residence in early morning and enter at late night. Second, the men do not have enough time to cook food by own due to which they consume fast food from restaurants which have lack nutritional diet. And last one is family life in which family members have very short time to meet each other and the role of mother and father in the fulfill of demand is difficult and stressful.

The positive contribution for physical, spiritual and mental health are come by the change in the lifestyle of the individual. For changing in the lifestyle, behavioral adjustment and attitudinal change are

necessary which is considered as the positive contribution to the health. Yoga practice play an important role in bringing the change in lifestyle. The importance of yoga can be divided into physical, mental and spiritual benefits. Some people thought that Yoga is only relate to the physical exercise which is not correct because Yoga also relate to the emotional, mental and spiritual parts of life. The main motive of Yoga is ‘how can we make our life best’. So, we can say that Yoga is a ‘way of life’.

The mind and body are interrelated to each other as if body is healthy and fit then mind is also clear and stress free. Healthy relationship between mind and body is maintained by the practicing Yoga in the day to day life. For mental, physical and emotional development, the development and balance of two (mind and body) is important in all aspect of life. Yoga is a best source which helps in reducing stress and then maintain and improve the health and physical fitness by which life makes more harmonious.

By the development of science and technology, life become simple but these technologies give an adverse effect on our life. The number of physical labour has been reduced highly because of these technologies which make the lifestyle different. The competition for survival is created by the change in lifestyle due to which person suffers from stress in both terms psychologically and physically. These problems are solved by Yoga that has systematic exercises. According to World Health Organization (WHO), the state of complete physical, social and mental well-being which is not completely free from the disease and infirmity is termed as Health (Tessema, 2017).

## Benefits of Yoga

The applications of Yoga is in the form of therapeutic intervention which was started early in the 20<sup>th</sup> century (Bussing *et al.*, 2012). Yoga is recognized as therapeutic method through the research on yoga by Swami Kuvalayanada. He published first experimental research in western biomedical terms on Asana, pranayama and meditation’s physiological effect (Popovic and Nikic, 2016). Various psychophysiological benefits from yoga are given below:

- It increase flexibility
- The grease of joints, ligaments and tendons is increased.
- The form’s interior organs are also massaged.
- Muscles are harmonized
- yoga facilitate listening and feeding
- It cools the brain
- The weight is also decreased
- Focus is also improved
- Poisons can be removed in the form and support in relaxations
- The respiratory fitness levels are expand by Yoga
- The circulatory fitness levels can be expanded.
- The expiratory fitness levels can be expanded.
- The digestive fitness levels can be expanded.
- Yoga give all-encompassing methodology towards welfare (Prabhakaran and Kumar, 2013).

## Review of Literature

**Ross and Thomas (2010)** compared the exercise and yoga’ effects in both healthy and diseased populations. According to their studies, Yoga is more effective compare to exercise because yoga improves a variety of health related issue including HRV, blood glucose, blood lipids, oxidative stress and salivary cortisol. And yoga also improves the fatigue, pain and sleep in ill and healthy populations. But there is a need of further research for the differences between exercise and yoga. A large sample size with rigorous study methodologies is needed.

**Gururaja *et al.*, (2011)** studied the effect of yoga on mental health between young and senior people and concluded that the anxiety reduction is takes place by Yoga which has long term effect. That represents

that both groups have yoga impact in positive way. Yoga is also applied in welfare programs in which it improve the Quality of life in all age groups.

**Prabhakaran and Kumar, (2013)** stated that the procedure (Yoga) by which the psyche and figure can be controlled and advanced for increasing great health, adjust of psyche and self-acknowledgement. By the rehearsing and fitting comprehension, anyone is able to attain the ideal level to keep physical fitness.

**Yadav, (2015)** concluded from his study that Yoga is not a religion, it contains the spirituality and wisdom that are root of all religions. Yoga shows the way of unity by the transcending the boundaries of religions. By the Yoga, human are able to realize their real nature and inner self God. God-Realization is the spiritual goal of Yoga as an individual soul is bonded with God. The first step of realization is; we all are from one common root and have a connection with God. And they give a suggestion that the health and wellbeing, free, and happy life are in individual hands. By the daily practice, success in physical fitness, and healthy body can achieved.

**Verma, Singh and Rajesh, (2015)** discussed about Yoga which is multidimensional aspect and has a high scope in modern life of twenty first century. For modern man, Yoga is a boon which has become a victim of stress of every day. Now, Yoga has been famous at international level and 21<sup>st</sup> June is celebrated in the form of Yoga Day worldwide. The rush and burden from hospital can be reduced by the practice of yoga because it fit the person mentally, physically and spiritually. Hence, it is necessary to popularize the Yoga all over the world.

**Tessema, (2017)** discussed about the modern life style in which people life is filled with tension and stress due to the pressure of demands. Due to technological progress, the modern man is living in a competitive environment. The eating habit, work style and family life structure have been changed completely. This life style create stress that leads to the various types of diseases. For controlling the health problems that are resulted from modern life situation, yoga is very significant factor. It is holistic that provides different types of benefits such as physical, psychological, social and spiritual health.

**Poonam, (2017)** proposed that yoga provides new learning opportunities for the students compared to

the traditional sports or fitness curriculum. Because of this, yoga has been become a valuable addition to the educational program. A key role is played by Yoga in cultivating mind control and concentration that is very helpful for a sportsperson to perform their game in the playground. Hence, the real challenge of yoga education should be known by curriculum specialists, teachers, trainers and students.

**According to Bhavanani, (2017)** the prevention and management of lifestyle disorder and diseases can be improved by the practice of Yoga as yogic lifestyle has a major contribution in the improvement of health of masses. Most of the studies show that yoga and cardiovascular has positive correlation. And they discussed the benefits of Yoga which are occurred due to the lifestyle components and the psychosomatic harmonizing effects of pranayama and yogic relaxation. They also said that Yoga do not have side effects while is simple, safe, and can be done by the ill person.

**Winstanley** stated from their study that the society demands for the three component (mind, body and spirit) of good health. Both health and wellness are the way of life as most of the people follow some form of health and wellness. In these factors, physical, mental, emotional and spiritual aspects play an important role. According to them, yoga is addicted as it make a person's feeling better than from any other exercise or any other addictive product. Hence, yoga is a way of life.

## Conclusion

Yoga is a way of life means the yoga and exercise provide the human a healthy life. Due to various technologies, the life has been become very easy. The physical work by human has been extinct because of these technologies. With the technologies, the demand of family member is also being increased due to person go under stress and strains. One of the solution is yoga, it is an exercise external body parts as well as internal organs. This paper concluded that Yoga is a good approach for reducing the stress from the life. This paper suggest that there is a need to open the organizations and sectors in which the ways of yoga can be learnt. And the physical education should be learnt by student because it helps them in their careers in sports.



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