

Role of Yoga Techniques for Stress Management: Novel Approach

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Abstract- Stress is mainly harmful for body as well as mind stress. It became disease in form of heart disease, blood pressure, anxiety, and other more problems. For overcome this situation we are introducing unique technique of yoga practice and novel approach of touch therapy related to yoga practice. The chanting "AUM" Devine approach is also useful reduce stress level in human body [2]. This research paper is used to describe the role of yoga practice and touch therapy technique along with chanting "AUM" methods for great helpful to reduce and optimize the level of stress management. In all over India 82% man and 76% women also suffering any kind of stress pressure and feel anxiety. In this paper we describe the touch therapy techniques, chanting "AUM" Devine approaches and yoga practice for human being. This technique is most unique approach for reducing stress level in human body. [5]

Keywords: touch therapy, chanting AUM, stress level, yoga practice, asana, Ved Upanishad, etc.

I. INTRODUCTION

God has created human body in a wonderful way. All animals' soul has body but human body is unique. The body given by nature tends to remain healthy in a natural way. But we see our body becoming sick and ailing daily. Someone is physiologically ill and someone is ill in both ways [6].

We pay innumerable respects to our culture and traditions which prevent us from becoming sick. I have written this article especially for youth in the age group of 14 to 25 years. (Although people of all ages can have benefits of these younger persons have more energy following in them. If today's young generation is able to learn to make proper use of this energy, then it will be immensely useful for the generation to follow in today's hectic life, what is required is just one touch which is full of pious thoughts, and feelings, which is selfless and levied of any lust and sensuous feelings. We will discuss about this touch later in this article. [6]

Ved Upanishad

Ved-Upanishads etc all Indians scriptures lead us to gain divine vision thought their philosophy to gain that divine vision we have subtle extra sensual organs in our body namely subtle body, pran, nadi etc .[9]

II. NOVEL APPROACH

In order to understand that touch therapy, it is essential to know the nature of the touch.

1. Nadis are not arteries or veins which are blood but are those in which life force flows so long is the person is

living. These are not the blood vessels which can be identified as thick or thin veins in medical terminology. Verbal meaning of nadis that felicitate flavor of life force(Pran). In Yog shastra Nadis are those carriers which have life force in them. Those yogis who have achieved extra sensual powers. They can see these Nadis as waves of light. They are known as Yogic Nadis also.

2. These yogic Nadis carrying life force are known to be 72 crores,72 lacs... The soul dwells in the heart. Heart has 101 nadis from each Nadi 100 branches emanate. Each branch has further subbranches each of 72000. Thus we have $101 \times 100 \times 72000 = 72,72,00,000$ Nadis. In which life force named 'Vyan' is active (Prashopanishad-3/6)-book-bhartiya sanskriti mahanta aur vilaxanta (Greatness and uniqueness of Indian culture). Chapter 7 page 140 ISBN-978-81-7702-269-9.

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From the above fact it can be understood that human body function through life energy and power of soul. So each word creates waves in nadis and more particularly in heart. Which can make us sick as well as care from any ailment also. **So, now let us talk about pronouncing Aum according to patanjali yog darshan(Sutra 27 chapter-1)**

Verbal Meaning- The name (pranav) that god who preaches is AUM. Here Aum is inherent is pranav. Yajurved 18/25. It means one who protects. After knowing all these subtle talks, let us now make on the physical body. Energy flows through palms, eyes, feet and speech in human body.

III. CHANTING “AUM”: DEVINE APPROACH:

We must have come across the word ‘Reiky’ through Touch(Feel) therapy and also experience it. But here we will experience feel of AUM through vibration of sound. We must have heard about stress. what we all tension is related to our traits, habits, the result of our activities. Which affects our heart by subtle body consisting of Nadis which again are the affected by our physical body. that means Nadis create/ generated good and bad vibrations of our thoughts.

- 1 Now sit in any meditational posiure (Asona), or sitin Sukhasana, Vajrasana or sit with the support of our back on a chair.
- 2 Now firstly chant Aum 7 times by keepins our palms in Namaskar Mudra. Because the five basic elements (Panch Maha of human body are situation or related to our pams, These elements –Prithvi (Earth),Jala (Water), Agni (Fire),Vayu (Air) and Akash(Sky/space) are in our fingers. These elements are balanced by remaining in Namaskar Mudra for some time and mind gabs concentrated.
- 3 Now chant AUM 7 or 11 times and then rub your palms or clap with the palms for 30 seconds so that life force flows more through our palms
- 4 Now keep your both palms on your chest in such a manner that along with fingers totally touch your chest. Initially feel the warmth of your fingers and palm for 10 to 15 seconds> Now take a deep breath and everytime while taking breach chant AUM. According to the time at your disposal, you may take it for 7 time at your disposal. You may take it for 7 times.
- 5 Now keep your palms at the naval point of your stomach in such a manner that both palms and your fingers totally touch your stomach. For 10 to 15 seconds feel the energy flowing through your palms. Every time after taking a long breath chant AUM. Repeat the cycle up to 7 times.

Perform above exercise with at most concentration keep your eyes closed and feel the vibration of AUM. Due to this the toxins accumulated in the Nadis will start meeting and going away due to chanting of AUM. In few days you will feel energetic, fresh and lightness. You will feel more concentration and get rid of anxiety, anger, frustration etc. and many such mental ailments of the mind. For which we used to take medicines. [9]

Only after 45 days of self-experience, you can benefit others through touch. For better and clear guidance, a video has also been made. Lastly any vibration emerging in this world, does touch someone somewhere. We aped particularly the ouths to use your energy for your benefit to live a happy life devoid of all the ailments. With the development of good qualities like forgiveness, Love, volour, Devotion etc. there will be harmony in the society and with the less sires, new energetic thoughts will fill the society. [10]

IV. STEP BY STEP YOGA PRACTICE ASANA

the various yoga practice asana and poses for reduce stress management in daily life approach. the given steps are given below with demonstrate poses.

1. Ease pose.
2. standing forward bend.
3. wide legged bend standing forward.
4. Rabbit Pose.
5. thunder bolt pose with Eagle arms.
6. side stretch.
7. plow pose.
8. corpse pose.

The various poses with performing exercise and Asana practice is given below along with demonstrate style.



Fig 1.1 A) yoga guru Deepak Kumar start yoga Practice., B) start next step present by Deepak Kumar yoga Guru., C) bending pose demonstrate by third step by Deepak Kantilal Kumar yoga guru demonstrate yoga Asana practice proper manner.

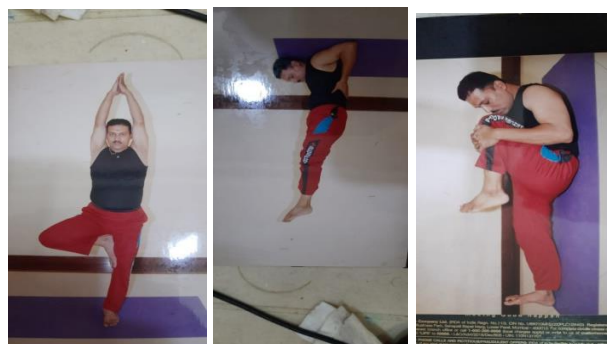


Fig 1.1 D) first snap shot represent by Deepak Kantilal Kumar yoga guru. E) bending pose and next one step demonstrate by legged bending pose by yoga guru.



Fig 1.1 F) final step of yoga Asana Practice demonstrate by Deepak Kantilal Kumar yoga guru. G) last step and full bending legged and Eagle arms folded behind the body demonstrate by yoga guru by author Deepak Kantilal Kumar.

V. IMPACT OF YOGA PRACTICE FOR STRESS MANAGEMENT: STATISTICAL ANALYSIS.

The various statistical analysis represents the yoga practice for represent stress management analysis by SPSS VERSION i IBM 20.

Table 1.0 impact of yoga Practice for stress management:

ANSWER CHOICES	RESPONSES	
Strongly disagree (1)	0.00%	0
Disagree (2)	0.65%	1
Disagree to some extent (3)	1.31%	2
Neither agree nor disagree (4)	1.31%	2
Agree to some extent (5)	7.84%	12
Agree (6)	47.06%	72
Strongly agree (7)	41.18%	63
TOTAL		153

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
2.00	7.00	6.00	6.24	0.84

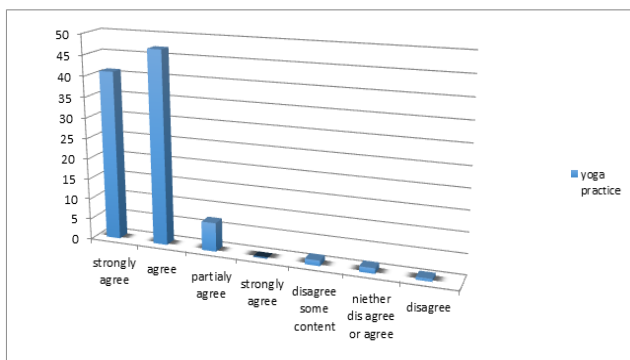


Fig 1.1 graph represent the impact of yoga practice for stress management by using SPSS analysis:

VI. CONCLUSION

This paper concludes the Devine approach of chanting AUM in unique method along with touch therapy techniques for optimize the stress level in human body. The Ved Upanishad and Nadis are helpful for reduce the stress level in human body. In this paper author introduced our unique approach and Devine method for yoga practice and ways for management the stress level. In this paper we have concluded the demonstrate step by step snap shot re4rpsented by author for reducing stress management in proper way. [11]. The touch therapy by using arms and novel approaches of chanting AUM for divine approach also introduced for stress reduce in step by step process method.

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