



YOGA FOR STRESS-FREE LIFE IN ANCIENT TAMIL SIDDHA

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Abstract

In modern world, we can see that all life is suffered due to various illnesses. Especially, mental depression is almost covered by people due to deficiency of natural food not to intake by people and less physical work. Not only that many people have over burden of less income and family circumstance. Many people not having immunity power and not to take precautionary steps to solve any problems. And also, there is no peace of mind in everywhere due to various causes. From which they are all have stress with mental agony. They should be attained sound health and mind to face for anything like illness, mental worry and get rid of the various difficulties from various sources with stronger mind and maintained good health condition. Yoga is a part of the people's life which must be practiced daily life for increase the potential health and sound mind. So that, yogi given to us that special Asana and deeply concentrate of mind in the inner part of our body for relaxation by the help of yoga practice for stimulus of the glands of our body and regulate the functioning of inner organ of the body. Yoga is a universal holistic science to realize and practice the inter-connectivity between our body, mind and soul. The main contribution of ancient Tamil siddhas towards the evolution of various yogic practices to use for the anxiety stress with phobia.

Key words: Illness, stress, Yoga, immunity power, anxiety, ancient Tamil siddha

1. Introduction

The knowledge of the common thread that binds the three can elevate human beings to transcend all the barrier and division existing among the world population today. Such an elevation is a necessary requirement for peace within us and among as. Meditation is one of most important along with yogasanam that helps to reduce the mental frequency and enhances the

individual capabilities to the fullest yoga is applicable for young old and for all professionals. Yoga is not separate the work which is linked with prayanama like inspiration and respiration of air with prescribed level at the length of breathing control. Because, due to inner organs are linked support to active of the functioning especially blood circulation with enough oxygen to arrive in to brain at the level of minimum current circulation to give energy for smooth functioning of neuron cells and nerves in all structure of the nerves systems.

So that, the human body can be obtained the immunity power through yoga and not to permit the virus, bacteria as well as destroy them at the earlier stage. And also, it gives to every individual in the family, peace and harmony and enhances his/her respect in the society and finally paves the ways for self-realization. As I am a research scholar, especially for psychological affects like stress anxiety with phobia for those who have belongs to seashore area of Nagapattinam where they were already affected by Tsunami last Dec 26th of 2004 Year. In which level they had suffered from mental agony and not to recovered so far from that incident through my research work, I find out the people where they are living in seashore area those who are affected stress and anxiety with phobia. Ready exhalation process for relief from overcome problem not to arise (or) increase the stress about the part event whenever comes into reminds in mind on the accession mass life dead. Let us to see, we all have stress, but really what is stress? What does it actually mean to be stressed? And how can yoga help us manage stress? In modern times it has become an umbrella term for all the various pressures we face in life. Dr Han selye defines stress as the total response of their organism (mind and body) to whatever stressors their experience. Yoga provides effective tools and techniques to address the stress response and perception of our stressors. To a guide on how yoga can help us for stress relief, as follow as

1. Savaasanam like as shantiyogam.

It gives connectivity all nerves, mind and brain and flexible ordinary bed method as well as dead body method. Which is called as savaasanam?

Practical

1. We have to bed on the bed sheet in posture of up face level
2. Legs have to straight-line with relax stage.
3. Same method of hands adjoined with body with relaxes stage.
4. Don't move of our body external and internal organs and should not do up and down
5. To mind should be relaxed
6. We should be imagination our body is less weight (or)
7. To breathing should be keeps slowly of inhalation and exhalation and watch this one.
8. The eyes should be closed but should not be sleep
9. Each and every organ should have weightless and should be continue as in imagination
10. Don't think of past experience remember (or) recall (or) should not go outside incidents. Totally to concentrate in the body inner organs
11. We should be inner auto-suggestion of wellbeing and normal functioning as to each and every organ from feet, to head with proper action is control by brain
12. And also, In the course of breathing we should as long as possible inhalation and exhalation retaining are keeps by way of slow inhale as slow exhale of air
13. Simultaneously, body relax and mind concentrate in the body organ as wellbeing function as to think or imagination with at one-point inspiration and respiration of air
14. After 20 minutes, we should be consciousness to release from feet to move step by Step turn of body in right side and hold the both left and right hand. Slowly awoke up from savaasanam

This yoga practice gives more benefit of the stress problem those who have this one.

Savaasanam



Asana and pranayama are as both eyes of every human body. So, that the pranayama exercise is mostly comprehensive of the more benefit as well as life extend with immune power. Asana gives stronger of the structure of the organs and fill up the pranayama from inspiration and respiration is fully covered of the oxygen to reach every cell of the body.

Stress is not essentially bad

We need some stress to motivate us to get things done. We need stress to help us meet work deadline study for an examination or motivate us to earn a living to pay the debts. It is when there is too much stress over prolonged periods that we run the risk of burnout.

Out of balance

When stressed more blood is pumped around the body for energy our heart rate increase more blood is sent to muscles, we use more oxygen for breathing our nervous system is switched to action adrenaline is released and the mind races to find the best escape. During periods of stress non-essential systems such as digestion, elimination reproduction and the immune system receive less blood and are reduced in function. This imbalance in the body is fine for a short time. Once we have escaped the tiger, we feel relieved and the body naturally returns to balance if the body remains imbalanced through ongoing stress, it continues function in fight or flight mode. which can lead to stress-related diseases.

Release accumulated stress

Most problem stem from accumulated stress over a period of time. We need to treat this first. Using specific yoga techniques, we move the body to release tension, we breathe to relax and develop a long calmer breath, we soothe the nervous system and specify the mind.

Develop super strength to face stress

Whilst it might feel good to rest and relax in times of high stress, and perhaps this may be what we initiate need, we also need to make ourselves strong to deal with life challenges. Yoga provides plenty of tools to increase our energy, make our bodies stronger, build confidence, resistance and improves the functioning of our physiological systems (e.g. immune, endocrine,

nervous system). We don't need to become a monk and meditate for an hour or do 2 hours of yoga to receive the benefits. It could be as simple as 15 minutes after work doing a few key yoga postures to release the tension from the day or at least 5 minutes of breathing practice in bed to start the day with a calm mind. Yoga is flexible and goes with you anywhere. It knows what you need and what the right application of yoga at that time is.

Stress relief

The practice of yoga is well demonstrated to reduce the physical effects of stress on the body. The body responds to stress through the fight or flight response, which is a combination of the sympathetic nervous system and hormonal pathways activating relaxation control. This stress hormone from the adrenal glands. Control is often used to measure the stress response. Yoga practice has been demonstrated to reduce the level of control most classes and with savaasana a relaxation pose. This further reduces the experience of stress.

Manage stress

1. When we have diabetes, stress can cause our blood glucose level to rise. Get rid of whatever physical or mental stress we can. Relaxation techniques such as breathing exercises, yoga and meditation may be especially effective if you have type 2 diabetes. Functions over worry about a diabetic problem can reduce the glucose level and mind in a peaceful stage.
2. Yoga can ease pain. Practicing yoga asanas (postures), meditation or a combination of two, reduce pain for people with conditions such as cancer, multiple sclerosis, autoimmune disease and hypertension as well as arthritic, back and neck pain and other chronic conditions.
3. Yoga includes breathing practice known as pranayama, which can be effective for reducing our stress response, improving lung function and encouraging relaxation.
4. Yoga helps to improve circulation by effectively moving oxygenated blood to the body's cells from which stress is reduced gradually to come to an end.
5. The meditative effects of a consistent yoga practice help many cultivate inner peace and calm. Includes stress reduction for a calm stage and peace of mind.

Conclusion

1. The various methods of yoga practice are declared by yogis like as follows.

1. Patanjali - Rishi (Yoga)
2. Vedantari Maharishi - simplified exercise
3. Yoga Sasthram by various munis

So many kinds of asanas are derived from the ancient yogis which is one of the most popular. Savaasana is the best use of the stress for which is reduced and complete normal mind status. Not only that includes breathing, meditation like as auto-suggestion to comments of some uttering words like I am having full relief from mental agony now I am quite well and free minded and not worry for anything whether it is unfavorable of the desire matters. The above benefits, but I had acquired more benefits with own experience. My experience share with us that, overcome family and official problems (like over load works, responsibility and financial crisis) whenever the problem is increase, I would like to conduct the savaasana with deep breathing (inhalation and exhalation) and also auto suggestion to reach unconscious mind. The unconscious mind is given to plain idea and to rectify (or) solve the problems from the conflict of mind. Not only that whenever I was suffered from mental agony which the practice will be handled and now I regularly does the practice with various aspects for utilizing the simple yoga system for all age groups. I tell you all, that our body is constructed by bio- chemical organ and which is all working the control of brain and thought process to attain any work (or) goal of our life period finally, after completion savaasana, the body and mind come to freeness and not to be explained the peace of mind can be obtained from the eternal power under the control over by yoga and breath includes five elements.

2. Be active, and if any defects in cardiovascular problems is clear from yoga
3. To relief from the hypotension and hypertension of blood as well as (high pressure and low pressure) of blood circulation.
4. To relief for nerves collapse from which pain can be clear out and get happy
5. It is useful for diabetic patient
6. It is useful for nerves system with blood circulation can be active of kidney's function properly
7. To reduce the nerves weakness from the asana and keep the young stage level and without disease during the life period

Whatever may be in all kind of yoga system are useful to human body and inner organ and all correct level functioning and stimulate the gland with circulation blood with enough oxygen to reach the body cell and routine functions of all nucleus of the body to live for prolong without any diseases not only that but also we can be live with immunity power to face and tackle and destroy at primary stage of bacteria and virus if any strong virus like AIDS virus, TB virus, Typhoid, Pneumonia (or) Dengue and so on. So that, this article might be useful for readers of this article and whoever read the books, they shall be gives (or) express the stage of yoga for human wellbeing life up to the entire life.