

"Yoga Nidra" for Stress Management

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Abstract

Good mental health is one of the greatest resources for vitality, creativity and wealth, while poor health in contrast significantly drains. We keep on doing their duties without giving proper time for our health. Our life-style exposed them to various health problems; this can be reduced if they know how to practice yoga nidra. Yoga nidra needs only few minutes of their busy schedule and it will make their life healthy and happy. In fact, there are so many therapeutic benefits of yoga nidra' that the practice of 'yoga nidra' is today considered an extremely successful form of alternative therapy. The use of yoga nidra' is not limited to improving health, but has also extended to the treatment of diseases like asthma, blood pressure, diabetes and others. Searching for ways to deal with the stressful work environment, we should try to discover the enormous benefits and yoga nidra'. Maybe one of the easiest ways to relax, reduce stress and boost our health is to add 'yoga nidra' to our exercise routine. Keywords: Yoga Nidra, Stress and Daily Routine.

Introduction

Stress (roughly the opposite of relaxation) is a medical term for a wide range of strong external stimuli, both physiological and psychological, which can cause a physiological response called the general adaptation syndrome. It can be understood as tension (psychology) a state of mental or emotional strain or suspense. Today, life style such as cigarette smoking, habitual hostility, and suspiciousness towards others, a diet high in fat and low in fiber, and a sedentary way of life leads to many psychological problems and psychosomatic problems. Stress and anxiety have become major killers in our developed world, particularly the youth, the college going students are losing their confidence and getting the academic stress. A disturbing trend in college student health is reported the increase in student stress nationwide. When stress is perceived negatively or becomes excessive, students experience physical and psychological impairment. Hence, it is necessary for the students of higher education to induce a complete relaxation technique, through which they can prevent themselves from a well known disorder.

Yoga nidra is probably best-known technique to induce complete physical mental and emotional relaxation. Yoga nidra is a state of consciousness, which is, neither sleep nor awaken, neither is it concentration nor hypnotism. It can be defined, as an altered state of consciousness. According to Maharshi Markandey Yoga nidra is the state of deep relaxation as Lord Vishnu Himself uses this marvelous technique. Utpanneti Tada Loke Sanityapybhidhiyate Yoganidram Yada Vishnurjagatyekarnavikrite' Maharshi Markandey according to his visualizations states in his text, Markandey Purana that at the end of Kalpa when the entire universe was in a deep relaxation Lord Vishnu was lying on the bed of serpent in the state of yoga nidra. Drastwa Tavsarau Chograu prasuptam Cha Janardanam Tustav Yoganidram Tamekagrahridyasthithi' Meaning: When Lord Brahma observed him in the state of yoga nidra to make him awake He started praying the lordess Yoga nidra which lives in the eye of Lord Vishnu. The author of Hatha Yoga Pradipika, great yogi Swatmarama, classifies Yoga nidra as the state of turiya; means the all expansive and encompassing 'fourth dimension', in which Shakti neither contracts nor expands, but is in union with Shiva or supreme consciousness. Abhyaset Khecharim Tavadyavat Syadyoganidritah'Sampratyoganidrasya Kalo Nasti Kadachana'Meaning' Khechhari should be practiced until yogic sleep occurs. For one, who has attained yogic sleep, time become non-existent, Here the term yoga nidra has used as the state of Samadhi. Yogic sleep or yoga nidra is the state in which

conscious mind subsides but awareness remains. Yoga nidra is simplified version of Tantric Kriyas, designed by Swami Satyananda, Bihar School of Yoga, Munger in present form.

Yoga is a science of right living and a significant force in the development of personal health. In Sanskrit, 'yoga' means 'union' and 'nidra' means 'sleep'. Yoga nidra is the conscious relaxation of the mind to enable the subconscious to be accessed while in a complete state of rest you have to be fully awake in your mind while your body is fully relaxed to such an extent that you drift between consciousness and unconsciousness. It has been noted that practicing 'yoga nidra' regularly can help us to achieve a healthy state of being i.e. physically, mentally, and spiritually.

Yoga nidra and women One of the most common health conditions affecting Women is depression. If men thought that homemakers have no tensions and problems they are wrong. The pressure and responsibilities on a woman can make her feel frustrated, used and hopeless apart from the other problems. So it is essential for a lady to keep cool and relax the mind and body so that she can handle the daily pressures and problems. Yoga- Nidra is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body, and that continuously interconnect and condition the life of the mind. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion. The scientific laws that operate one's thoughts, feelings, judgments and sensations become clear. Through direct experience, the nature of how one grows or regresses, how one produces suffering or frees oneself from suffering is understood. Life becomes characterized by increased awareness, non-delusion, self-control and peace

Yoga nidra is derived from the tantras and it is a powerful technique in which one learn to relax consciously. It shows significant improvement in anxiety and depressive symptoms. It was observed by the researcher in clinical field found that there is increase stress, anxiety, and depression among dialysis patients. ...psyche.

Yoga Nidra Script - 8 Stage for Anxiety & Stress Management (40 mins practice)

Stages of Yoga Nidra

Step 1: Initial Relaxation/Settling. The first stage is all about focusing on the breath. .

Step 2: Setting an Intention or Sankalpa. .

Step 3: Body Rotation. .

Step 4: Breathing Awareness.

Step 5: Experience of Opposite Sensations.

Step 6: Visualization.

Step 7: Sankalpa.

Step 8: Externalization.

Yoga nidra and Stress management: clinical evidence Yoga nidra is probably best known technique to induce complete physical, mental and emotional relaxation. This was proved through a series of study done at Charring Cross Medical School London that it is a technique in which one can alter the states of consciousness from beta to alpha and then to delta. Therefore, subject enjoys the different state of consciousness, knowingly. It is a pratyahara but also opens the door for meditation. Yoga nidra also brings simultaneous relaxation by inducing alpha brainwave in both hemispheres of brain and alter the states of consciousness. It has been further proven that it is the safest, weakest and surest methods to bring about alter state of consciousness in human beings. Therefore, it is panacea or Ram ban for the management of psychosomatic illness. Recognizing the problem is half the battle. Without knowing what stress is, and how it may strain our health, we will not be able to recognize it. Awareness is of primary importance of we are to learn to manage stress effectively. Our body is often the first place to reveal signs of a problem. Unfortunately, our upbringing often trains us to be stoic and in our anxiety not to appear weak, we often deny signs of stress. In yoga nidra, it is not necessary to concentrate. One should just keep

the mind moving from point to point and be aware of every experience. Yoga nidra means sleep with a trace of awareness. Various studies have been done in different part of world for observing the effect of Yoga nidra as in an important study it has been observed that Yoga nidra significantly lowered levels of serum cholesterol in cardiac patients. One of the study states that, the future role of Yoga nidra in coronary care and management regimes appears to be a major one. The value of the practice of yogic relaxation in prevention of cardiovascular disease has been fairly well recognized and accepted. Another study demonstrates that the drop in blood pressure induced by daily Yoga nidra practice has a far reaching effect, extending throughout the day, and is not merely a transient effect coincident with the practice session. Another study found that a reduction in blood pressure and anxiety levels in hypertensive patients continued for 12 months after Yoga nidra training. Technique of Yoga nidra has preventive, primitive and curative value. It prevents stress and stress-related disorders by inducing deep physical, emotional and mental relaxation,

Stress is a cognitive or emotional response made by the individual towards any situation, which demands adjustment. When the demands of the situation exceed the ability of the individual distress results, which may manifest in mental and physical symptoms of abnormality. The practice of Yoga nidra helps in building up the coping ability. The practitioner of Yoga nidra slowly becomes aware of the inherent dormant potentialities and thus prevents himself from becoming a victim of distress. As well as relaxation of yoga nidra relaxes the physical as well as mental stresses as it relaxes the whole nervous system. Stress-related disorders evolve gradually through four stages. In the first stage, psychological symptoms like anxiety and irritability arise due to over activation of the sympathetic nervous system. Yoga nidra can be consider as a highly effective practice for reducing stress on the basis of the present study as Yoga nidra releases the stress of the students of higher classes. Practice of Yoga Nidra also reduces the Anxiety of male and female subjects both. It may have positive results for the other age groups and occupations also.

Yoga nidra and sports performance Stress is most sports performance deteriorating factor in modern time. Yoga Nidra can increase Sattva guna and decrease Rajo guna & Tama guan in one mind and this can result in decreasing the stress. This ultimately leads to development of the sportsmen personality. This is extremely beneficial for sportsmen who a looking to change their ways of thinking, looking at new approaches, or simply looking to achieve certain goals Yoga Nidra if practiced daily, it will comprehend concept related to health promotion, disease prevention. Its practice will make the sportsmen to develop the ability of decision-making, skill enhancement and the ability to manage any type of stressful situation, thus making him achieve higher goal which will lead him to be elite class sportsmen.

Conclusion It can be concluded that "Yoga Nidra" is a science that positively affect our physical domain but its impact on mental domain is more powerful. It is possible to influence our mind along a certain path by using "Yoga Nidra" in our daily routine. It is like planting a seed into the subconscious and focusing on that thought while in yoga nidra which can change our entire personality along a certain line. It also improve the quality of life which help to survive in tough circumstances.

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