



The Historical Concept of Yoga

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INTRODUCTION

The origins of yoga, or the physical discipline of yoga, are in ancient India. The main objective of this strategy is to improve physical and mental health by coordinating the use of several mind-body techniques. A more precise way of putting it would be that the eightfold path of yoga is a code of ethics that helps us lead fulfilling lives. They originated as the conceptual foundations of yoga and are hence an inevitable consequence of it. A person's emotional and physical well-being can benefit from yoga since the practice emphasizes a connection between the mind, body, and breath. Yoga is the means by which this objective is realized. The goal is to strengthen the bond between the three by doing this. A wide range of yoga styles can draw from each of the eight branches, or "paths," that make up the practice of yoga.

It is common practice to combine physical postures, or asanas, with various breathing exercises to form pranayama, the umbrella term for these methods. Power Yoga, Prana Yoga, Sivananda Yoga, Ashtanga Yoga, Bikram Yoga, Ananda Yoga, Iyengar Yoga, Integral Yoga, Kundalini Yoga, Kripalu Yoga, and Anusara Yoga are among the numerous well-known yoga schools. There are numerous different styles of yoga; some of these include alignment-focused styles, fitness-oriented styles, flow styles, gentle styles, hot styles, and spirituality-centered styles. People have found that there are many benefits to yoga practice that are specific to it in the past. The benefits of yoga include more flexibility, less muscular tension, less discomfort, more energy, slower heart rate and breathing, lower blood pressure, less cortisol, better blood flow, and less stress. Research has shown that yoga can help lower blood sugar and blood pressure levels.

REVIEW OF LITERATURE

Manoj Kumar Sharma (2013) To help them determine if yoga is an effective tool for stress management, researchers conducted a systematic study of yoga as an alternative and supplementary technique. Researchers combed through articles published between 2011 and May 2013 to draw conclusions for their study. For this reason, we searched extensively in Medline, Alt Health Watch, and the Cumulative Index to Nursing and Allied Health Literature for quantitative publications that discussed yoga in any form. The inclusion of seventeen goods was permitted due to their ability to meet the standards. Twelve of the seventeen studies found that stress had a positive effect on either the psychological or physiological results. Yoga seems to have promise as a stress-reduction strategy, according to the study's results.

E. Kishore and Dr. B.C. Obulareddy (2013) studied the effects of yoga on children's overall well-being and on many physical outcome indicators. All three measures of self-esteem—parental, general, and total—rose significantly ($p < 0.05$) in the yoga group. The study drew from a number of sources, including databases, pilot studies, randomized controlled trials, cohort studies, and previous studies that looked at yoga's effects as a fitness intervention for kids. The yoga practice patterns described in the Guide to Physical Therapist Practice were the focal points of our investigation of the discipline. These results have prompted some interesting discussions on the feasibility of incorporating yoga into therapeutic contexts. If the data shown here are accurate, children recovering from illness or injury may benefit from yoga's physiological effects on the pediatric population.

The purpose of the study by Maddux RE, et al. (2018) was to evaluate the effects of yoga on workers' stress levels and mental health. Ninety people who reported feeling moderate to severe



stress were selected to participate in the study. It was from this pool that the study's participants were selected. A total of sixteen weeks of yoga will be offered, and they will all be scheduled in sequential order. People who did yoga on a daily basis and were part of the study reported much lower levels of worry and tension. Betterment in general was also noted to be occurring to these people throughout time.

The research was conducted by Shohani M. et al. (2018) and 52 women were selected to participate. All three mental health conditions were measured using the Depression Anxiety Stress -21 scale. The US was the site of the research. The research project applied a quasi-experimental methodology to examine the impact of yoga practice on women's stress, anxiety, and depression levels. People who took part in the study reported less stress, anxiety, and psychological distress after doing the Hatha yoga practise for twelve sessions. On average, these symptoms decreased by 33.5%, and their standard deviation was 6.5%.

YOGA AND MEDITATION AS A SOURCE OF REDUCED STRESS LEVELS:

Findings from the study conducted by Shrivastav (2016) make it quite clear that female inmates struggle to adapt to life in prison. In order to find relief from the tension caused by their position, individuals need rehabilitation. According to a study conducted by Das (2013) on 35 female inmates in Delhi prisons, the majority of them were unemployed and faced challenges like dowry and a weak economic background, which pushed them to commit crimes. A group of 35 female prisoners were the subjects of the research. We conducted the research in Delhi's correctional facilities. Inmates' stress levels are already high due to their confinement, and the prison environment just makes things worse. So, the study looked at how important it is for female prisoners to take part in rehabilitation programs while they're behind bars. Findings from a similar study conducted in Texas on a representative sample of 142 female inmates (Vigne et al., 2018) indicate that hardships in reintegrating into society following release from jail are one factor contributing to the stress that the inmates endured. The fact that the inmates could maintain contact with their families while in prison does not alter the fact that this specific disease really existed.

THE HISTORICAL CONCEPT OF YOGA

Yoga is the most revered art form because it has been existing for around 3,000 years before our time. Words like "union," which comes from the Sanskrit "Yuj," and "yoga" (the English word) come from the same root. A person's general energy level can be improved and the most severe symptoms of many different diseases can be alleviated by practicing the many asanas and postures that make up yoga. Among yoga's numerous benefits, this is one stands out. Although yoga is not indigenous to any one section of the planet, it is practiced in a disproportionately large number of nations around the globe. The reason behind this is that yoga has a beneficial effect on people's mental health. Anxiety, sadness, irritability, hypertension, and high cholesterol are just some of the many conditions that could benefit from this.

DIFFERENT YOGA ASANAS HELPFUL FOR ANXIETY AND DEPRESSION

Anxiety and depression sufferers, it has been stated, should include a range of yoga asanas (postures) in their therapy plans. Two of the most prevalent mental health issues are anxiety and depression. Patients may find some alleviation from their symptoms by including specific yoga positions and asanas into their practice. Some research suggests that the physical postures practised in yoga, known as asanas, may have positive effects on mental and physical health. Furthermore, research suggests that regular yoga practice may alleviate mental health issues including stress. Yoga comes in many forms, and you can find visual representations of each of them online. There are many different manifestations of each of these yoga traditions.

Bal Asana

Originally from Sanskrit, "Balasana" means "Child's Pose." A variety of physical and mental health benefits accrue to the practitioner of this basic yoga stance. This easy asana is done



widely in many different schools of yoga and is suitable for practitioners of all levels. Get down on all fours and kneel on the yoga mat. Hold the position with your big toes touching and your knees slightly wider than hip width apart. Lower your body till it reaches the region between your thighs as you breathe out. Meanwhile, keep your forehead level by placing it on a block or the mat. Straighten your arms in front of you, palms facing down, and bring them parallel to the ground. When done properly, Balasana can alleviate stress in the legs, hips, and ankles. It also promotes relaxation and calms the nervous system in addition to relieving tension in the back, shoulders, and neck.

Setu bandh asana

The backward-bending nature of this yoga stance makes it great for increasing flexibility and decreasing fatigue. This position may be helpful for those whose jobs cause them a lot of stress, which can lead to feelings of anxiety and depression. A practitioner of this yoga exercise will describe a sense of relief and inner calm after finishing the practice. One must first get down on all fours and then lie flat on one's back to accomplish this position. The proper way to position the arms is on the sides of the body that are directly across from each other. This is a crucial stance to adopt. For this exercise to be completed, bring your lower body up to your knees. When you reach the conclusion of this position, your thighs should be parallel to each other.

Hal asana

This yoga pose is great for relieving stress because it stretches the muscles of the body and the mind simultaneously. As an added bonus, frequent practice of this yoga asana will give you the chance to work on your posture. Those who have trouble sleeping or who suffer from depression may discover that the state of relaxation achieved via halasana helps them. The first step in doing Hal asana is to go into a full backwards bend. The next step is to raise your legs till they are parallel to the floor. Put more focus on using your hands to offer support; positioning them such that they are in line with your hips is not suggested. After you've finished that first step, you should slowly bring your hips in toward your midline.

Sav asana

By practicing these yoga poses regularly, you may find that your blood pressure drops a little. Perhaps this will be of use to you. Sav asana is a specific kind of yoga stance that should be done as a last step in every yoga session. This allows the muscles to relax, which in turn returns the blood circulation to its organic state. The first step to a successful sav asana is to lie on one's back with the ground beneath them. Here is where you should begin. Furthermore, the hands should be held in an upward direction parallel to the torso, and there shouldn't be more than a few inches of space between the feet. I definitely recommend taking a few deep, healthy breaths while rolling your eyes and putting your spectacles down. Removing any emotional wounds that may have persisted after the traumatic incident is an important part of trauma treatment.

STATEMENT OF THE PROBLEM

In recent years, yoga's popularity has skyrocketed in the West, especially among individuals seeking treatment for mental health issues. Those who are actively seeking help from medical professionals are more likely to exhibit this pattern. This remark is particularly true. Through the use of breath management, awareness, meditation, and a range of physical postures and movements, yoga seeks to unite the mind and body. There is some evidence that healthy behaviors, such as regular exercise, meditation, and mindfulness techniques, can reduce depressive symptoms. Because yoga is usually practiced in an integrated fashion, it's possible that more than one facet (such exercise, meditation, or mindfulness) can benefit from practicing yoga. Also, research shows that yoga helps people stick to their workout routines more consistently, and it could be a great option for those who aren't interested in traditional exercise programs. People with mental health issues are more likely to experience depression than those



with other medical conditions. For example, feelings of depression are experienced by 81% of people with generalized anxiety disorder and 25% of people with schizophrenia.

OBJECTIVES OF THE STUDY:

1. To get an understanding of the effects of yoga on stress and depression on the mental health of women.
2. To get an understanding of the effects of stress, depression, and yoga on the physical health of women.
3. To get an understanding of the impact that yoga has on the physiological impacts of stress on women.

RESEARCH METHODOLOGY

THE PROBLEM OF THE STUDY

The study's overarching objective is to find out whether yoga helps women deal with stress better. The answers to the questions given in the following paragraphs are also of interest to the researcher.

1. Taking into account all the many factors, how does yoga impact the level of stress that women experience in their lives?
2. How does the practice of yoga influence the stress levels of women compared to males, considering the various elements that contribute to stress?
3. Thirdly, how does yoga affect men and women differently in relation to the total amount of stress they endure globally?

DATA ANALYSIS

The Most Advanced Degree

Table Highest Educational Qualification

Particulars	Frequency	Percentage
Graduate	284	60.7
Post Graduates	182	38.9
Others	2	.4
Total	468	100.0



Figure: Highest Educational Qualification

Those who took the time to fill out the survey were asked to identify their highest level of schooling by providing details about it. The study asked respondents to choose one of three different qualifications: graduation, post-graduation, or any other acceptable qualification. Not only does Figure provide the percentage, but it also depicts the frequency distribution. Figure shows a visual depiction of the frequency distribution, which is also called the frequency distribution. From what we can see, almost 60% of responders have a master's degree, 39% have a doctorate, and 1% have some other kind of certification.

DISCUSSION AND INTERPRETATION

Throughout her life, a woman can go between being a student, an employee, an employer, a wife, a mother, a sister, a sister-in-law, a grandma, a mother-in-law, a mother, a mother-in-law, a daughter, a daughter-in-law, a sister, and a grandmother. It is a particularly difficult challenge



to determine which of her duties she values most. There are certain expectations and responsibilities that come with any job, but there are also some duties that come with every job. People hold her in high esteem as an ideal role model, therefore they eagerly await her to live up to their expectations in every area of her life. It is expected that she will carry out all of these distinct tasks simultaneously at all times. The great majority of the time, this is the case. There are vast aspirations, but there are also many challenges, and the difficulties seem to go on forever. No matter how old they are, this is a constant source of stress for women. Whatever the circumstance may be, this remains true.

Stress levels may have been lower among women of all ages who regularly practiced yoga as opposed to those who did not. Training in yoga has likely helped them feel less hate because of the calming effect on the nervous system and the strong connection between the mind and the body that is inherent in the practice. A better outlook on life and reduced stress and blood pressure are two additional benefits.

CONCLUSION

The philosophical conversations touched on several topics, but one constant was the discussion of Patanjali's Ashtanga Yoga style's Yama and Niyama. The Niyamas and the Yamas are two examples of alternative approaches to living your life. Nonviolence, honesty, nonstealing, celibacy, and nonhoarding are among the social norms outlined in Yama by Patanjali. Conversely, niyam refers to actions taken by an individual, such as being clean, happy, disciplined, studying alone, and devoted to a higher power. You can't compare Yama and Niyam. In accordance with the old adage, "only when the water is still, can we see through it," every yoga tradition stresses the significance of maintaining one's calm. A person's mental state can be greatly improved and their self-assurance increased through the present yoga package, which incorporates suryanamaskara, yogaasanas, pranayama, meditation, a yogic diet, philosophical discussions, and prayer. A balanced perspective and comprehensive understanding allow us to do this. A yogic diet, which incorporates philosophical discourse, prayer, and yogic food, has enabled this to be achieved. They may have gained the serenity, wisdom, and understanding to take life as it is, without worrying or stressing out, after practicing these aspects of yoga for a month as part of the program. In addition to reducing anxiety, stress, unpleasant sensations, and thoughts, it has a calming effect on the pleasant emotions, sentiments, and ideas that accompany them. Their ongoing yoga practice may have increased their general well-being, alleviated their mental and physical ailments, and reduced the amount of pain they were feeling.

SUGGESTIONS

Yoga has the potential to be a dependable lifelong companion for everybody. Women benefit from a daily yoga practice on all three levels: physically, emotionally, and spiritually. Nevertheless, the practice must be adjusted to meet the needs of each life stage. All three levels of a woman's being can benefit from yoga. Following this advise, which can be achieved with the help of yoga for better living, can help anyone, at any age, live a stress-free life.

1. Your yoga practise will benefit from consistency, so try to stick to the same time and location every day. Doing so will ensure that you reap the full advantages of your yoga practice.
2. It's crucial to be in a positive frame of mind at the start and end of each day; else, stress levels can rise needlessly.
3. To achieve a higher level of mental stability and balance, one can prolong the duration of meditation.
4. The only way to improve one's quality of life is to practice yoga consistently and on a regular basis. However, going to yoga classes for a few days definitely won't help you in the long term.



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