



## RESEARCH ARTICLE

### STRAIN SUPERVISION THROUGH YOGA.

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#### Abstract

Thousands of years ago originated in India and in present day age, awareness was observed in health and natural remedies along people by yoga and pranayama which has been proven and effective method for improving health in addition to prevention and management of diseases, with increases scientific research in yoga. Its therapeutic aspects are also in explode. Yoga is reported to reduce stress and anxiety, improves autonomy function by triggering neuro hormonal by supersession sympatric activity and even, ow-a-days several reports suggested yoga is beneficial for physical health of cancer patients , such global reorganization of yoga also testifies to India's growing culture influence.

Today, yoga beginning a subject of various interests as gained worldwide popularity. It can serve as an applied science in a number of fields such as education, physical education and sports. Health and family welfare , psychology and medicine and also one of the valuable means for the development of human resources for better performance and productivity, however, there exists controversy in accepting yoga as medicine and therapy because it has generally believed that yoga is a spiritual science having emancipation as goals and hence cannot be treated only as a therapy.

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#### The Eight Limbs Of Yoga:-

1. YAMA
2. NIYAM
3. ASAN
4. PRANAYAM
5. PRATYAHAR
6. DHARANA
7. DHYAN
8. SAMADHI

#### Yama:-

Five ethical guidelines regarding moral behavior towards others.

1. Ahinsa –nonviolence
2. Satya-Truthfulness
3. Asteya-Nonstealing

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4. Brahmacharya- No lust or sexual activity within marriage .
5. Aparigraha- Don't collect things that are not necessary.

**Niyam:-**

Five ethical guidelines regarding moral behavior towards others.

1. Sauch- clearliness
2. santosh- contentment
3. Tapsya- sustained practice
4. Svadhyay – self study
5. Ishvara prindhan- surrender to god.

**Asana:-**

Practice of yoga postures.

**Ayampran:-**

Practice of breathing exercises.

**Pratyahar:-**

Withdrawl of the senses, meaning that the exterior world is not a distraction from the interior world within oneself.

**Dharana**

Concentration , the ability to focus on something uninterrupted by external or internal distraction.

**Dhyana:-**

Meditation.

**Samadhi:-**

Bliss building upon dhyana, the transcendence of the self through meditation. The merging of self with the universe.

**Strain:-**

- The wear and tear our bodies experience.
- The state of threatened homeostasis.
- Stressors cause imbalance.
- Body tries to balance.
- Yoga can be great help balance the imbalance.

**Stressors:-**

- Can be positive and negative.
- Positive stressors can help compel us to action, can result in a new perspective. Eg. Birth of a new baby, a job promotion.
- Negative stressor can result in feeling of distrust, rejection, anger etc. eg. Loosing a job.

**Clinical significance of yoga:-**

- Reduced stress
- Spiritual growth
- Sense of well being
- Reduced anxiety and muscle tension
- Increased strength and flexibility
- Slowed aging
- Sound sleep
- Improve many medical condition
- Lower heart rate
- Lower blood pressure
- Allergy and asthma symptom relief
- Smoking cessation help

**Strain and healthcare providers:-**

- Providing care to others is a rich and rewarding experience.
- Often feel improved self esteem and confidence.
- No wonder they live under tremendous stress.
- Continuous exposure to suffering.
- Decreased sleep and food.
- Long hours of work.
- Constant worry about law suits.

**How yoga can help:-**

- Practicing yoga can be a best thing a provider can do for himself/ herself.
- Doing simple pranayam(breathing technique) in breaks can calm their mind.
- Practicing yoga for ½ hr. a day can make their body fit to take care of others.
- Yogic thought process will teach not to work only for money.

**Conclusion:-**

- A body with a stressful mind cannot be healthy body.
- Off course , to do so , first they need healthy body without a stressful mind.
- Yoga helps the mind to become clear and pure and clear mind is not affected by strain.

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