



REVIEW ON STRESS MANAGEMENT BY SHAVASANA

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ABSTRACT

Now a day's stress is a major problem in our society. Stress is frequent psychological illness with increasing complexity of modern hard and fast life style. Whenever there is a change in our environment (physical or psychological) which we appraise as a damaging or harmful, some demand is placed on us for adjustment. The way our body and mind respond to these demand is called stress. Stress is physical as well as mental and cumulative. Ayurveda defines mental health as state of mind intellectual social and spiritual well being. Health is a state of complete balance at the level of body, mind and consciousness. It is the state of happiness and sense of well being emotions as well as physical. To overcome the stress Shavasana is the best solution. Yoga is science which helps to firmly unite physical body with spiritual being. Shavasana is one of the Aasana mentioned in Patanjali yogasutra. To overcome the stress mind should be stabilized. For stabilization of mind Shavasana is the best solution. Full concentration of the mind focused on one of those experiences. Shavasana is not forcing your mind to quite, its finding the quite which is already there. Practice of Shavasana leads to stability, peace and concentration. This is the way to peace and growth. This paper will review more study about stress management through Shavasana.

KEYWORDS: Stress, Shavasana.

INTRODUCTION

Ayurveda defines mental health as state of mind intellectual social and spiritual well being. Health is a state of complete balance at the level of body, mind and consciousness. It is the state of happiness and sense of well being emotions as well as physical.

To overcome the stress Shavasana is the best solution. Shavasana is one of the methods of the yoga as described below. As yoga is science which helps to firmly unite physical body with spiritual being. Shavasana is main asana in ashtang yoga. To overcome the stress mind should be stabilized. For stabilization of mind Shavasana is the best solution.

According to WHO Health is a state of complete physical, mental, spiritual and social wellbeing and not merely an absence of disease or infirmity. (WHO 1978).

According to Ayurveda mental health cannot be separated from general health and often the mind reflects physiological disturbances and vice versa. Ayurveda defines mental health as a state of mental intellectual social and spiritual well being. So it is very important to

maintain the mental health. It is stated as Sound mind in a Sound body. Today the world is suffering from pandemic of mental illness changing lifestyle and erroneous dietary habits are mainly responsible for its increasing incidence.

AIMS

Literary study on stress management by shavasana.

OBJECTIVES

- To study stress.
- To study shavasana.
- To study the role of shavasana in stress management.

MATERIALS AND METHODS

- Bruhatrayi and laghutrayi from literatures of Ayurveda.
- Literatures from Paatanjali Yogsutra.
- Modern text related to stress.
- Journals in Ayurveda.
- Journals in Yoga.

REVIEW OF LITERATURE

Definition of stress

Whenever there is a change in our environment (physical or psychological) which we appraise as damaging or harmful, some demand is placed on us for adjustment. The way our body and respond to these demand is called stress. Stress is fairly frequent psychological illness in society with increasing complexity of modern hard and fast life.

Types of stress

Stress is physical as well as mental and cumulative and can be divided as

1. Distress Negative or Unhealthy stress.
2. Eustress Positive or Healthy stress.

1. Distress Negative or Unhealthy stress-

It is nothing external situation or event but interpretation of that situation or event occurs in the mind of the individual which is responsible for distress. So distress is called as negative stress or unhealthy stress because distress is harmful.

2. Eustress Positive or Healthy stress

It is the optimal stress useful for growth and essential for life. This stress prepares us to meet certain challenges and thus is helpful. So eustress is also called as positive stress or healthy stress. Every successful handling of the demand (known as eustress) adds to our resources and coping abilities. This is the process of self development.

Stress comes in all shapes and sizes and has become so pervasive that it seems to permeate everything and everybody. Stress and tension occurs because of uncontrolled flow of thoughts which deviate working in present. These thoughts related to our excessive thinking of future and past which makes us tired and not the hard work.

Stressor

Any stimulus that produces a stress response is called as stressor. A stressor may be almost any disturbance heat or cold, environmental poison, toxins given off by bacteria, or a strong emotional reaction. Stressor may be pleasant or unpleasant and vary among the people and even within the same person at different times. Homeostatic mechanisms attempt to counteract stress. When they are successful the internal environment remains within normal physiological limits. If stress is extreme, unusual or long lasting, the normal mechanism may not be enough.

Physical symptoms of stress

1. Change of facial expression and bodily postures.
2. Withdrawal from social relationships.
3. Low task performance.
4. Anxiety
5. Worry
6. Sleeplessness.
7. Emotional disturbances.

8. Aggression.
9. Tension.
10. Phobic disorders.
11. Stomach ulcers.
12. Loss of appetite or overeating.
13. Sweating.
14. Headache
15. Addictions like alcohol, smoking etc.

Effect of stress

Stress causes real wear and tear on our bodies as we adjust to our continually changing environment and so it has numerous physical emotional effect on us. How to overcome stress.

Stress is inner reaction rather than outer phenomenon. To be really stressfree we have to practice Shavasana.

Shavasana

Shavasana is one of the Asana among Astang Yoga described By Patanjali Yoga is a stage in which all the activities of mind get stabilized. Yoga tries to stabilize the activity of all five sense organs. Yoga directly touches the eternal point of humans mind and it improves the consciousness of human. According to Bhagwadgita Yoga makes person free from tensions and pains. Practice of Yoga fixes mind on God. The withdrawal of sense organs from worldly objects is useful for this purpose. In this stage mind stops wavering.

Asana

Asana is one of Astang Yoga described by Patanjali which gives stability to the body and mind is called as asana.

All the Yogic postures helps to control over the senses. Yogasanas increase the elasticity of our body and make the body more active.

Practice of Yogasanas increases the flexibility of the body. There are many types of asanas. Asanas are not only for physical fitness but also for mental empowerment. Through regular practice of asanas keep the body free from impurities (physical mental) and make it healthy. It improves the functioning of the all the systems of our body.

Yogasanas means not only stretching but it is beyond that, it control the senses, breathing and therefore increases our life span. Yogasanas makes individual fresh where as other exercises causes tiredness to the body.

Shavasana for stress management.

Now a days stress is a major problem in our modern society. Adverse effects of stress on physical and mental health result in emotional disturbances. Long term stress causes several problems. Yogic techniques for relaxation are very practical techniques to restore balance and rejuvenate body and mind. Shavasana which is a

conscious relaxation technique and is done by relaxing each and every part, one by one, can be done in time span of 20 to 40 min.

Yoga Asana-Shavasana

Shavasana –The Corpse Pose

Shava means 'corpse' in Sanskrit. In this asana whole body is relaxed by remaining motionless just like a dead body.

METHOD

Sequence

1. Find a calm and serene place.
2. Dress comfortably.
3. Spread out mat and lie down on it on your back
4. Stretch out your legs and keep it adequately apart.
5. Put your hands about a foot away from the body on either side.
6. Keep the knees flexed.
7. Keep the palms unturned and relax your fingers.
8. Drop your chin and sag your lower jaw.
9. Relax your mouth and let the teeth be apart.
10. Close your eyes gently.
11. Continue normal breathing without regulating its rhythm.
12. Continue lying on the floor in this state like a corpse.
13. Free your mind of all thoughts and worries.
14. Relax your body and mind.
15. Starting from head picture each part of the body and relax it by letting go.
16. Concentrate on your breathing and forget about other parts of the body.
17. The total relaxation phase is that moment from where you realize nothing, feel nothing, hear nothing, sense nothing and your mind will be in a blank state.
18. Regain alertness and take few deep breaths.
19. Join your legs slowly and bring the arms closer to the sides of the body.
20. Open your eyes and get up slowly by first stretching the hands and legs.
21. Sit up and then stand.

Caution

1. Do not move any part of body unless needed for relaxation.
2. Do not yawn at any point of time while practicing the pose.

Benefits

1. This is best asana to attain relaxation of mind and body.
2. The pose can serve as stress booster.
3. It helps to improve your work efficiency.
4. It rejuvenates your body.
5. Regular practice of shavasana helps to overcome insomnia.
6. Physical and mental stress during hectic day can be suitably addressed through a few minutes practice of shavasana.

7. Shavasana helps to overcome fatigue.

DISCUSSION

Stress is unavoidable, life is always going to be full of challenges and a life without some turmoil is not only impossible but also undesirable. Stress is an inner reaction rather than an outer phenomenon. To be really stress free we have to develop self awareness, the knowledge of our self. The key for gaining self awareness lies in process of shifting one's focus from the external environment to internal make up, including physical, emotional and spiritual system.

To overcome the stress Shavasana is the best technique. Through conscious relaxation and awareness, it makes you sensitive to tension in your mind and body and release. In shavasana breathing slows, blood pressure lowers and energy is drawn from the extremities of the body towards vital organs. It is highly nourishing, regenerative and has cumulative effect on your entire system. It benefits mentally as well as physically which helps in focusing positive energy for greater good. This is the way to peace and growth. Mind constantly chatters. And yet, that chatter winds up being the force that drives us much of the day in terms of what we do, what we react to and how we feel. Shavasana is a way of looking deeply into chatter of the mind and body and becoming more aware of its patterns. By observing it, you free yourself from much of it. And then chatter will calm down. Shavasana is a discipline for training the mind to develop greater calm and then to use that calm to bring penetrative insight into our own experiences in the moment. From that insight comes greater understanding and therefore, greater freedom to conduct our lives. The way we feel would lead to greatest wisdom and happiness. Shavasana has benefits on mental health, including reduction in stress, an increase in emotional positivity and increases the ability to deal with life's inevitable stresses.

CONCLUSION

Study provides basis to claim that Shavasana could be effective in management of stress. Shavasana is highly nourishing, regenerative and has a cumulative effect on entire system. It benefits mentally as well as physically which helps in focusing positive energy for greater good. This is the way to peace and growth.

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