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**Research Paper**

### **Yoga: An Appropriate Tool of Holitics Health and Wellness**

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#### **Abstract**

In today's time, our life is full of annoyances, disappointments, deadlines, difficulties, conflicts, tensions, anxieties and demands. For majority of people, stress has become so ubiquitous that it has become their way of life. Not all forms of stress are harmful. When one is confronted with challenging situation, stress is common response to such a situation. It is not just what's going on around us that puts under strain, it's also about what we put on ourselves. Stress is non-specific response of the body to situation" (Dr. Seyles). Stress has now become a worldwide public health issue as more close relationship is established between stress and disease. 'Yoga' is an effective remedy that helps to deal with stress. Yoga is ancient technique, originated in India, that focuses on physical as well as mental practice to improve health and wellbeing of an individual and overcomes stress. The paper focuses on the role of yoga to manage stress. As per the findings of the study, yoga is an effective remedy to handle various stresses. Therefore, in order to manage stress effectively practicing yoga should be a part of our routine activities.

## Introduction

In today's world, which is defined by a higher level of dynamism and rivalry, people are exposed to a variety of stressors in all the aspects of their lives. Stress is a complicated and dynamic process in which a person interacts with his or her environment. Stress negatively affects a person physically, psychologically and socially. The term "Stress" is introduced by Hans Selye, also known as father of stress management. "Stress arises from an opportunity, demand, constraint, threat or challenge, when the outcomes of the event are important and uncertain." (Stephen P. Robbins, 2006)

In organisations, there is no established coping technique for the handling of grievances that reduce stress, whereas, yoga is the ultimate remedy to tackle with stress. Yoga originated in India about 5,000 years ago. Yoga is a discipline that is passed down to us through the generations. The first mentions of yoga can be traced in the spiritual literature of Hindus like the Bhagavad Gita, Vedas and Upanishads.

Yoga is a discipline as well as science that helps people acquire a quiet and composed mind, physical fitness, constant spiritual inspiration and the ability to form pleasant social interactions. Yoga is a mind and body practice that uses Asanas (bodily poses of stretching, concentration and breathing) in order to improve health and intellect of an individual. People who practice yoga are better able to manage stress and accomplish the goals even in the stressful situation.

## Role of Yoga in Stress Management

- Yoga plays an incredible role in managing stress: Stress arises from various sources but effectively controlling stress is very necessary in order to live happily. Following are the points that reveal how yoga is fruitful in managing stress among people:
- Yoga helps to unite mind, body and spirit: The mind, body, and spirit are brought together through a blend of breathing exercises and asana. Any mismatch between these three causes physical problems and unwelcome mental tension. Yoga has eased people of stress to a large extent, according to health specialists and yogis.
- Better Sleep: Certain yoga poses might aid in a restful night's sleep. The majority of individuals complain about not being able to get enough sleep as a result of numerous challenges that they are dealing with in their lives. People who practise yoga on a daily basis have more focus in their lives.

- **Increased Energy:** Yoga stresses the importance of breathing exercises in stress management. Slow breathing patterns, as well as inhaling and exhaling techniques, provides our body with more good energy. It helps the oxygen to move through our organs by making us feel relaxed.
- **Improved Concentration:** Yoga asanas helps us to relax by removing stress from our body. We've all experienced forgetfulness when we're concerned about something that's bothering us. It results in a perplexed state of mind. Yoga improves concentration, allowing us to deal with events with a calm mind.
- **Deep Relaxation:** One of the most significant aspects of yoga for stress management is meditation. The ability to relax is one of the most important aspects of stress management. Yoga combined with meditation helps to balance alpha waves, which are necessary for mental relaxation. When we practise the breathing exercises, our heart rate and blood pressure tends to return to normal.
- **Increase in Confidence:** Stress frequently breaks us apart, preventing us from making confident decisions in life. We become confused and uncertain about everything and seek help from others. Yoga for stress relief is the most effective method for regaining inner confidence.
- **Inner Healing:** When we are stressed, our healing process is disrupted. Most of the time, we fail to respond to situations with a calmness and then we break down. Those who practise yoga postures will notice how it aids in the development of strength and the proper channelling of energy during times of crisis or intense stress.
- **Yoga is a stress reliever:** Many people start yoga in order to increase their flexibility, because they feel better. Yoga's focus, centering, and breathing all help to alleviate stress, making it a great antidote to today's frantic lifestyle. This is one of the many beautiful benefits of yoga's attentive aspect.
- **Yoga helps us to breathe better:** Pranayama, or yogic breathing exercises, are the foundation of yogic breathing practises. These practises, which are incorporated throughout the great majority of yoga programmes, can be extremely beneficial for restoring body and mind balance and vigour. Controlled breathing can help you feel more energised and relax your muscles, as well as reduce stress, anxiety, and depression.

- Yoga increases flexibility: Many individuals begin yoga for this reason, and it is unquestionably a significant benefit of yoga practise. Yoga postures and sequences help to develop range of motion in the body. Yoga's focused approach helps to promote safe stretching by allowing the nervous system to relax the muscles into mild, effective stretches.

### **Conclusion**

Stress has become an unavoidable aspect of modern life. Several stressors, such as managing growing responsibilities at home and at work, relationships and family commitments, job uncertainty, time constraints, busy and stressful work schedules, work-life balance, and the requirement for ongoing skill development, greater production pressure, and higher stressful situations that arise as a result of competitiveness. Yoga is one such approach that has been proven to be useful in reducing stress and improving one's general health and well-being. Yoga is a science that teaches people how to manage stress and achieve better in high-stress situations. Therefore, yoga practise aids in stress reduction and management, resulting in an individual's general well-being and a healthy personality.

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