

# An Analysis of Some Comprehensive Techniques of Yoga Exercises to Manage Stress and Heart Rate Variability

Dr. Pradeep Kumar\*

Assistant Professor, Department of Sports & Physical Education, Government Women (PG) College, Kandhla, Shamli

**Abstract – Stress is the body's programmed reaction to any physical or mental request set on it. It is subjective and offensive felling of distress. Each one of us regardless of our age, sex, training, occupation, financial status, whether live in rustic or urban territory confront stress. Stress impact body, mind, conduct from numerous points of view and everybody encounters stress in an unexpected way. It antagonistically impact an extensive variety of health condition and yoga is the most complete way to deal with battling stress.**

**Stress management is the enhancement of stress and particularly perpetual stress regularly to improve ordinary working. Stress creates various side effects which change as indicated by people, circumstances, and seriousness. These can incorporate physical health decrease and also depression.**

**Mental health experts encountering business related stress may encounter wear out, prompting a negative effect on their association and patients. The point of this examination was to look at the impacts of yoga classes on business related stress, stress adjustment, and autonomic nerve action among mental health experts. Physical movement (PA) and exercise are regularly utilized as instruments to diminish cardiovascular stress and in this manner the risk for creating cardiovascular maladies. In the interim, heart rate changeability (HRV) has been used to survey both stress and PA or exercise impacts.**

**Care contemplation effectsly affects cerebrum and body, yet the effect of Vipassana, a kind of care reflection, on heart rate inconstancy (HRV) – a psychophysiological marker of mental and physical health – is obscure. We speculated increments in measures of prosperity and HRV, and reductions in sick being in the wake of training in Vipassana contrasted with previously (time impacts), amid the reflection undertaking contrasted with resting benchmark (errand impacts), and a period by assignment collaboration with more articulated contrasts between errands after Vipassana training.**

## INTRODUCTION

Stress is the body's programmed reaction to any physical or mental request set on it. It is subjective and unpalatable felling of distress. Each one of us independent of our age, sex, instruction, occupation, financial status, regardless of whether live in provincial or urban region confront stress. Stress impact body, mind, conduct from various perspectives and everybody encounters stress in an unexpected way. It unfavorably influence an extensive variety of health condition and yoga is the most far reaching way to deal with battling stress.

When we are in stress our sensory system react by discharging a surge of stress hormone. This hormone animates the body for crisis activity by "battle flight or stop" response otherwise called stress reaction. The

specialist which causes stress is known as 'stressors'. Stress causes numerous hurtful impact on the body, for example, Physical effect - Weight pick up/misfortune, Unexpected male pattern baldness, Heart palpitations, High pulse, Digestive indications, (for example, dryness of mouth, fart, queasiness, butterfly stomach and so forth. Passionate negative impact incorporates Mood swing, Anxiety, Can prompt depression and unhealthy adapting strategies (i.e. liquor, drugs).

Stress is a Sudden Biological Change. It has turned into the scourge of 21st century and is quiet executioner in the cutting edge world. Stress is the most serious threat to the data time. Stress is the extremely valuable toxic substance for human life in the universe. It can exasperate any one's physical, mental, enthusiastic and behavioral adjust. Stress

can harm distinctive parts of human body from muscles from tissues to organs and veins.

It can accelerate beat rate and breath. It can raise circulatory strain and body temperature. It can likewise meddle with the body digestion, assimilation, hunger, rest, sexuality and even fruitfulness. Word related stress incorporates the environmental elements or stressors, for example, work overburden, part equivocality, part struggle and poor working conditions related with a specific occupation.

There are three phases a man experiences while experiencing stress. Find out about them.

The stress could achieve a stature where he/she may feel totally depleted and defenseless to the degree of conferring suicide. This is the depletion organize. This stage is additionally partitioned into two stages: The nature of stress is comprehensively of two sorts Eustress (Positive stress, Distress (Negative stress).

Stress is a negative outcome of present day living. During a time of very powerful and focused world, man is presented to a wide range of stressors that can influence him on all domains of life. Hans Selye (1936) first brought the term stress into life science. The term stress is gotten from the Latin word 'Stringere' which intends to be drawn tight. Stress is a mind boggling, dynamic procedure of communication between a man and his or her life.

Prominent behavioral researcher Stephen P Robbins (2006) characterize it as: —stress emerges from an opportunity, request, imperative, danger or test, when the results of the occasion are essential and dubious. Associations don't have any formal procedure for dealing with concerns or grievances identifying with stress. We additionally hear time after time that we should figure out how to —deal or —cope with stress at work. This suggests working environment stress is typical and that we have to —manage or —handle stress and simply get on with the activity. This perspective of stress isn't right. Carelessness towards the stress of representatives at work environment would lose the association a ton in term of effectiveness, profitability, Medical bills, pay and so on. The occasions deliver distress-the level of physiological, mental, and behavioral deviation from healthy working. There is additionally positive side of stress, called eustress, which alludes to the healthy, positive, valuable result of stressful occasions and the stress reaction. Eustress is the stress involvement with some restraint, enough to actuate and rouse individuals so they can accomplish objectives, change their surroundings and prevail in life's difficulties. Representatives every now and again encounter enough stress to hurt their activity execution and increment their risk of mental and physical health issues. In this way, the primary spotlight is more on distress than eustress. Employment stress can be characterized as the unsafe physical and enthusiastic reactions that

happen when the necessities of the activity don't coordinate the abilities, assets, or requirements of the laborer. Employment stress can prompt weakness and even damage (Sauter et al., 1999). Subsequently we can state that stress is a noiseless executioner and delayed presentation to stress may apply destructive impact on physical, Psychological and behavioral prosperity of a person. What's more, association must actualize viable stress management strategies so as to keep up the efficiency of the association with Stress – free workers. This examination centers around utilization of Yoga, Meditation and alleviating humor as stress management strategies for a stress free association.

In the event that business related stress and stress adjustment of mental health experts was better seen, more help could be given to them to help them in taking care of their stress, keeping up their excitement, and participating in their work. Yoga is a body– mind exercise which advances physical, mental, and profound unwinding by method for Asanas (substantial places of extending, breathing and reflection; Bhavanani, Ramanathan, Balaji, and Pushpa, 2014). Through yoga rehearse, people might have the capacity to work better in exceedingly stressful circumstances (Louie 2014). Knobben (2013) did a writing survey of 32 ponders that analyzed the impacts of yoga on personal satisfaction and change of mental health in healthy individuals and patients. They found that yoga had an impact of .49 (49%) change on depression. They inferred that yoga was a successful exercise program for all populaces, including healthy individuals and patients with mental ailment or substantial ailment. Lavey et al. (2005) likewise demonstrated that yoga exercise fundamentally enhanced the manifestations in mental patients.

Investigations of yoga consequences for business related stress in the medicinal field center basically around nursing staff. Barely any investigations have estimated impacts of yoga on business related stress and stress adjustment in various mental health experts, especially those in Chinese social orders where Daoism religion is well known. Daoism stresses carrying on with an amicable existence with sympathy, control and modesty. These principles of Daoism may improve the impacts of yoga rehearse. We led a pilot investigation of a yoga program for mental health experts in our foundation. The members saw positive sentiments after the yoga hones and communicated "the state of mind is more casual" and "yoga alters durable poor standing or sitting stances." For this reason, we speculated that yoga could adequately diminish the business related stress of mental health experts by all around composed and executed yoga classes, which could give an appropriate methods for stress adjustment for health experts.

The investigation of heart rate fluctuation (HRV) offers knowledge into the autonomic control of the heart. Thoughtful enactment and a lessening in parasympathetic adjustment is one imperative pathway where a critical bit of cardiovascular risk is presented. Lessened HRV (bring down vagal tone) is related with diabetes, hypertension, heftiness, elevated cholesterol, physical inertia, smoking and propelled age. Among the different risk factors, physical dormancy is a critical risk factor and alteration of this risk factor diminishes cardiovascular risk, bleakness and mortality.

Cardiorespiratory and autonomic capacities are indicators of general long haul survival rates and could be utilized as an apparatus to evaluate health status of a person. It is called attention to in numerous examinations that there is a criticalness to achieve a superior comprehension of the relationship of hindered elements of body to illness with a specific end goal to embrace preventive measures.

Seeking after a physical movement, for example, game and yoga which could help in accomplishing proficient cardio respiratory capacities and ideal sympathovagal adjust is a basic preventive strategy. There are a few investigations, which have demonstrated enhanced autonomic capacity in competitors and yoga experts. However there is no examination, which has contrasted them and each other and with inactive specialists. This examination intends to look at the physiological factors in customary experts of yoga, and to contrast these factors and general sprinters, and with who have no standard health advancing practice. This plan is intended to feature the specificity of potential contrasts among people who rehearse yoga, running and the individuals who don't.

## **YOGA FOR STRESS RELIEF**

Yoga is most Recognized type of Exercise, Stretching, Aerobic exercise and Meditation. The meaning of yoga is "to burden or joint together" it integrates the brain and body concentrating on adjust act, profound breathing, extending and unwinding. Yoga developed from of the Hindu, Jaina, and Buddhist religious customs in India. Yoga adjusts stress reaction and individual's state of mind, towards stress alongside enhancing fearlessness, expanding one's feeling of prosperity, and making a sentiment unwinding and serenity.

Yoga is an old workmanship that is characterized as the association of the spirit with God. It is "a way of individual otherworldly improvement that uses contemplation to bring illumination, self-acknowledgment, and, at last, the accomplishment of God and rapture". Initially, a definitive objective of yoga was called Samadhi, or self-acknowledgment.

Patanjali is father of yoga around the 6th century B.C. showed up in the enormous epic The Mahabharata composed by sage Vyasa and containing The Bhagavad Gita. Krishna discloses to Arjuna about the pith of Yoga as honed in day by day lives ('Song of the Lord'), utilizes the expression "yoga" broadly in an assortment of ways. Notwithstanding a whole section committed to conventional yoga work on, including contemplation, it

presents three noticeable kinds of yoga: Karma yoga: The yoga of activity Bhakti yoga: The yoga of commitment, note Krishna had likewise determined dedication itself was activity like above.

Jnana yoga: The yoga of learning. Patanjali presented - Ashtanga or Power yoga - an all the more requesting exercise where you continually move starting with one stance then onto the next ("flow"). The measurements of yoga are

- Pranayama (relaxing)
- Asana (stances)
- Yama (restriction)
- Niyama (healthy observances)
- Pratyahara (tangible withdrawal)
- Dharana (fixation)
- Dhyana (reflection)
- Samadhi (higher cognizance)

Different procedures in yoga have been reported to help in stress management. These systems work at an individual level and furthermore at an aggregate level to guarantee that there is noteworthy reprieve from the state of outrageous stress. They help in easing the physical and also the mental negative impacts of the issue by guaranteeing a healthy and gainful reaction to the stress boosts. Yoga can positively affect the parasympathetic sensory system and help in bringing down heartbeat and circulatory strain. This decreases the request of the body for oxygen. Yoga can likewise enhance assimilation, fortify resistance, help in viable end of poisonous squanders and furthermore increment lung limit. Compelling utilization of this training can likewise lessen the odds of stress finishing in uneasiness and depression. The act of yoga includes framing different body stances, moderate extending developments, breathing exercises that can on occasion prompt dynamic unwinding, symbolism and contemplation. All these particular strategies are implied for a particular reason and they come full circle into a higher familiarity with what is going on to oneself amid stress – inwardly, physically, mentally and vivaciously. One builds up a comprehension of each piece of the body by being more mindful of it.



The training incorporates focusing on every single part and consequently guarantees an all encompassing treatment. The beginning of the training is with getting to be mindful of what the stressful jolts is so one recognizes what one is battling. Understanding the adversary is an imperative factor in battle and likewise in an understanding the variables that reason stress can help you in choosing how it should be handled. Yoga empowers and engages you to control the characteristic and quick responses to a stressor. With training the mental reactions can likewise be averted. This implies the past responses that put the body in a caution or alert mode don't assume control when a stressful circumstance happens. What's more, this prompts a circumstance wherein independent of the difficulties you confront, you try to avoid panicking, made and proficient out of handling the circumstance with a level head. Stresses, all are casualty of this extraordinary term. Individuals from all occupations are confronting stress in their life in one way or the other. In this article I might want to abridge the causes and cure for stress through characteristic treatment called "YOGA". In any case, before going to that point we ought to have clear comprehension of what precisely the stress is. Stress is normally a mental weight applied because of exhaustion or over the top work. It is likewise caused from stressing over the work or happenings previously, present or future. Assume there is a representatives sending out his items to a few nations, his business is doing fine and developing yet by one means or another a circumstance comes and he discovers his business on decay however there may be some reason for this and it could be brief making his business to blossom by and by, yet inside this limited ability to focus individual creates stress which may prompt extreme mental dangers.

In the cutting edge world we confront stress in each circle and each progression of our life, regardless of whether we are in schools, universities, workplaces and so on. Understudies confront stress because of exams, servicemen confront stress because of immense heap of pending work and so on. Subsequently individuals regularly rehearse drugs like taking tranquilizers, opiates and sedatives (medications to cure uneasiness) which quiet the brain yet in future it makes genuine different diseases. Yet there is a treatment which is absolutely common and is thought to be the best weapon against stress and that is "YOGA". Yoga is the antiquated mantra for sound health and furthermore to hold adolescence as it were. It has been honed by a few Rishi-Munis in old India and now has turned into a noteworthy worry among the cutting edge class as well. So back to stress management, Yoga gives a one of a kind method for overseeing stress through Prayanama (A breathing strategy), in this procedure an individual do gradual breathing - like breathing in through his one nostril and breathing out through other. Other than there are quick breathing

developments like admission of air through nostrils and breathing out through mouth at quick pace, along these lines air is gone legitimately through blood vessels and the individual feels himself/herself in light mode i.e. he/she feels that there is no weight over their brain and soul.

## MODELS OF STRESS MANAGEMENT

Value-based model - Richard Lazarus and Susan Folkman recommended in 1984 that stress can be thought of as coming about because of a —imbalance amongst requests and resources|| or as happening when —pressure surpasses one's apparent capacity to cope||. Stress management was produced and introduced on the possibility that stress isn't an immediate reaction to a stressor but instead one's assets and capacity to adapt intercede the stress reaction and are agreeable to change, in this manner enabling stress to be controllable.

Keeping in mind the end goal to build up a compelling stress management program it is first important to distinguish the elements that are integral to a man controlling his/her stress, and to recognize the mediation techniques which successfully focus on these elements. Lazarus and Folkman's elucidation of stress centers around the exchange amongst individuals and their outside condition (known as the Transactional Model). The model conceptualizes stress because of how a stressor is assessed and how a man evaluates his/her assets to adapt to the stressor. The model breaks the stressor-stress interface by suggesting that if stressors are seen as constructive or testing as opposed to a risk, and if the stressed individual is certain that he/she has sufficient as opposed to inadequate adapting strategies, stress may not really take after the nearness of a potential stressor. The model suggests that stress can be lessened by helping stressed individuals change their impression of stressors, furnishing them with strategies to enable them to adapt and enhancing their trust in their capacity to do as such.

Health acknowledgment/intrinsic health model - The health acknowledgment/natural health model of stress is likewise established on the possibility that stress does not really take after the nearness of a potential stressor. Rather than concentrating on the person's evaluation of alleged stressors in connection to his or her own adapting abilities (as the value-based model does), the health acknowledgment model spotlights on the idea of thought, expressing that it is at last a man's points of view that decide the reaction to conceivably stressful outer conditions. In this model, stress comes about because of evaluating oneself and one's conditions through a mental channel of instability and pessimism, though a sentiment prosperity comes about because of moving toward the world with a —quiet mind,|| —inner wisdom,|| and —common sense||. This model recommends that helping stressed people

comprehend the idea of thought—particularly furnishing them with the capacity to perceive when they are in the hold of shaky reasoning, separate from it, and access characteristic constructive emotions—will diminish their stress.

## **THE EFFECTS OF YOGA ON ANXIETY AND STRESS**

Yoga is a general term that includes breathing strategies, stances, reinforcing exercises, and contemplation. Numerous sorts of yoga exist. One of the more well known structures in the United States is

Hatha yoga, which incorporates stances, breathing strategies and reflection to profit physical and mental prosperity. Hatha yoga is additionally sorted into the Iyengar, Kundalini, Bikram, Ananda, Vivnoya, and Anusara styles. It is evaluated that more than 15.2 million Americans utilized some type of yoga for health purposes in 2002.

With yoga's expanding fame and accentuation on a profound association between the psyche and body, it is sensible to investigate its part in the treatment of mental issue, for example, tension and stress.

Tension and Stress - Anxiety and stress effectly affect the body that may advance into perpetual conditions if left untreated. For instance, mental stress has been connected to injurious impacts on the insusceptible framework, while uneasiness has been associated to coronary heart malady, diminished personal satisfaction, and self-destructive conduct.

Tension issue are subdivided into freeze issue, fanatical enthusiastic issue, post-horrible stress issue, social uneasiness issue, fears, and summed up nervousness issue." Although the clinical introduction of tension issue ranges from chest agony and tachycardia to sleep deprivation, these clutters focus on a serious, baseless dread for a characterized time of time<sup>1</sup> and influence roughly 18% of Americans in any given year.<sup>12</sup> Pharmacotherapy used to treat uneasiness issue, as laid out by the U.S. National Institute of Mental Health (NIMH), comprises of benzodiazepines, beta-blockers, monoamine oxidase inhibitors, and antidepressants.

Interestingly, mental stress is seen and is less characterized than nervousness issue. Accordingly, no perceived pharmacologic treatment calculation exists for stress. Also, it ought to be perceived that a few people encounter stress and uneasiness without having been determined to have a particular issue by health mind experts; such people may likewise profit by yoga exercises.

Appraisal of Anxiety and Stress Disorders - The degree of stress and uneasiness is subjective, however can be evaluated utilizing the scales. Of these, the State-Trait Anxiety Inventory (STAI),

Perceived Stress Scale (PSS), the Hospital Anxiety and Depression Scale (HADS), and the

Hamilton Anxiety (HAM-A) scales are the approved instruments utilized most regularly in the investigations depicted thus. While most examinations' outcomes depended on approved surveys, one investigation utilized an unvalidated examiner developed poll. Since stress and uneasiness can show as physical manifestations, imperative signs, for example, pulse and heart rate, are at times used as circuitous measures of stress and tension.

Notwithstanding these studies and fundamental signs, some other physiological pointers of stress and nervousness were utilized as a part of the depicted examinations. For instance, the hormones Cortisol and dehydroepiandrosterone (DHEA) have a tendency to be hoisted in intense circumstances of psychobiological stress. While hypersecretion of Cortisol happens when under stress, its emission is additionally nonspecific; it is discharged from the adrenal organs when under physiological stress, as well as with changes in circadian beat and lopsided characteristics in the hypothalamic-pituitary-adrenal (HPA) pivot.

Extra physiological markers have been utilized as a part of a portion of the inspected thinks about, including the neurohormone, melatonin, and the neurotransmitter,  $\gamma$ -aminobutyric corrosive (GABA). Interestingly with Cortisol and DHEA, melatonin and GABA are involved in unwinding, with expanded levels related with unwinding and diminished levels suggesting stress and nervousness.

## **PHYSICAL ACTIVITY AND HEART RATE VARIABILITY**

The versatile procedure by which a living being keeps up homeostasis is known as allostasis with variable allostatic stacks normally experienced by people (Frodl and O'Keane, 2012). At the point when introduction to interminable stress winds up unreasonable, the allostatic stack experienced may advance critical modifications in stress delicate frameworks that are personally connected to the pathophysiology of numerous sicknesses. The most concentrated of all stress related disarranges is cardiovascular sickness (CVD), which has been featured as the main source of mortality around the world (WHO, 2011). Beforehand, stress experienced by a man at their place of business or work has been proposed to significantly expand their CVD risk (Thayer et al., 2010) with the risk of coronary heart sickness being expanded by half among specialists.

Physical movement (PA) and exercise have been widely perceived as vital impacts on the connection between psychosocial stress and CVD (Hamer, 2012) most likely in light of its effect on physical

wellness. Along these lines, it would be normal that more dynamic people, who on the other hand groups higher physical wellness, would be stronger to mental stresses. In such manner, meditations that include PA in conjunction with other gainful practices (e.g. social help) in the work environment might be exceptionally compelling for the control of allostatic stack at an individual level.

Be that as it may, the normal more prominent stress flexibility in those people with a more noteworthy physical wellness has been addressed as the stress-buffering impact of physical wellness has not generally been demonstrated. This absence of exhibition might be identified with methodological limitations of past investigations with additionally examines justified to illustrate the vital part that PA and exercise could have on specialists cardiovascular health, conceivably as an imperative stress-cradle.

Heart rate fluctuation (HRV) is a simple and non-intrusive device for the evaluation of varieties in beat-to-pulsate interims and autonomic sensory system movement with HRV got by direct strategies inside the spaces of time and recurrence examinations and nonlinear techniques. HRV has been examined broadly with respect to CVD, exercise, and stress.

### CARE MEDITATION, WELL-BEING, AND HEART RATE VARIABILITY

Over the most recent two decades, mental intercessions got from care contemplation rehearses have been progressively used to treat an assortment of stress, torment and uneasiness related conditions. Care alludes to the condition of being mindful to and mindful of what is occurring in the present; care reflection involves an assortment of systems that assistance center consideration in a non-analytical way and dodge digressive, relentless, or over the top contemplations. These procedures –, for example, calming the psyche, and practicing poise – can impact mind and body, and show guarantee as an elective device to manage feelings, temperament, and stress. Be that as it may, the intense and longer term concomitants of care reflection training, and potential systems of activity are as yet not surely known. Specifically, there is a need to additionally comprehend the impacts of contemplation on the autonomic sensory system, a noteworthy segment of passionate experience. While restricted research has inspected the impacts of Zen contemplation, diverse styles may have particular impacts. For example, Zen meditators demonstrate particular breath changes that are not apparent in different styles, for example, yoga (Sarang and Telles, 2006) or customary Chinese practices (Tang et al., 2009). Here we look at the effect of an especially serious type of care reflection – Vipassana – on heart rate inconstancy, a vital psychophysiological marker of mental health and prosperity.

Contemplation and prosperity - One of the objectives of care is to enable considerations to emerge, be inspected impartially, and permitted to blur, without experts being sincerely impacted by their substance. This procedure is a fundamental piece of Vipassana reflection. This procedure is likewise like the reappraisal strategy for feeling direction, which can serve to diminish subjective, physiological and neural reactions, as opposed to expanding them similar to the case with feeling concealment.

Care strategies have all the earmarks of being connected in an assortment of approaches to prosperity. Critical behavioral illustrations incorporate lessening in distractive and ruminative reasoning and indications of tension and inclination issue, and enhanced feeling control. Singular contrasts in the capacity to direct enthusiastic reactions are likewise identified with contrasts in care, even in non-meditators. These discoveries propose the likelihood that care reflection impacts prosperity by means of changes in feeling control.

Besides, attribute care was related with more extensive prefrontal and decreased amygdale movement amid an influence naming undertaking in non-meditators, recommending a conceivable component for the part of care in feeling control.

Prosperity and heart rate changeability - Heart rate fluctuation (HRV) is a measure of beat-to-pulsate inconstancy in heart rate that is intervened by the autonomic sensory systems. Parasympathetic impact on HRV is essentially interceded by the vagus nerve, which can incite quick changes from cardiovascular cycle to heart cycle, and is basically in charge of variances in respiratory sinus arrhythmia (RSA) and high recurrence HRV (HF). Thoughtful impact is essentially controlled by arrival of norepinephrine and catecholamines, blocking direct appearance in here and now vacillations. Sympathetic neural action can change cardiovascular conduct just somewhat from beat to beat, and in this way RSA estimated through HF HRV is frequently utilized as a biomarker of unadulterated PNS movement. That is, the level of vagal outpouring will be reflected in the greatness of RSA, which is ordinarily estimated at the speed of typical breathing, at cycles from roughly 3 to 7 s (i.e. 0.15– 0.4 Hz). THM, then again is segment of low recurrence (LF) HRV which mirrors a wavering of blood vessel weight. Late examinations propose that low recurrence control all the more intently approximates baroreflex surge, as opposed to thoughtful enactment (Goldstein et al., 2011).

Contemplation and HRV - The impacts of Vipassana on HRV have not as far as anyone is concerned been efficiently investigated, albeit a few different care based reflection methods have been analyzed in more detail in amateur and experienced meditators.

The intense assignment related cardiovascular impacts of Zen contemplation contrasted with resting



pattern in experts with changing levels of experience have been exceptional concentrated than Vipassana. Lehrer et al. (1999) found that breath rates fell significantly amid Zen breathing reflection in experienced contemplation specialists. High recurrence (HF) HRV diminished as a level of aggregate fluctuation (despite the fact that there were no noteworthy changes for total HF control). Add up to heart rate (HR) wavering abundance expanded, as did supreme low recurrence (LF) control — mirroring a move in RSA towards bring down recurrence waves. These discoveries affirmed that Zen breathing reflection brings about an expansion in low and low recurrence HR motions, moving the lion's share of HRV phantom power into the low recurrence band. Inside subjects moves in RSA amid Zen contemplation contrasted with resting benchmark fluctuated with involvement. Solid HF motions were seen in fledglings; while for the most experienced professionals, change focused in the LF go and was connected to RSA, being related with diminished breathing rate amid contemplation (Peressutti et al., 2012).

## CONCLUSION

Yoga implies distinctive things to various individuals since it includes different viewpoints that influence an individual's life. The methods of yoga contain physical stances (asanas), breath extension and improvement (pranayama), unwinding strategies, reflection, way of life management and rationalities to carry on with a positive life and which if rehearsed legitimately can yield brilliant and quick outcomes.

All things considered yoga joins a few systems to battle stress. Yoga gives a blend of advantages, for example, breathing exercises, extending exercises, work out regime, and reflection rehearse and guided contemplations across the board method. That is capable, that is capable! Notwithstanding for individuals who have physical impediments yoga can be extremely advantageous just by honing the breathing systems, the contemplation and the guided reflection. Just by doing this you can have awesome advantages with the act of yoga. So in conclusion yes yoga can be an extraordinary solution for stress and can offer some stress help. Yoga has joined arrangement of standards and exercises that can significantly profit you and help you to manage stress.

By and large, the impacts of reflection on prosperity and sick being were reliable with desires; the aftereffects of the self-report measures recommend that Vipassana intervention had an articulated positive mental impact on the members. Cardiovascular outcomes, in any case, were more unpredictable. After contemplation training, the reflection assignment expanded standardized HF HRV, as is normal for care contemplation errands without paced relaxing. While the example of results for other HRV measures did not accord flawlessly

with our desires, comes about give a helpful understanding into the idea of ANS work amid what's more, after Vipassana contemplation.

## REFERENCES

- Anand S (2000). *The Essence of the Hindu Religion*. Los Angeles, CA: ASK Publications.
- Bhattacharjee, M., (2009). *A Study on Stress Management in NEEPCO, Shillong*, Project Submitted to the department of Business Administration, Assam University, Silchar.
- Bhavanani, A. B., Ramanathan, M., Balaji, R., & Pushpa, D. (2014). Comparative immediate effect of different yoga asanas on heart rate and blood pressure in healthy young volunteers. *International Journal of Yoga*, 7, pp. 89–95.
- Butlin, J. (2001). Links between the Physical and the Emotional. *Wholistic Research Company*, 1-3. Retrieved April 29, 2003 from
- daSilva GD, Lorenzi-Filho G, Lage LV. Effects of yoga and the addition of Tui Na in patients with fibromyalgia. *J Altern Complement Med* 2007;13: pp. 1107-1113.
- Frodl, T., O'Keane, V. (2012). How does the brain deal with cumulative stress? A review with focus on developmental stress, HPA axis function and hippocampal structure in humans. *Neurobiol Dis*. 52, pp. 24-37. doi:10.1016/j.nbd.2012.03.012.
- Goldstein, D., Benth, O., Park, M., Sharabi, Y., 2011. Low-frequency power of heart rate variability is not a measure of cardiac sympathetic tone but may be a measure of modulation of cardiac autonomic outflows by baroreflexes. *Experimental Physiology* 96, pp. 1255–1261.
- Hamer, M., (2012). Psychosocial stress and cardiovascular disease risk: the role of physical activity. *Psychosom Med*. 74(9), pp. 896-903. doi: 10.1097/PSY.0b013e31827457f4
- Iyengar BKS (2001). *Yoga: The Path to Holistic Health*. London, England: Dorling Kindersley.
- K. Chandraiah, S.C. Agrawal, P. Marimuthu And N. Manoharan (2003). *Occupational Stress and Job Satisfaction Among Managers* published in *Indian Journal of Occupational and Environmental Medicine*, 7(2), May-August 2003.
- Keeley, K and Harcourt, M., (2001), *Occupational Stress: A Study of the New Zealand and*

- Reserve Bank, Research and Practice in Human Resource Management, 9(2), pp. 109-118.
- Knobben, S. (2013). *A meta-analysis of the effectiveness of yoga on mental health; taking on a dual perspective reflecting the medical and positive perspective of mental health*. Doctoral thesis, University of Twente, the Netherlands.
- Kulkarni GK., (2006), in an article Burnout published in Indian Journal of Occupational and Environmental Medicine 2006 [cited 2008 Feb 28];10: pp. 3-4.
- Louie, L. (2014). The effectiveness of yoga for depression: a critical literature review. *Issues of Mental Health Nursing*, 35, pp. 265–276.
- Manocha, R. & Semmar, Barbara, (2003). *A preliminary study of Sahaja Yoga Meditation as a treatment for hot flashes and other menopausal symptoms*. Annotation: Information about Sahaja Yoga research for the treatment of menopausal symptoms.
- Mcgonagale (1990). Chronic stress, acute stress and depressive symptoms, *American Journal of Community Psychology*, 18, pp. 681-706.
- Oiatunji BO, Cisler JM, Tolin DF. Quality of life in the anxiety disorders: a meta-analytic review. *Clin Psychol Rev* 2007;27: pp. 572-581.
- Papp ME, Lindfors P, Storck N, Wändell PE. Increased heart rate variability but no effect on blood pressure from 8 weeks of hatha yoga – a pilot study. *BMC Research Notes* 2013; 6: 59.
- Peressutti, C., Martin-Gonzalez, J.M., Garcia-Manso, J.M., 2012. Does mindfulness meditation shift the cardiac autonomic nervous system to a highly orderly operational state? *International Journal of Cardiology* 154, pp. 210–212.
- Prakash S, Meshram S and Ramlekkar U. Athletes, Yogis and individuals with sedentary life styles, Do their lung functions differ? *Indian J Physiol Pharmacol* 2007; 51: pp. 76– 80.
- Robbins, S. P., (2006). *Organisational Behaviour*, Pearson Education Pvt. Ltd. Delhi, 11th Edition, p. 569.
- Sahraian, A., Fazelzadeh, A., Mehdizadeh, A. R., & Toobaee S. H. (2008). Burnout in hospital nurses: A comparison of internal, surgery, psychiatry and burns wards. *International Nursing Review*, 55, pp. 62–67.
- Sarang, P., Telles, S. (2006). Effects of two yoga based relaxation techniques on heart rate variability (HRV). *International Journal of Stress Management* 13, pp. 460–475.
- Taylor, Matthew J, M.P.T, R.Y.T (2003). “Yoga Therapeutics: An Ancient Dynamic Systems Theory” *Techniques in orthopedics* 18: pp. 115-125.
- Thayer, J. F., Yamamoto, S. S., Brosschot, J. F. (2010). The relationship of autonomic imbalance, heart rate variability and cardiovascular disease risk factors. *Int J Cardiol.* 141(2), pp. 122-31. doi: 10.1016/j.ijcard.2009.09.543
- Thomas NE, Baker JS, Davies B. (2003). Established and recently identified coronary heart disease risk factors in young people: The influence of physical activity and physical fitness. *Sports Medicine* 2003; 33: pp. 633–650.
- World Health Organization (2011). *Global status report on non communicable diseases 2010*. Geneva.

---

#### Corresponding Author

**Dr. Pradeep Kumar\***

Assistant Professor, Department of Sports & Physical Education, Government Women (PG) College, Kandhla, Shamli

**E-Mail – [vijendrsingh@gmail.com](mailto:vijendrsingh@gmail.com)**