

## Yoga Along with Stress Importance in Current: Scenario

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### ABSTRACT:

“Swasthya Swasthya Rakshnam” is the aim of yoga. Yoga is the knowledge of life gifted by sages of ancient times. It integrates physical postures (asanas), breathing techniques (pranayama), meditation (dhyana) and relaxation practices etc. to create a holistic approach to stress reduction and muscle relaxation. Due to heavy lifestyle (busy) and workload everyone is living a stressful life. Stress gradually increases many psychotic disorders, obesity, hypertension, decreases immunity, impotency, khalitya, palitya etc.

It is a need of time to understand the importance about our own healthy and happy life. Yoga plays an important role in preventive measures with lifestyle modification.

Importance of yoga has increased after COVID-19, after it people understand the importance of healthy and happy living.

**Keywords-** Yoga, stress, psychotic, Immunity, Impotency

### I. INTRODUCTION

“Prana” means life and “Ayama” means stretching. Yoga is a breathing exercise called pranayama. [1]

The way stress impacts the body, altering breathing patterns, which are stressed to breathe faster, shallow and more irregular, which reduces oxygen supply to the brain and organs and increases heart rate and blood pressure. This creates a vicious cycle of more stress and anxiety. When life feels overwhelming or stressful, that moment many are accessing a deep, diaphragmatic breath, your entire internal chemistry can shift. [2]

While doing yoga, the mind is brought to the present moment, muscles are encouraged to relax and stretch and attention is drawn towards the body.

Strengthens the ability of the parasympathetic nervous system to reduce the balance of the body.

Yoga poses can stretch and strengthen muscles, joints and spine, which reduce pain and stiffness and improve your posture and flexibility and nerves.

“Stress” is defined as a situation which tends to disturb the equilibrium between the living organism and the environment. In the present era, there are many stressful situations such as stress of work, psychosocial stress and physical stress due to trauma, surgery and various medical disorders.

### II. AIMS AND OBJECTIVES

The primary objectives of this study are to correlate the reduction of stress due to yoga, with a focus on its significance in Ayurveda and its relevance to modern healthcare practices.

### III. MATERIALS AND METHODS

This study involved a thorough analysis of classical Ayurvedic texts, including Charaka Samhita and Sushruta Samhita, Bhagwat Gita, as well as modern textbooks and research papers. Relevant data was compiled and systematically reviewed to distill the essential information related to stress and yoga, providing a comprehensive understanding of the topic.

### IV. REVIEW OF LITERATURE

#### STRESS-

Yoga and exercise have beneficial effects on mood and anxiety disorders. The practice of yoga is associated with an increase in brain GABA (gamma-aminobutyric acid) levels. [3]

Types of medical conditions that have been included due to stress are psychopathological (e.g. depression, anxiety), cardiovascular (e.g. HTN, heart diseases), respiratory (e.g. asthma), diabetic and various other.

Symptoms of generalized anxiety disorder(GAD)- muscles tension ,bowel disturbance, sleep disturbance, difficulty in concentrating ,mind going blank it is some what semilars to our different yoga postures benefits.

#### **Stress related biomedical changes-**

The hypothalamic -pituitary- adrenal(HPA)axis and the sympathetic nervous system(SNS) are the two main system involved in the series of biochemical reactions that the body initiates when it senses stress.

The main stress hormones cortisol, is released by the adrenal cortex.It mobilizes energy reserves and suppresses non-essential functions.

The adrenal medulla releases adrenaline(also known as epinephrine) which raises blood pressure,heart rate and energy levels to prime the boby for “fights or flight”.

Serotonin, dopamine, and GAMA are neurotransmitters that play a role in stress response and mood.

#### **Biochemical modifications**

**1-Activation of the HPA axis corticotropin-releasing hormones (CRH) is released by the hypothalamus.**

Adrenocorticotrophic hormone(ACTN) is released by the pituitary gland.

Cortisol is released by the adrenal cortex.

**2- Activation of SNS(Sympathetic nervous system)**

Adrenaline and noradrenaline are released by the adrenal medulla.

Elevated blood pressure, heart rate, and glucose release.

**3-Neurotransmitters modulation reduced levels of the inhibitory neurotransmitters GABA and serotonin.**

#### **Impact on metabolism**

Increases glucose(glycolysis) released by the liver.

Increased breakdown of fat, or lipolysis.

Increased breakdown of muscles due to protein catabolism.

#### **Long-Term Stress**

Impaired immune function.

Dysregulation of the HPA axis.

Mood disorders, such as depression and anxiety.

Metabolic diseases such as obesity and insulin resistance.[4]

#### **YOGA-**

Yoga is word derived from Sanskrit word ‘Yaju’ means to link or to join or to combine or to unit. Yoga played a major role in healing of patient not only physically but also meantly and spiritually.

According to the yagyavalkya smriti ‘Samyoga yoga ityak to jeevatma-pramatmam’ means to unit the soul to god or to super soul.[5]

The ancient yogis held the view that we actually posses three bodies: physical, astral and casual from this prespective yoga anatomy is the study of the subtle currents of energy that move through the layer or sheaths of those three bodies.

According to accharya charakh in sharirsthaan that “Mokshe nivritinirshesha yoga moksha pravartakam.”means yoga relieved all type of pain.[6]

In ayurveda, the process of treatment or healing is not restricted to physical body but encompasses the mind sense and soul as well as yoga mainly deals with strengthening and controlling the mind and senses.

“Satttavajayal” healing the mind by increasing purity of mind is one of the three main types of treatment.[7]

#### **V. DISCUSSION**

The present study showed that how yoga and stress are interrelated to each other, by during yoga how significants reduced stress, anxiety and depression in women.

It was proved that greater improvement in mood and greater decreases in anxiety during 12<sup>th</sup> wk of yoga intervention compared to walking group. It was found that the nature of yoga in controlling the mind and central nervous system and uniform the other sports, it has moderating effects on the nervous system, physiological factors, the hormonal emission and regulation of nerve impulses hence it can effective in improving depression and mental disorder.[8]

In covid 19 the importance of yoga has been increased to keep mind stress free also to increased immunity.

Pathophysiology of stress and yoga

1. Reducing HPA axis activity: Decreasing cortisol level; promoting relaxation.
2. Modulating neurotransmitters  
Increasing GABA, serotonin and dopamine improving mood and reducing anxiety.
3. Improving autonomic function  
Enchanching parasympathetic activity, promoting relaxation.

4. Antioxidant effects; reducing oxidative stress and inflammation.

GABA modulation – Yoga increases GABA levels,mitigating stress effects.

Neuroplasticity- YOGA promotes neural changes enhancing resilience and adaptability.

Cortisol reduction, yoga decreases cortisol level Mitigating stress effects.[9]

## VI. CONCLUSION

The conclusion is that yoga need to be practiced in order to obtained complete health, happiness and enjoyfull life.

In this, how stress and yoga are interrelated to each other and because of it how psycharic diseases(stress, GAD, depression) can occurs.

Yoga's is huge topic under it many subtopic came's like asanas, pranayama, dhyana, hasta yoga etc which has benifiets in many muscles stretching relaxation, peach of mind, breathing pattern etc so we need a yogic system of medicine not simply for treating the physical body but also for treating the mind, emotions and psychological disorders for holistic and spiritual approach.

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