

Unit -2.2

Concept of Normality in Yoga

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Normality refers to the state of being normal in terms of his health in view of definition of health in yoga as described in succeeding slides.

INTRODUCTION

Yoga comes from the Sanskrit word 'Yuj' which means to unite or to join. People generally think that yoga is a series of exercises with twisted body poses, it is not so. The main aim of Yoga is to help one connect with one's inner spirit, which is connected to the universal spirit or God. Yoga creates a balance between the body and the mind and to attain self-enlightenment.

Yoga brings stability to the body and the wavering mind. In order to accomplish it, Yoga makes use of different movements, breathing exercises, relaxation technique and meditation. Yoga is associated with a healthy and lively lifestyle with a balanced approach to life.

It is the union between the mind, body and spirit. It involves the practice of physical postures and poses, which is referred to as 'Asana' in Sanskrit. Our modern day lifestyle is too hectic and puts a lot of stress on us which in turn causes a lot of life style problems like obesity, hypertension, high cholesterol, diabetes etc. Yoga is the answer to all these problems. It offers harmless solutions to these problems in the form of relaxation. Studies in the field of medicine suggest that Yoga is the only form of physical activity that provides complete exercise to the body as it incorporates different aspects of science, philosophy and art.

It is one of the most effective and integrated systems for gaining control and experiencing supreme joy in life. It helps one achieve optimum physical and psychological health. It is a system of physical, mental and spiritual techniques and is a practical, lively approach to life. It is the master key to open the realms of everlasting bliss and deep-residing peace.

Major branches of Yoga in Hindu philosophy include *Raja Yoga*, *Karma Yoga*, *Jnana Yoga*, *Bhakti Yoga*, and *Hatha Yoga*. Yoga has gained immense popularity during the last few years and today over 30 million people practice Yoga on regular basis. Yoga is the most rapidly growing health movement of today, despite having existed for thousands of years already.

Jnana Yoga: Jnana Yoga is the path of knowledge, wisdom, introspection and contemplation. It involves deep exploration of the nature of our being by systematically exploring and setting aside false identities.

Bhakti Yoga: Bhakti Yoga is the path of devotion, emotion, love, compassion, and service to God and others. All actions are done in the context of remembering the Divine.

Karma Yoga: Karma Yoga is the path of action, service to others, mindfulness, and remembering the levels of our being while fulfilling our actions or karma in the world.

Raja Yoga: Raja Yoga is a comprehensive method that emphasizes meditation, while encompassing the whole of Yoga. It directly deals with the encountering and transcending thoughts of the mind.



WHAT IS HEALTH

Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease. - W.H.O.

“samadoshah samaagnishcha samadhaatu malakriyah prasanna atmendriyamanah swasthyabhidheeyate”

•Health is a dynamic balance of the elements and humors, normal metabolic activity and efficient elimination coupled with a tranquil mind, senses and contented self.

—SushrutaSamhita, Sutrasthanam, 15:41

समदोषाः समाग्निश्च समाधातुमलक्रियः ।
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इतिभिधीयते ॥

Components of health

Physical & Physiological

Dosha - 3 (Vata, Pitta, Kapha)

Agni - 13 (Metabolic fire)

Dhatu - 7 (Body tissues)

Mala - 3 (Waste products)

Psychological

Indriya - 5 (Sensory motor organs)

Manas - 1 (Mind)

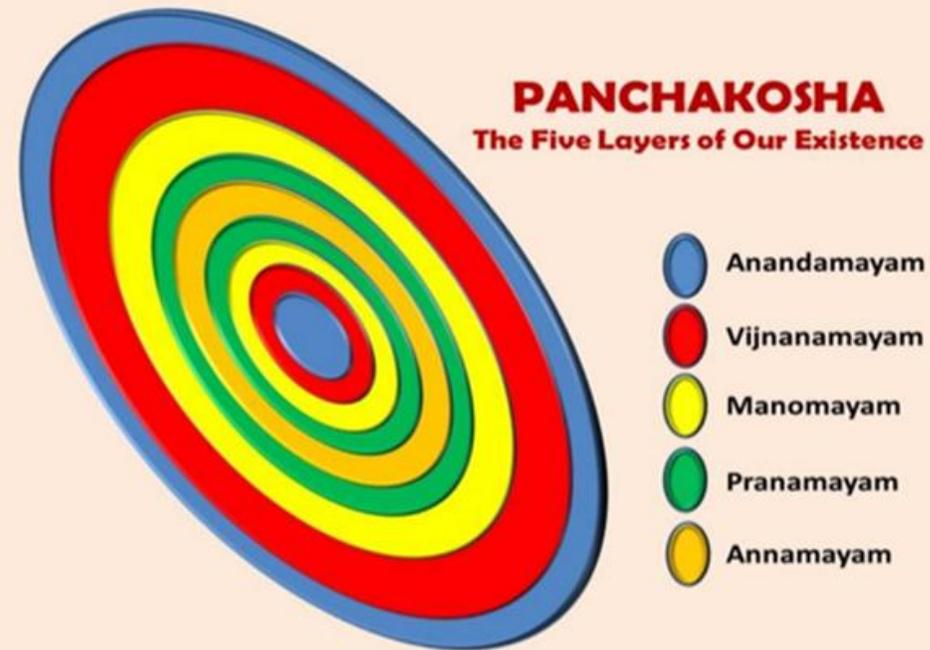
Spiritual

Atma - Soul

One whose *doshas*, *agni*, functions of *doshas* and *malas* are in state of equilibrium, who has cheerful *atman*, mind, intellect and sense organs is designated as healthy.

Yogic perspective of the human

- Yoga conceptualizes the human being as a multi layered, conscious being, possessing
- **Trisharira** (gross, subtle and causal bodies), &
- **Pancha kosha** (five layered existence: anatomical, physiological, psychological, intellectual and universal existential layers).



PANCHA KOSHAS AND TRISHARIRA

STHULA SHARIRA

- **Annamaya Kosha** - Anatomical Existence

SUKSHMA SHARIRA

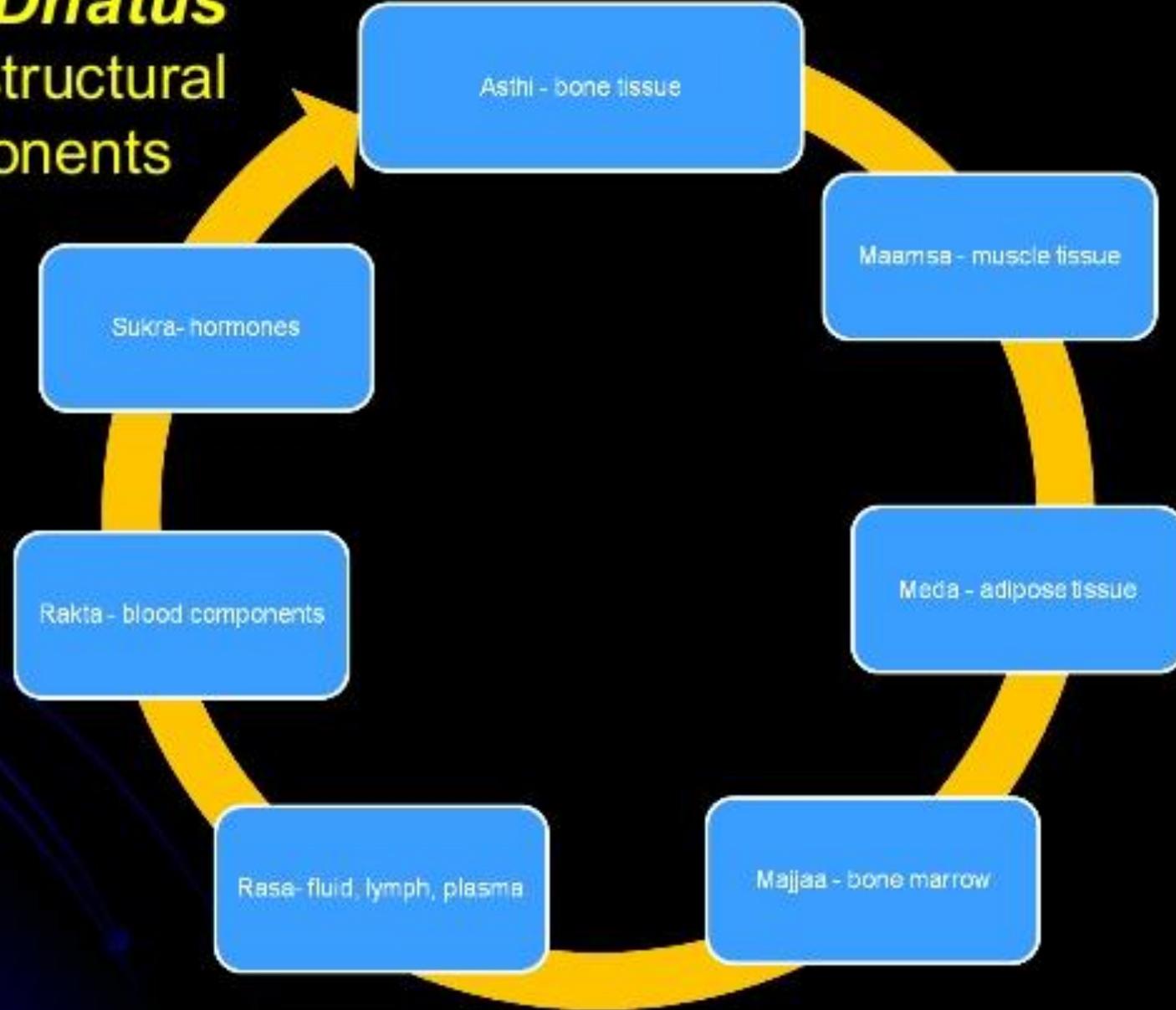
- **Pranamaya Kosha** - Physiological Existence
- **Manomaya Kosha** - Psychological Existence
- **Vignanamaya Kosha** - Intellectual Existence

KARANA SHARIRA

- **Anandamaya Kosha** - Universal Existence

Sapta Dhatus

Seven structural components



YOGIC VIEW OF W.H.O DEFINITION OF HEALTH:

- World Health Organization (WHO) defines health as a state of complete physical, mental, and social well being and not merely absence of disease or infirmity.
- WHO has also in recent times suggested a fourth dimension of spiritual health but has fallen short of defining it without confusing it with religion.
- From a Yogic perspective it is heartening that the WHO definition gives importance to 'well being' that is a vital aspect of 'being' healthy as well as 'feeling' healthy.
- There is no use in a doctor telling patients that all their investigations are 'normal' when the patients themselves are not feeling 'well'.

- This qualitative aspect of health is something that Yoga and Indian systems of medicine have considered important for thousands of years. The definition of *asana* given in the *Yoga Sutra* as *sthira sukham* implies this state of steady well being at all levels of existence (*sthira sukham asanam- Yoga Darshan II:46*). Patanjali also tells us that through the practice of *asana* we can attain a state that is beyond dualities leading to a calm and serene state of well being (*tato dvandva anabhighata- Yoga Darshan II: 48*).
- Yoga aims at enabling the individual to attain and maintain a dynamic *sukha sthanam* that may be defined as a dynamic sense of physical, mental and spiritual well being. The Bhagavad Gita defines Yoga as *samatvam* meaning thereby that Yoga is equanimity at all levels. (*yogasthah kurukarmani sangam tyaktva dhananjaya siddhisiddhyoh samobutva samatvam yoga uchyate – Bhagavad Gita II: 48*) This may be also understood as a perfect state of health wherein physical homeostasis and mental equanimity occur in a balanced and healthy harmony.

- One of the main lacunae of the WHO definition lies in the use of the term 'state' that implies health is something to be achieved 'once and for all' with no need for care about it thereafter! It is definitely not so. We need to keep working on our health with great vigour and dynamic enthusiasm for the entire span of our life.
- If health is to be understood as a 'state', then it must be understood as a dynamic state that varies from day-to-day and often from minute-to-minute!
- It is often actually more challenging to maintain this dynamic state of health than to even attain it in the first place. Ask any World No.1 sports champion and they will testify to this inherent truth that applies to sports as well as to life itself.

CONCEPT OF WELL-BEING IN YOGA

Virtue is the golden mean between two vices, the one of excess and the other of deficiency.

- Yoga considers that we are not just the physical body but are of a multifold universal nature.
- Concepts of *panchakosha* (fivefold aspects of our existence) and *trisharira* (threefold aspect of our bodily nature) help us understand our multi-dimensional real nature where health results from a dynamic interaction at all levels of existence. (Explained on next slide)

YUKTA , THE GOLDEN MEAN - the central theme of Yoga-

- **Samatvam:** Homeostasis, equanimity, harmony, balance
- Inner stability, even as cyclones may rage on externally.
- Qualities of mentally healthy person (*stitha prajna*) enumerated in *Bhagavad Gita*
 - Beyond passion, fear and anger
 - devoid of possessiveness and egoism
 - firm in understanding and un-bewildered
 - engaged in doing good for all creatures
 - friendly and compassionate to all
 - pure hearted and skilful without expectation

YOGIC CONCEPTS OF WELLBEING:

- Structural aspects of the human being: Yoga considers that we are not just the physical body but are of a multifold universal nature.
- Concepts of *pancha kosha* (fivefold aspects of our existence) and *trisharira* (threefold aspect of our bodily nature) help us understand our multi-dimensional real nature where health and result from a dynamic interaction at all levels of existence.
- At the level of the gross body, Yoga and Ayurveda consider that the human body is made up of seven substances. These *sapta dhatus* are *rasa* (chyle), *rakta* (blood), *maamsa* (flesh), *medas* (adipose), *asthi* (bone), *maj jaa* (marrow) and *sukra* (semen). Both these ancient health sciences understand importance of *tridosha* (three humors) whose balance is vital for good health.
- Health is further also understood as harmony of *prana vayus* (major energies of physiological function), *upa prana vayus* (minor energies of physiological function) and stability of *nadis* (subtle energy channels) with proper function of all *chakras* (major energy centres that may be correlated to the psycho-neuro-immuno-endocrine axis).

- *Tridoshas* and health: The *tridosha* theory of health and disease that developed during the late Vedic period (*circa* 1500-800 BC) is common to virtually all Indian systems of medicine. *Tridosha* concept has correlation with *pancha mahabhutas* (elements of the manifest universe) as well as *triguna* (inherent qualities of nature). Health is understood to be the balanced harmony of the three humours in accordance with individual predisposition while disease results from an imbalanced disharmony.
- Qualities of physical health according to Yoga: The Yogic view of health is exemplified in *Shvetaasvatara Upanishad* where it is said that the first signs of entering Yoga are lightness of body, health, thirstlessness of mind, clearness of complexion, a beautiful voice, an agreeable odour and scantiness of excretions (*laghutvam arogyam alolupatvam varnaprasadam svara sausthavam ca ganghas subho mootra pureesam Yoga pravrittim prathamam vadanti- Shvetaasvatara Upanishad: II-13*).

- The *Hathayoga Pradipika* echoes these qualities when Yogi Svatmarama says, “Slimness of body, lustre on face, clarity of voice, brightness of eyes, freedom from disease, control over seminal ejaculation, stimulation of gastric heat and purification of subtle energy channels are marks of success in Hathayoga”. (*vapuh krsatvam vadane prasannataa naadasputatvam nayane sunirmale arogataa bindujayogni diipanam naadiivishuddhir hatha siddhi lakshanam—Hathayoga Pradipika II-78*).
- In the *Patanjala Yoga Darshan* we find an excellent description of the attributes of bodily perfection (*kaya sampat*). It is said in *Vibhuti Pada* that perfection of body includes beauty, gracefulness, strength, and adamant hardness (*rupa lavanya bala vajra samhanana kaya sampat-Yoga Darshan III: 47*). The effulgence that is characteristic of good health is also mentioned when it is said that deep concentration on *samana* (energy of digestion) leads to radiant effulgence (*samana jayat jvalanam -Yoga Darshan III:41*).

Qualities of mental health according to Yoga

- Yoga not only considers physical health but also more importantly mental health. Qualities of a mentally healthy person (*stitha prajna*) are enumerated in the Bhagavad Gita as follows:
- Beyond passion, fear and anger (*veeta raga bhaya krodhah–BG II.56*)
- Devoid of possessiveness and egoism (*nirmamo nirahamkarah- BG -II.7*)
- Firm in understanding and unbewildered (*sthira buddhir asammudhah–BG – V.20*)
- Engaged in doing good to all creatures (*sarva bhutahiteratah– BG V.25*)
- Friendly and compassionate to all (*maitrah karuna eva ca– BG XII.13*)
- Pure hearted and skilful without expectation (*anapekshah sucir daksah– BG XII.16*)

- The central theme of Yoga is the golden mean, finding the middle path, a constant search for moderation and a harmonious homoeostatic balance. Yoga is the “unitive impulse” of life, which always seeks to unite diverse streams into a single powerful force. Proper practice produces an inner balance of mind that remains stable and serene even in the midst of chaos. This ancient science shows its adherents a clear path to the “eye of the storm” and ensures a stability that endures within, even as the cyclone rages externally.
- Maharishi Patanjali tells us that we can gain unexcelled happiness, mental comfort, joy and satisfaction by practicing contentment (*santoshat anuttamah sukha labhah*— *Yoga Darshan II: 42*). This link is quite apparent once we think about it, but not too many associate the need for contentment in their greed for anything and everything in this material world.

Qualities of spiritual health according to Yoga

- The Bhagavad Gita also delineates qualities of a spiritually healthy person in verses 1, 2 and 3 of chapter XVI.
- These include: fearlessness (*abhayam*), purity of inner being (*sattva samshuddhih*), steadfastness in the path of knowledge (*jnanayoga vyavasthitih*), charity (*danam*), self control (*dama*), spirit of sacrifice (*yajna*), self analysis (*svadhyaya*), disciplined life (*tapa*), uprightness (*arjavam*), non violence (*ahimsa*), truthfulness (*satyam*), freedom from anger (*akrodhah*), spirit of renunciation (*tyagah*), tranquility (*shanti*), aversion to defamation (*apaishunam*), compassion to all living creatures (*daya bhutesv*), non covetedness (*aloluptvam*), gentleness (*maardavam*), modesty (*hrir acaapalam*), vigour (*tejah*), forgiveness (*kshama*), fortitude (*dhritih*), cleanliness of body and mind (*saucam*), freedom from malice (*adroho*), and absence of pride (*naa timaanita*).

Relationship between food and health:

- Yoga emphasizes the importance of not only eating the right type of food but also the right amount and with the right attitude. Importance of not eating alone, as well as preparation and serving of food with love are brought out in the Yogic scheme of right living. *Guna* (inherent nature) of food is taken into consideration to attain and maintain good health. Modern dietary science of diet can learn a lot from this ancient concept of classification of food according to inherent nature as it is a totally neglected aspect of modern diet. We are what we eat!
- The great Tamil poet-saint Tiruvalluvar offers sane advice on right eating when he says, “He who eats after the previous meal has been digested, needs not any medicine.” He also says that life in the body becomes a pleasure if we eat food to digestive measure. He also invokes the Yogic concept of *Mitahara* by advising that “eating medium quantity of agreeable foods produces health and wellbeing”

RELATIONSHIP BETWEEN HEALTH AND DISEASE

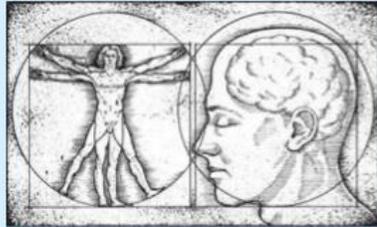
- *Yogamaharishi Dr Swami Gitananda Giri*, founder of Ananda Ashram at Pondicherry and one of the most eminent Yogis of modern times has written extensively about the relationship between health and disease. He says, “Yoga views the vast proliferation of psychosomatic diseases as a natural outcome of stress and strain created by desire fostered by modern propaganda and abuse of the body condoned on all sides even by religion, science and philosophy. Add to this the synthetic “junk food” diet of modern society and you have the possibility of endless disorders developing...even the extinction of man by his own ignorance and misdeeds”.

- He explains the root cause of disease as follows. “Yoga, a wholistic, unified concept of oneness, is *adwaitam* or non-dual in nature. It suggests happiness, harmony and ease. Dis-ease is created when duality or *dwaitam* arises in the human mind. This false concept of duality has produced all conflicts of human mind and the vast list of human disorders. Duality (dis-ease) is the primary cause of man’s downfall. Yoga helps return man to his pristine, whole nature. All diseases, maladies, tensions, are manifestations of divisions of what should be man’s complete nature, the *atman* or ‘Self’. This ‘Self’ is “ease”. A loss of “ease” creates “dis-ease”. Duality is the first insanity, the first disease, the unreasonable thought that “I am different from the whole.... I am unique. I am me.” The ego is a manifestation of disease. Only a distorted ego could feel alone, suffer from “the lonely disease”, in a Universe, a Cosmos totally filled with the ‘Self’. It is interesting that the one of the oldest words for man is “*insan*”. Man is “insane”. A return to sanity, “going sane,” is the subject of real Yoga *sadhana* and Yoga *abhyasa*. Yoga *chikitsa* is one of the methods to help insane man back onto the path of sanity. A healthy man or woman may be known by the term-Yogi”. A very strongly worded yet very true statement indeed from the Lion of Pondicherry!

Ease vs. Dis-ease

- Ease = state of perfect health
- Stress → Dis-ease → Disease
- **Maintain health by maintaining EASE!**

• *Listen to the body*



Beginning of Disease

Mind – Worries, anger, dissatisfactions, ill-will,
Brooding on negative incidents.



Blood Chemistry changes due to negative secretions
from all seven important endocrine glands.

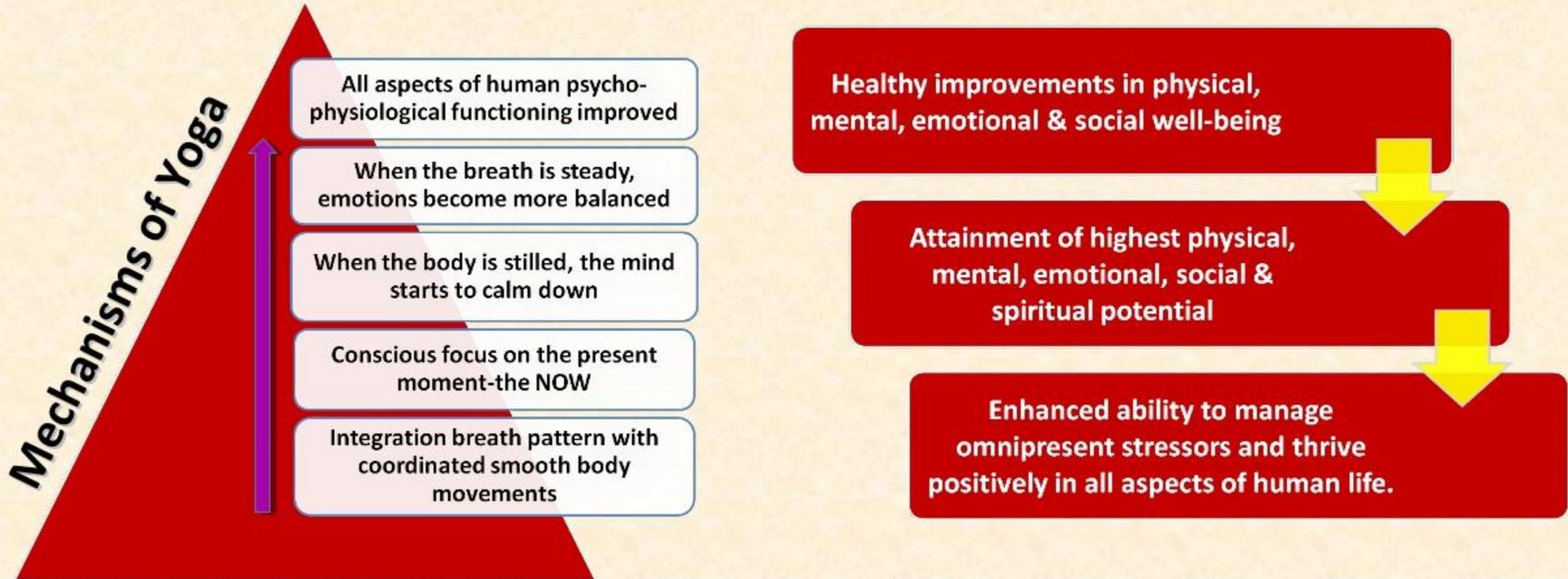


Disease in physical form.

CAUSE OF DISEASE ACCORDING TO YOGA

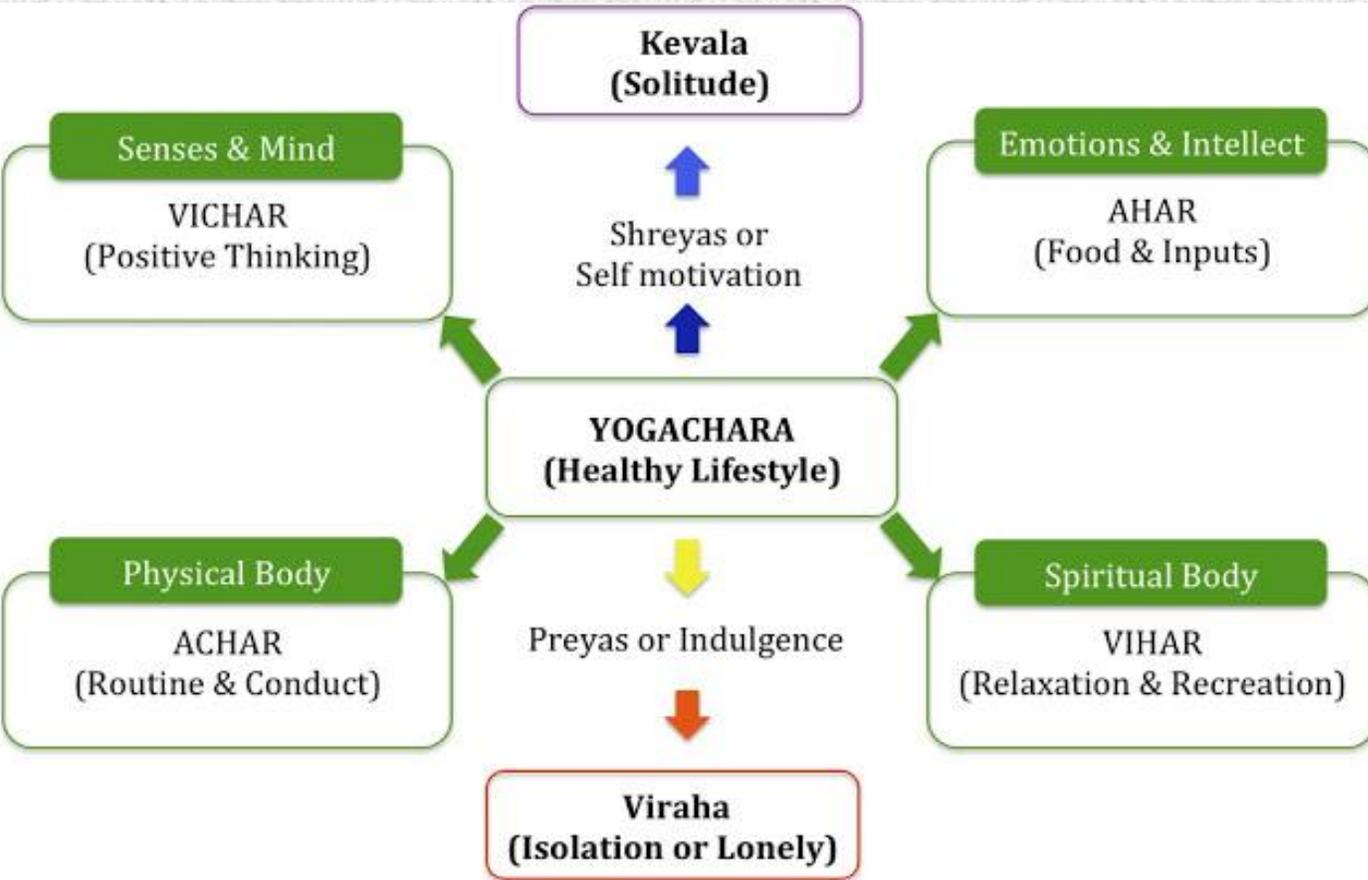
- Primary cause
 - **Dwaitam – duality - dichotomy**
- Disease = **dis + ease**
(*Asana-stira sukam and tado dwandwa anabigata*)
- **Tri Doshas** and their imbalance
- Yoga Vashistha
 - psychosomatic and non psychosomatic disorders
- Somato-psychic disorders

YOGA AS A TOOL FOR ATTAINMENT AND MAINTENANCE OF HEALTH AND WELLBEING



ATTAINING AND MAINTAINING A STATE OF WELLBEING:

- To live a healthy life it is important to do healthy things and follow a healthy lifestyle. The modern world is facing a pandemic of lifestyle disorders that require changes to be made consciously by individuals themselves. Yoga places great importance on a proper and healthy lifestyle whose main components are:
- *Achar* –Yoga stresses the importance of healthy activities such as exercise and recommends asana, pranayama and kriyas on a regular basis. Cardio-respiratory health is one of the main by-products of such healthy activities.
- *Vichar* –Right thoughts and right attitude towards life is vital for well being. A balanced state of mind is obtained by following the moral restraints and ethical observances (*yama-niyama*). As Mahatma Gandhi said, “there is enough in this world for everyone’s need but not enough for any one person’s greed”.
- *Ahar* – Yoga emphasises need for a healthy, nourishing diet that has an adequate intake of fresh water along with a well balanced intake of fresh food, green salads, sprouts, unrefined cereals and fresh fruits. It is important to be aware of the need for a *satwic* diet, prepared and served with love and affection.
- *Vihar* – Proper recreational activities to relax body and mind are essential for good health. This includes proper relaxation, maintaining quietude of action-speech-thoughts and group activities wherein one loses the sense of individuality. Karma Yoga is an excellent method for losing the sense of individuality and gaining a sense of universality.



Yoga is a “**Way of Life**” that places great importance on a proper and healthy life-style whose main components are:

- **ACHAR** – healthy physical activities and exercise
- **VICHAR** – right thoughts and right attitude towards life that are vital for wellbeing.
- **AHAR** – healthy, nourishing diet with adequate intake of fresh water; balanced intake of fresh food, green salads, sprouts, unrefined cereals and fresh fruits. *Satwic* diet, prepared & served with love and affection.
- **VIHAR** – proper recreational activities to relax body and mind are essential for good health.
- **VYAVAHAR** – healthy inter-personal relationships essential for good social health.

- Yoga understands health and well being as a dynamic continuum of human nature and not a mere 'state' to be attained and maintained.
- The lowest point on the continuum with the lowest speed of vibration is that of death whereas the highest point with the highest vibration is that of immortality.
- In between these two extremes lie the states of normal health and disease.
- For many, their state of health is defined as that 'state' in which they are able to function without hindrance whereas in reality, health is part of our evolutionary process towards Divinity.
- The lowest point on the dynamic health continuum with lowest speed of vibration may be equated with lowest forms of life and mineral matter while the highest point with highest speed of vibration may be equated with Divinity.

- According to Yogacharini Meenakshi Devi Bhavanani, Director ICYER at Ananda Ashram in Pondicherry, Yoga has a step-by-step method for producing and maintaining perfect health at all levels of existence. She explains that social behaviour is first optimized through an understanding and control of the lower animal nature (*pancha yama*) and development and enhancement of the higher humane nature (*pancha niyama*). The body is then strengthened, disciplined, purified, sensitized, lightened, energized and made obedient to the higher will through *asana*. Universal *pranic* energy that flows through body-mind-emotions-spirit continuum is intensified and controlled through *pranayama* using breath control as a method to attain controlled expansion of the vital cosmic energy. The externally oriented senses are explored, refined, sharpened and made acute, until finally the individual can detach themselves from sensory impressions at will through *pratyahara*. The restless mind is then purified, cleansed, focused and strengthened through concentration (*dharana*). If these six steps are thoroughly understood and practiced then the seventh, *dhyana* or meditation (a state of union of the mind with the object of contemplation) is possible. Intense meditation produces *samadhi*, or the enstatic feeling of Union, Oneness with the Universe. This is the perfect state of integration or harmonious health.

How Does Yoga HELP develop and maintain wellbeing?

- The science of Yoga has numerous practical techniques as well as advice for proper life style in order to attain and maintain health and well being. *Bahiranga* practices such as *yama*, *niyama*, *asana* and *pranayama* help produce physical health while *antaranga* practices of *dharana* and *dhyana* work on producing mental health along with *pratyahara*. A detailed description of these techniques and their benefits on health is beyond the preview of this lesson and will be discussed in detail in other lessons. It will suffice to say here that Yoga works towards restoration of normalcy in all systems of the human body with special emphasis on the psycho-neuro-immuno-endocrine axis.
- In addition to its preventive and restorative capabilities, Yoga also aims at promoting positive health that will help us to tide over health challenges that occur during our lifetime. Just as we save money in a bank to tide over financial crises, so also we can build up our positive health balance to help us manage unforeseen health challenges with faster recovery and recuperation. This concept of positive health is one of Yoga's unique contributions to modern healthcare as Yoga has both a preventive as well as promotive role in the healthcare of our masses. It is also inexpensive and can be used in tandem with other systems of medicine in an integrated manner to benefit patients.
- Yoga is a wholistic science of life, which deals with physical, mental, emotional and spiritual health. Various aspects of Yoga help in the prevention and management of stress thus enabling us to live as healthy a life as possible in a dynamic state of wellbeing.

YOGIC CONCEPTS

Various *yogic* concepts have guided man towards shaping his life and the interpersonal relationships in his social life.

- *Vasudeva kudumbakam* – The whole world is one family. This is an excellent concept which helps one to understand that division on the basis of class, creed, religion and geographical distribution are all ‘man made’ obstructions towards oneness. One can then look upon all as his own and can bond with everyone irrespective of any barrier.
- *Pancha kosha* – The concept of our five sheaths or bodies helps us to understand how all our actions, emotions and even thoughts can influence our surroundings and that “No man is an island”. The concept of “*nara*” or psychic disassociation helps us to be aware of why things happen to us and others in our daily life.
- *Chaturvidha purusharthas* – The four legitimate goals of life tell us how we can set legitimate goals in this life and work towards attaining them in the right way, following our *dharma* to attain *artha* (material prosperity), *kama* (emotional prosperity) and finally the attainment to the real goal of our life, *moksha* (spiritual prosperity).

- *Chatur ashrama* – This concept of the four different stages in life, helps us to know how, what and when to perform the various activities in our life. *Brahmacharya* is the period from birth till 27 years and is the period for study, conserving the creative impulse and channeling it towards elevating spiritual pursuits. *Grahashta* is the period of responsibility, spanning the period from 27 – 54 years in which we learn to care about others in the family and the social network, fulfilling our *Dharma* towards both the young and the old. *Vanaprasta* or retirement is the period after 54 years when one's life can be played over again and again in the mind with a sense of fulfillment and satisfaction having not to worry about anything at all. *Sanyasa* is the period of life when after performing our duties to the best of our ability for 81 years and after having attained perfection in life we renounce everything for the divine.
- *Pancha klesha*: *Avidya* (ignorance), *asmita* (ego), *raaga* (attraction), *dwesha* (repulsion) and *abhinivesha* (urge to live at any cost) are the five *kleshas* or mental afflictions with which we are born into this human life. Through yoga we can understand how these control our life and see their effects on our behaviour. These '*kleshas*' hinder our personal and social life and must be destroyed through *patanjali's kriya yoga*, which consists of *tapas*, *swadhyaya* and *iswara pranidhana* (*atman prasadanam*).
- *Nishkama karma* : Selfless action and the performance of our duty without any motive, are qualities extolled by the *Bhagavad Gita*. Performing one's duty for the sake of the duty itself and not with any other motive helps us to develop detachment (*vairagya*) which is a quality vital for a good life.

- *Karmasu Koushalam* : ‘Skill in action’ is Yoga says Yogeshwar Krishna in the *Bhagavad Gita*. ‘To do our best and leave the rest’ is how Pujya Swamiji Gitananda Giri Guru Maharaj used to describe it. Even if we don’t practice the other aspects of yoga, we can be ‘living’ Yoga, by performing all our duties skill fully and to the best of our ability. A great artist, doctor, worker, singer or sportsman can be a Yogi by performing their duty to perfection, without care for the rewards of the action, even if they do not practice any *asanas* or *pranayamas*.
- *Samatvam* : ‘Yoga is equanimity’ says the Bhagavad Gita. Development of a wholistic personality neither affected by praise nor blame through development of *vairagya* (detachment) leads to the state of “*stitha prajna*” or “*sama bhava*”. This is a state of mind which is equally predisposed to all that happens, be it good or bad. Such a human is a boon to society and a pleasure to live and work with.
- *Vairagya*: The concept of *vairagya* (detachment) when understood and cultivated makes us dispassionate to the *dwandwas* (the pairs of opposites) such as praise-blame, hot-cold or pleasant-unpleasant.
- Yoga as a “Way of Life”: The regular practice of Yoga as a ‘Way of Life’ helps to reduce the levels of physical, mental and emotional stress. This lays emphasis on Right Thought, Right Action, Right Reaction and Right Attitude.

HATHA YOGA AND JNANA YOGA

- *Yogic asanas, pranayamas and jnana yoga kriyas*, work on the various *koshas* of our body and clear up all the subconscious ‘quirks’ in our brain from the billions of years of evolution from animal to the human state. An understanding of these ‘quirks’ helps us to understand our reaction to various situations and helps to prevent our ‘stress response’ to them. ‘Stress Relievers’ from *Hatha Yoga* and *Jnana Yoga* are of immense benefit in relieving the pent up emotions and the reaction to the stressful situation.

YAMA AND NIYAMA

- The *Pancha yama* and *pancha niyama* provide a strong moral and ethical foundation for our personal and social life. They guide our attitudes with regard to the right and wrong in our life and in relation to our self, our family unit and the entire social system. These changes in our attitude and behaviour will go a long way in helping to prevent the very causes of stress in our life.
- The *pancha yama* consisting of *ahimsa* (non – violence), *satya* (truthfulness), *asteya* (non-stealing), *brahmacharya* (proper channeling of creative impulse) and *aparigraha* (non – coveted-ness) are the “do not’s” in a *Yoga Sadhaka’s* life. Do not kill, do not be untruthful, do not steal, do not waste your god given creativity and do not covet that which does not belong to you. These guide us to say a big “NO” to our lower self and the lower impulses of violence etc. When we apply these to our life we can definitely have better personal and social relationships as social beings.
- The *pancha niyama* consisting of *saucha* (cleanliness), *santhosha* (contentment), *tapas* (leading a disciplined life of austerity), *swadhyaya* (introspectional self analysis), and *ishwar pranidhana* (developing a sense of gratitude to the divine self) guide us with “DO’S” – do be clean, do be contented, do be disciplined, do self – study (introspection) and do be thankful to the divine for all of his blessings. They help us to say a big “YES” to our higher self and the higher impulses. Definitely a person with such qualities is a God-send to humanity. Even when we are unable to live the *yama* and *niyama* completely, even the attempt by us to do so will bear fruit and make each one of us a better person and help us to be of value to those around us and a valuable person to live with in our family and society. These are values which need to be introduced to the youth in order to make them aware and conscious of these wonderful concepts of daily living which are qualities to be imbibed with joy and not learnt with fear or compulsion.

ATTITUDE

- “To have the will to change that which can be changed, the strength to accept that which can not be changed, and the wisdom to know the difference” is the attitude which needs to be cultivated. An attitude of letting go of the worries or the problems and a greater understanding of our mental process helps to create a harmony in our body, mind whose disharmony is the main cause of ‘*aadi – vyadi*’ or the psychosomatic disorders.

PRANAYAMA

- The practice of *pranayama* helps regulate our emotions and stabilize the mind, which is said to be as restless as a 'drunken monkey bitten by a scorpion'. Animals that breathe slowly are seen to be of less excitable nature than those who breathe rapidly and a similar observation holds true for humans. Even when we get angry, we can experience that our breathing becomes rapid and it is slower when we are cool and relaxed. Thus the slow, rhythmic and controlled breathing in *pranayamas* leads to the emotional control seen in many *yoga sadhakas*.

PRATYAHARA

- *Pratyahara kriyas* help to distance our self from the sensory objects, attraction to whom is said to be the initial step in the causation of stress in man. Here, we withdraw our self from the senses and then are not affected by them. We realize how false the senses are in reality, and then do not get either attracted to them nor feel any revulsion towards them

DHARANA AND DHYANA

- Dharana and *dhyana*, help to focus our mind on the right ideals and pursue our goals in a spirit of “*nishkama karma*” (selfless action) and “*karmashu koushalam*” (skillful actions). Development of clarity of thought appears when we are a ‘*stitha prajna*’ (person of mental balance) and have ‘*sama bhava*’ (equal reaction to the opposites). proper sleep patterns and a subjective feeling of wellness are produced by *Yoga* and this in turn leads to better human relationships, proper attitudes, increased production at work and the greater good for the individual, family, nation and ultimately for the whole of humanity

BHAKTI YOGA

- *Bhakti Yoga* enables us to realise the greatness of the Divine and understand our puniness as compared to the power of the Divine or nature. We realize that we are but 'puppets on a string' following his commands on the stage of the world and then perform our activities with the intention of them being an offering to the divine and gratefully receive HIS/ HER/ ITS blessings.
- NADA YOGA AND MANTRA YOGA: Music and the chanting of Mantras with devotion helps to elevate the mind into a higher plane where the individual transcends their problems and can look at things in the right perspective. A detached view of our life can help us to see our self in the true reality. The Divine manifests in various ways and the loss of our individual ego can enable us to see the Divine Self that is there within us and also within all beings.

CONCLUSION

- The art and science of Yoga has infinite possibilities for providing answers to most health problems troubling modern humankind. However we often misunderstand this science and want it to be a miracle pill. A pill that we take only once, and want all the problems to vanish into thin air! Yoga is a wholistic science and must be learnt and practiced with a holistic view.
- “Health and happiness are your birthright, claim them and develop them to your maximum potential”. This message of Swamiji Gitananda Giri Guru Maharaj is a firm reminder that the goal of human existence is not health and happiness but is *moksha* (liberation). Most people today are so busy trying to find health and happiness that they forget why they are here in the first place. Yoga helps us regain our birthrights and attain the goal of human life.

PERSONALITY

- *Personality can be defined as the distinctive and characteristic patterns of thought, emotion, and behavior that make up an individual's personal style of interacting with the physical and social environment.*

GENETICS OF PERSONALITY

- It has been widely accepted that personality develops through the interaction of hereditary dispositions and environmental influences.
- Genetic differences account for about half of the variance in differences between people for most normally distributed temperament traits.
- Of the remaining 50 percent of the variance in differences among people, 30 to 35 percent is explained by non shared environmental effects (i.e., influences unique to each individual) and 10 to 15 percent by measurement error and non-trait score fluctuations.
- Of note, adoption studies suggest somewhat lower heritability of about 30 percent for personality traits.
- Contrary to the common belief, environmental influences that are shared by siblings (such as having the same parents, living in the same neighborhood, going to the same schools, etc.) have only modest influences on the differences among people.

Definition

- “Dynamic organization within the individual of those psychophysical systems that determine his/her unique adjustment to his/her environment.”

Allport

- From the structural standpoint personality can be decomposed into

- Temperament

- Character

- Psyche

- Basic functions of personality are to feel, think, and perceive and to incorporate these into purposeful behaviors.

Temperament

- Temperament refers to the body's biases in the modulation of conditioned behavioral responses to prescriptive physical stimuli.
- Four major temperament traits have been identified and subjected to extensive neurobiological, psychosocial, and clinical investigation:
 - Harm
 - Avoidance
 - Novelty Seeking
 - Reward Dependence
 - Persistence
- Each of the four major dimensions is a normally distributed quantitative trait, moderately heritable, observable early in childhood, relatively stable in time, and moderately predictive of adolescent and adult behavior.
- Also known as the “**emotional core**” of personality.

Effect of + & - reinforcements on emotional states of 4 temperaments

TEMPERAMENT DIMENSION	HIGH SCORES +	HIGH SCORES -	LOW SCORES +	LOW SCORES -
HARM AVOIDANCE	ANXIOUS (AGITATED)	DEPRESSED (RETARDED)	CHEERFUL	FEARLESS
NOVELTY SEEKING	EUPHORIC	ANGRY	PLACID	STOICAL
REWARD DEPENDENCE	SYMPATHETIC	DISGUSTED	ALOOF	INDIFFERENT
PERSISTENCE	ETHUSIASTIC	STEADFAST	UNSTABLE	DISCOURAGED

- Depending on whether a particular temperament trait is high or low, certain emotions will tend to dominate an individual's motivation, perception, and behavior.
 - Even though some basic character components develop early in life, such as trust and confidence, it is the completion of self-object differentiation ("me" vs. "not-me") between 18 months and 3 years of age that sets the stage for the development of character traits and secondary emotions like empathy.
-
- Depending on whether a particular temperament trait is high or low, certain emotions will tend to dominate an individual's motivation, perception, and behavior.
 - Each of these character traits is associated with a typical pattern of secondary emotions.

Character

- Character refers to the “mind” that is the “**conceptual core**” of the personality.
- Whereas temperament involves basic emotions like fear and anger, character involves secondary emotions like purposeful moderation, empathy, and patience and, in even more mature individuals, hope, love, and faith.
- Character is a “mental self-government” which involves executive, legislative and judicial functions.
- These functions are measured as 3 different character traits :
 - Self Directedness
 - Cooperativeness
 - Self Transcendence

CHARACTER DIMENSIONS

CHARACTER DIMENSION	HIGH	LOW
SELF DIRECTEDNESS	RESPONSIBLE, RESOURCEFUL, RESILIENT, SPONTANEOUS, PURPOSEFUL	BLAMING, WISHFUL, PASSIVE, GOAL-LESS. CONFLICTED
COOPERATIVENESS	TOLERANT, EMPATHETIC, COMPASSIONATE, HELPFUL, PRINCIPLED	INSENSITIVE, SELFISH, INTOLERANT, REVENGEFUL, OPPORTUNISTIC
SELF TRANSCENDENCE	CREATIVE, SPIRITUAL, TRANSPERSONAL, INSIGHTFUL, ACQUIESCENT , HUMBLE	CONCRETE, AVOIDANT, ALIENATED, SKEPTICAL, CONTROLLING, CONVENTIONAL, PRETENTIOUS

- Normal character reflects one's capacity to postpone immediate gratification and process internal needs through sublimation, anticipation, altruism, and humor.
- Character development is modular and stepwise.
- The developing character traits (i.e., newly internalized concepts about one's self and the external world) optimize the adaptation of temperament (i.e., early emotionality) to the environment by reducing discrepancies between one's emotional needs and norm-favoring social pressures.

Psyche

- Psyche refers to a person's consciousness, self-awareness, or spirit.
- The growth of self-awareness is crucial to the development of full coherence of personality, which is manifest as creativity, well-being, and wisdom.
- Cloninger observed five distinct levels of intuitive awareness in human beings.

Assessment of psyche by the 5 levels

- Conscious of being,
- Freedom of will,
- Beauty,
- Truth, and
- Goodness.

- Personality is conceptualized as a complex adaptive system involving a multidimensional interaction among temperament, character, and psyche.

Characteristics of a Mentally Healthy Person

1. A mentally healthy person has an ability to make adjustments.
 2. A mentally healthy person has a sense of personal worth, feels worthwhile and important.
 3. A mentally healthy person solves his problems largely by his own efforts and makes his own decisions.
 4. He has a sense of personal security and feels secure in a group, shows understanding of other people's problems and motives.
 5. A mentally healthy person has a sense of responsibility.
 6. He can give and accept love.
 7. He lives in a world of reality rather than fantasy.
 8. He shows emotional maturity in his behaviour, and develops a capacity to tolerate frustration and disappointments in his daily activities.
 9. A mentally healthy person has a variety of interests and generally lives a well-balanced life of work, rest and recreation.
- A healthy individual is not only physically healthy but also mentally healthy. The modern concept of health extends beyond the proper functioning of the body. It includes a sound, efficient mind and controlled emotions. "Health is a state of being hale, sound or whole in body, mind or soul." It means that both body and mind are working efficiently and harmoniously.
 - Man is an integrated mechanism, a psychosomatic unit (body-mind unit) whose behaviour is determined by both physical and mental factors. It is a normal state of well-being, and in the words of Johns and Webster, "is a positive but relative quality of life".

- It is a condition which is characteristic of the average person who meets the demands of life on the basis of his own capacities and limitations. By the word 'relative' we imply that the degree of mental health which an individual enjoys at a time is continuously changing.
- It is not mere absence of mental illness that constitutes mental health; on the other hand, it is a positive quality of the individual's daily living. This quality of living is manifest in the behaviour of an individual whose body and mind are working together in the same direction.
- His thoughts, feelings and actions function harmoniously towards a common goal means the ability to balance feelings, desires, ambitions and ideals in one's daily living. It means the ability to face and accept realities of life.
- Other definitions of mental health refer to such abilities as of making decisions, assuming responsibilities in accordance with one's capacities of finding satisfaction; success and happiness in the accomplishment of everyday tasks of living effectively with others and showing socially considerate behaviour. Mentally healthy individual or a well-adjusted person possesses or develops in his daily living.

These characteristics can serve as criteria for optimum mental health:

1. He has his own philosophy of life:

A mentally healthy person formulates his own values keeping in view the demands of society. This philosophy guides him in his various activities of life.

2. A proper sense of self-evaluation:

A well-adjusted person knows about his capacities, motives, strong points and limitations. He carefully evaluates his behaviour and accepts his mistakes.

With an open mind:

3. Exercises his wise judgment well as he knows strength and limitations well, he choose those social and individual tasks which are neither too difficult nor too easy. Thus he easily achieves his goal.

4. Emotionally mature:

He is emotionally mature and stable and expresses his emotion, nationally and exercises proper control over them.

5. A balanced self-regarding sentiment:

He has a proper sense of personal respect. He thinks that he is an important member of the social group and can contribute something for its progress and welfare.

6. Socially adjustable:

We are all social beings. This social life reality refers social give and take. A mentally healthy person knows the art of social living and social give and take.

7. A realistic approach:

His approach the various problems of life is realistic. He is not cowed down by imaginary fears or pitfall which may come.

8. Intellectually sound:

He has adequately developed intellectual powers. These enable him to think independently and to take proper decision at the proper time.

9. Emotional maturity:

Emotions like fear, anger, love, jealousy, etc. are generally seen in our social life. Such a person has a mature emotional behaviour. He has a control over them and expresses them according to the accepted social norms.

10. Bravery facing failures:

Life is a game of see-saw. If we aim success, we sometimes come across failures as well. A person with perfect mental balance has enough courage and power of tolerance for facing failures in his life.

11. Punctuality:

A person with sound mental health has desirable social and healthy habits. He does not forget his commitments and is regular and punctual in performing his duties.

12. Normal attitudes towards sex:

He has a natural normal attitude towards sex and does not suffer from any sex abnormalities.

13. Self-judgment:

Self-judgment is one of the important characteristics of such a person. He uses it in solving his problems. He does not depend on the judgment of others.

14. Varied interests:

Various types of interest attract him. These provide him with variety and happiness in life. He performs his daily duties with grace and balance. He enjoys work, takes rest and enjoys recreation.

What is Health Psychology?

- **Health psychology** is the study of **psychological and behavioural processes in health, illness and healthcare**.
- It is concerned with understanding how **psychological, behavioural and cultural factors are involved in physical health and illness**, in addition to the **biological causes** that are well understood by medical science.
- Health psychology is concerned with **all aspects of health and illness across the life span**.

What is Health Psychology?

- **Psychological factors** can **affect health directly** (such as stress causing the release of hormones such as cortisol which damage the body over time) and **indirectly via a person's own behaviour choices** which can harm or protect health (such as smoking or taking exercise).
- Health psychologists take a **bio-psychosocial approach** - this means that they understand health to be the product not only of **biological processes** (e.g. a pathogen, tumour, etc.) but also of **psychological processes** (e.g. stress, thoughts and beliefs, behaviours such as smoking and exercise) and **social processes** (e.g. socioeconomic status, culture and ethnicity).

Health Psychology

- In 1948, the World Health Organization (WHO) defined health as "a complete state of physical, mental, and social well-being and not merely the absence of disease or infirmity".
- This definition was very forward looking for its time, but is the core of health psychologists' conception of health today.
- Rather than defining health as the absence of illness, health is recognized as a state involving balance among physical, mental, and social well-being.
- Many use the term "wellness" to refer to this optimum state of health.

Health Psychologists

- Health psychologists focus on health promotion and maintenance, which includes such issues as how to get children to develop good health habits, how to promote regular exercise, and how to design a media campaign to get people to improve their diets, stop smoking, drink in moderation etc.

Health Psychologists

- They also study the psychological aspects of the **prevention and treatment of illness** and teach people in a high-stress occupations how to **manage stress effectively** so that it will not adversely affect their health.
- Health psychologists also work with people who are **already ill** to help them **adjust** more successfully **to their illness** or to learn to **follow their treatment regimen**.

Health Psychologists

- Health Psychologists focus on the **aetiology and correlates of health, illness, and dysfunction**.
- **Aetiology** refers to the **origins or causes of illness**, and health psychologists are **especially interested in the behavioural and social factors that contribute to health or illness and dysfunction**.
- Such factors include **health habits** such as alcohol consumption, smoking, exercise, and ways of coping with stress.

Personality and Health

- The way people **react, respond, relate, and retaliate to situations** is what makes up their **personality**.
- Various **psychological studies** have been conducted over the years to understand and pinpoint exactly **what a healthy personality is**. These studies have resulted in a number of theories.
- **Carl Jung's theory** of an individuated person emphasizes on **higher forces of nature and their role-play** in a healthy personality.

Personality and Health

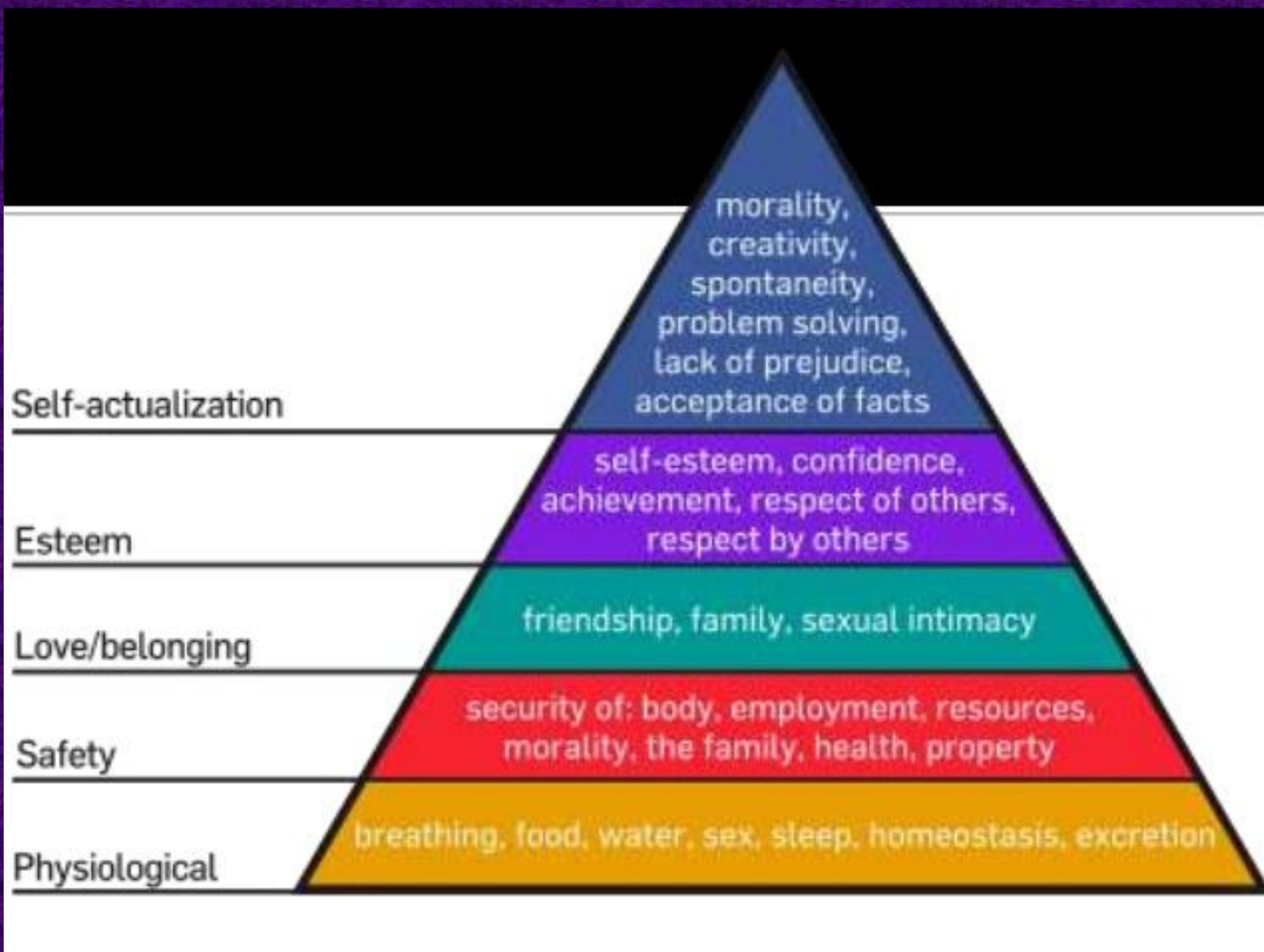
- The **theory of self-transcendence** by Viktor Frankl talks about finding **meaning in our past and our actions** in order to have a healthy mental state.
- The importance of **social adjustment** is reflected in the **theory by Erich Fromm**.
- **Carl Rogers theory of the fully functional person**, shed's light on one's ability to take his own decisions and be spontaneous.
- The **mature person theory** by Gordon Allport, stresses that such a personality is developed by **moving forward and not by pining on the past**. He was one of a kind in an era where all other experts stressed on the past.

Personality and Health

- Another important theory on self-growth and healthy personality is **Abraham Maslow's self-actualization theory**-realization of ones full potential. This hierarchy is most often displayed as a **pyramid**.
- The **lowest levels** of the pyramid are made up of the most **basic needs**, while the **more complex needs are located at the top** of the pyramid.
- Needs at the **bottom of the pyramid are basic physical requirements** including the need for food, water, sleep, and warmth.
- Once these lower-level **needs have been met**, people can move on to the **next level of needs**, which are for **safety and security**.

Personality and Health

- As people **progress up the pyramid, needs become increasingly psychological and social**. The need for love, friendship, and intimacy become important.
- **Further up the pyramid, the need for personal esteem and feelings of accomplishment take priority**.
- Like Carl Rogers, **Maslow emphasized the importance of self-actualization**, which is a process of **growing and developing** as a person in order to achieve **individual potential**.



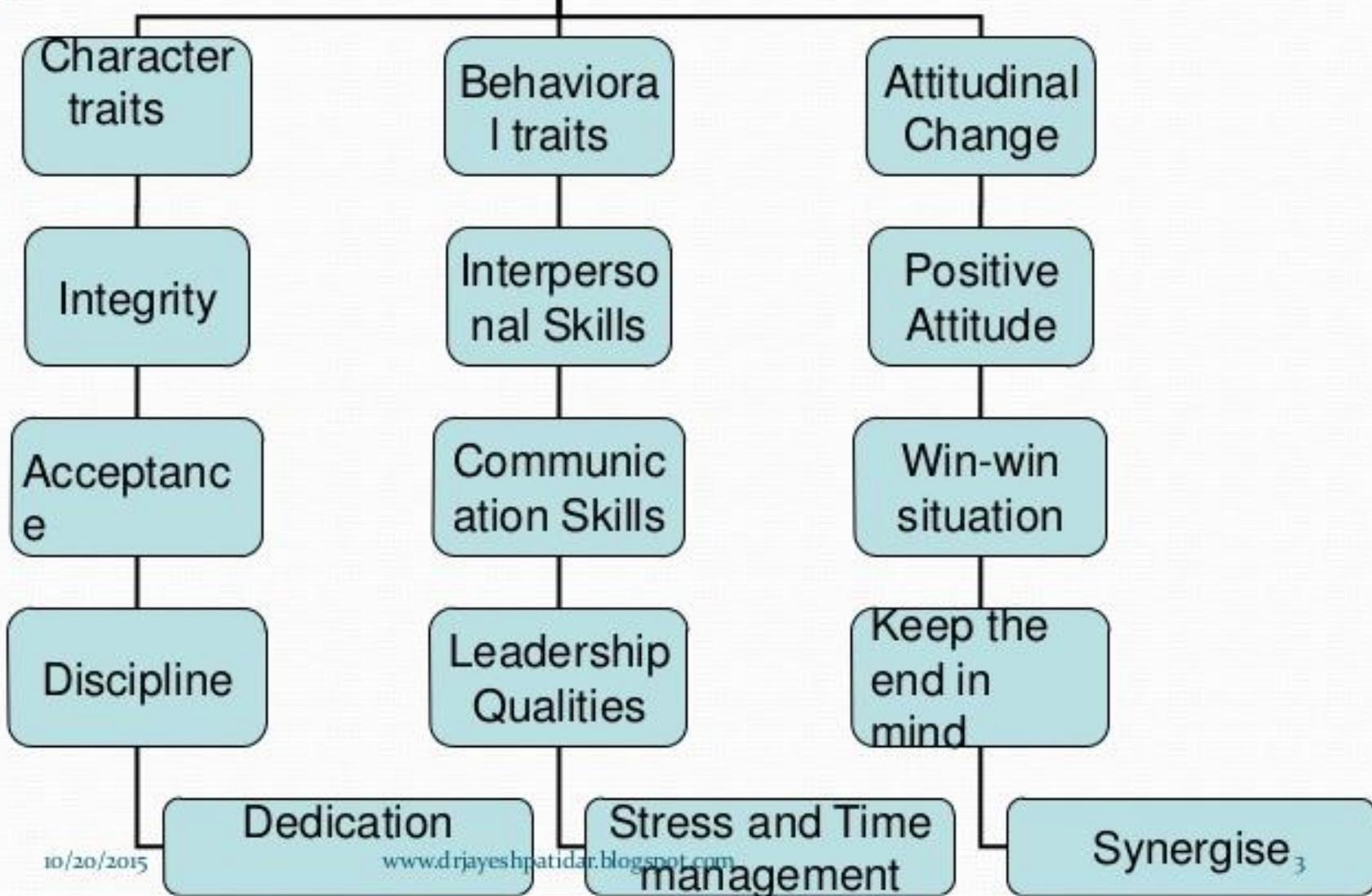
PERSONALITY DEVELOPMENT

Definition of Personality Development

- Personality development is actually the development from the organized pattern of attitudes and behaviors which makes an individual distinctive.

- A man is identified by his personality – public image.
- It is the totality of the person and not merely external looks, but character, behavioral traits and attitude towards life.
- Personality development – is the improvement of behavioral traits such as communication skills, interpersonal relationships, attitude towards life and restoring our ethics.

Know your personality



TYPES OF PERSONALITY

Nine Types

- Perfectionists
- Helpers
- Romantics
- Achievers
- Asserters
- Questioners
- Adventurers
- Observers and
- Peacemakers.

Perfectionists – are realistic, conscientious and principled
Ex: Narayan Murthy – Infosys.

Helpers – are warm, concerned, nurturing and sensitive to other people's needs
Ex: Mother Teresa.

Achievers – are energetic, optimistic, self-assured and goal-oriented
Ex: Sachin Tendulkar

Romantics – have sensitive feelings and are warm and perceptive
Ex: M. F. Hussain – great Indian Painter

Observers – have a need for knowledge and are introverted, curious, analytical and insightful.
Ex: Amartya Sen - Great economist

Questioners – are responsible and trustworthy.
Ex: Shabana Azmi

Adventurers – are energetic, lively and optimistic. They want to contribute to the world
Ex: Vijay Mallya - NRI businessman.

Asserters – are direct, self-reliant, self-confident and protective.
Ex: T. N. Seshan - Chief Election Commissioner.

Peacemakers – are receptive, good-natured and supportive. They seek union with others and the world around them
Ex: Atal Bihari Vajpayee.

It can help in the following ways

- To learn the business etiquette of exchanging cards, wishing on first meeting, bowing when you are visiting Japan and the like.
- Voice modulation, diction, communication skills, phone etiquette, hygiene, empowerment skills, time management and positive thinking.
- To cultivate a friendly, interactive manner. Essentials like giving a speech, voice development and modulation of voice.
- It enhances the sense of confidence and self-worth.

PERSONALITY TEST

This can identify:

- Value system
- Emotional reaction to a critical situation
- Moods and characteristic behaviour traits.
- Maturity in handling a crisis.
- Ability to adjust himself to the stress of day-to-day executive lifestyle.
- Self-confidence, personal ambition, emotional control and sociability etc.
-

BODY LANGUAGE

Body language communicates much more than words. Body language signals are called 'leakages' because you may try to tell something, but the truth will leak out visually.

AVOID SUCH BODY LANGUAGE

- Crossed arms or legs
- Carrying books or papers across your chest
- Slumped posture
- Sitting perched on the edge of the chair
- Wringing hands
- Tapping foot
- Rocking legs
- Drumming fingers
- Biting nails

- Fiddling with the jewelry or hair
- Covering your mouth with your hand while talking
- Rocking in your chair
- Scratching a lot
- Clearing your throat too much
- Straightening your tie
- Playing with watch or cufflinks
- Hands in the pocket

LOOKING AGGRESSIVE

- Arms folded across the chest
- Staring
- Pointing
- Making a fist
- Leaning over someone

BEHAVING RUDELY

- Working when someone is talking to you
- Puffing
- Tollering
- Smirking
- Whispering
- Cracking knuckles
- Grooming yourself
- Standing too close
- Packing up folders and papers well before the meeting is over
- Shaking hands too hard or limp handshakes

- Yawning when the meeting is in progress
- Looking at your watch repeatedly
- Blinking a lot
- Fiddling with rings, watches, earrings and chains
- Tapping or clicking pens
- Playing with paper clips
- Jingling money in pocket
- Picking at fingernails
- Twiddling bits of hair
- Smoking

LEADERSHIP QUALITIES

- Courage
- Self-control
- A keen sense of justice and fairness
- Definiteness of plans
- The habit of doing more than being paid for
- A pleasing personality
- Sympathy and understanding
- Mastery of details
- Willingness to assume full responsibility
- Co-operation

PERSONAL QUALITIES

- accurate
- adaptable
- astute
- can work under pressure
- careful
- committed
- competent
- cooperative
- courteous
- extrovert
- flexible
- friendly
- get on well with other people
- good communicator
- good sense of humour
- good time-keeper
- hard working
- imaginative
- decisive
- dedicated
- energetic
- methodical
- meticulous
- orderly
- organized
- positive
- practical
- independent worker
- lively
- logical
- loyal
- self confident
- self motivated
- sensitive
- thorough
- thoughtful
- vigilant
- work well with others

Determinants of personality

Biological factors

1. Heredity
2. Brain
3. Physical features

Family & Social factors

1. Socialisation process (Behaviour from family & social group)
2. Identification process (Selecting ideal person)
3. Home environment (Brought up)
4. Social Group.

Cultural factors

1. Independence- Australia
2. Aggression- North Korea
3. Competition- India
4. Co-operation- Japan

Situational factors

1. Positive behaviour
2. Negative behaviour

Holland's Personality-Job Fit Theory

Type	Personality	Occupations
<i>Realistic</i>	Shy, Stable, Practical	Mechanic, Farmer, Assembly-Line Worker
<i>Investigative</i>	Analytical, Independent	Biologist, Economist, Mathematician
<i>Social</i>	Sociable, Cooperative	Social Worker, Teacher, Counselor
<i>Conventional</i>	Practical, Efficient	Accountant, Manager Bank Teller
<i>Enterprising</i>	Ambitious, Energetic	Lawyer, Salesperson
<i>Artistic</i>	Imaginative, Idealistic	Painter, Writer, Musician

Type A and B

Type A Personality

- Always moving, walking, and eating rapidly.
- Feel impatient with the rate at which most events take place.
- Strive to think or do two or more things at once.
- Cannot cope with leisure time.
- Are obsessed with numbers, measuring their success in terms of how many or how much of everything they acquire.

Type B Personality

- Never suffer from a sense of time urgency with its accompanying impatience.
- Feel no need to display or discuss either their achievements or accomplishments unless such exposure is demanded by the situation.
- Play for fun & relaxation, instead of exhibit their superiority at any cost.
- Can relax without guilt.

Big 5 in Short...

Personality Factors	Characters
1. Conscientiousness	Careful, dependable and self disciplined
2. Agreeableness	Courteous, good natured, empathic and caring.
3. Neuroticism	Poised, secure and calm.
4. Openness	Sensitive, flexible, creative and curious.
5. Extroversion	Outgoing and cautious.

HOW TO MAKE GOOD PERSONALITY

- Don't be loud.
- Know when to speak up.
- Don't be afraid to talk to others.
- Having a sense of humor is a plus.
- Remember personality doesn't mean that you should have looks.
- Be kind and considerate.

TIPS

- Keep a smart head and keep cool.
- Don't shout or be aggressive.
- Don't doubt yourself.
- Be executive in dress.
- Create your own personal style.
- Don't copy anyone.

**WINNERS ARE NEVER
DISHEARTENED WITH
OBSTACLES AND LEAD BY
EXAMPLE IN WHAT THEY
DO WITH FOCUS AND
CONFIDENCE**

How winners are different from losers

- Hard work and consistency
- Never give up attitude
- Focus and determination
- Strategic planning and deliverance
- Self-confidence
- Time management
- Practical
- Positive thinking



← Trimmed Haircut

← Clean Shaved

← Warm Smile

← Feel of Confidence

← Formal Dress

← Firm Handshake

← Correct Body Posture

- A group of ailments in which emotional stress is a contributing factor to physical problems involving an organ system under involuntary control.

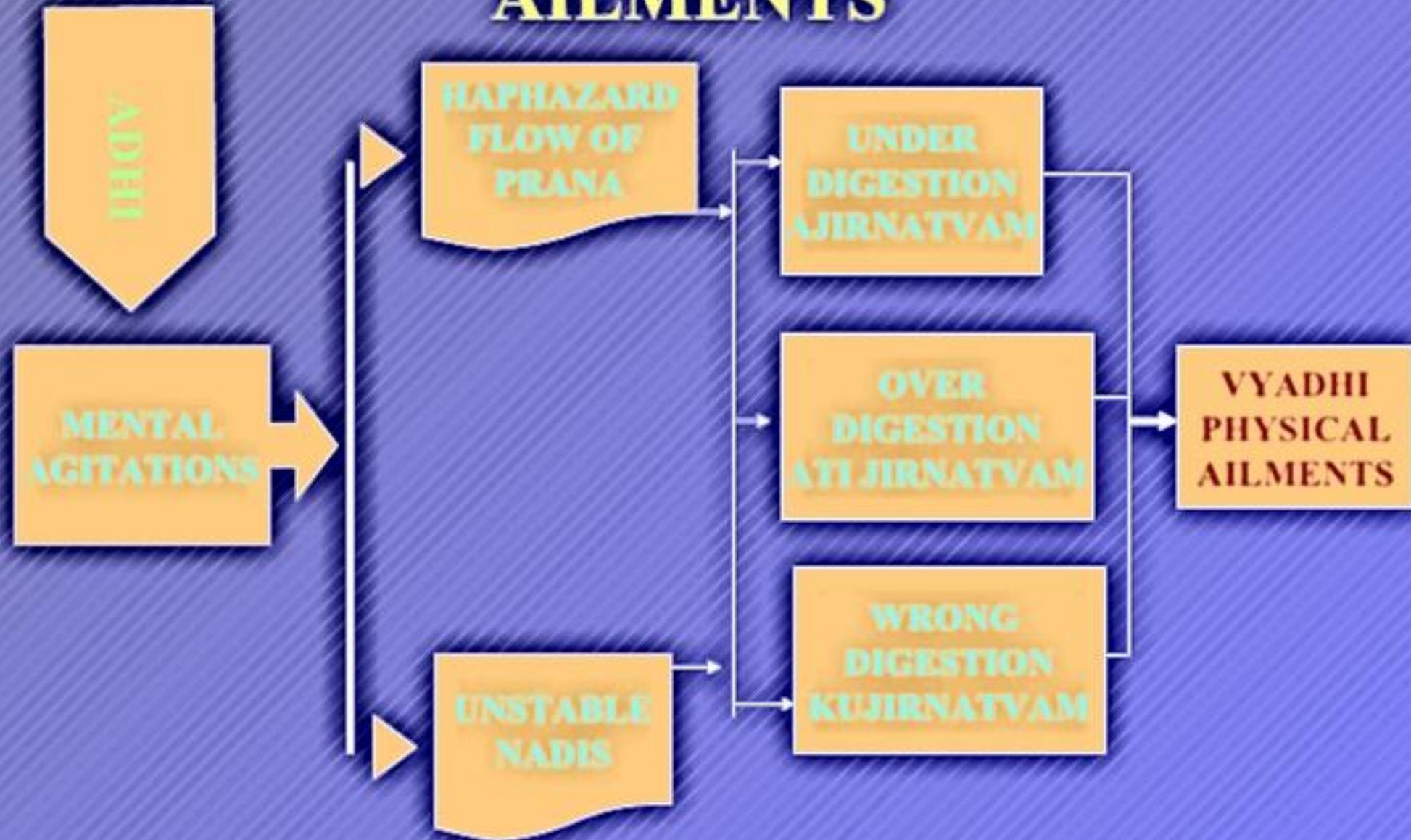
Bimla Kapoor 1994

Psychosomatic Ailments/ Disorder

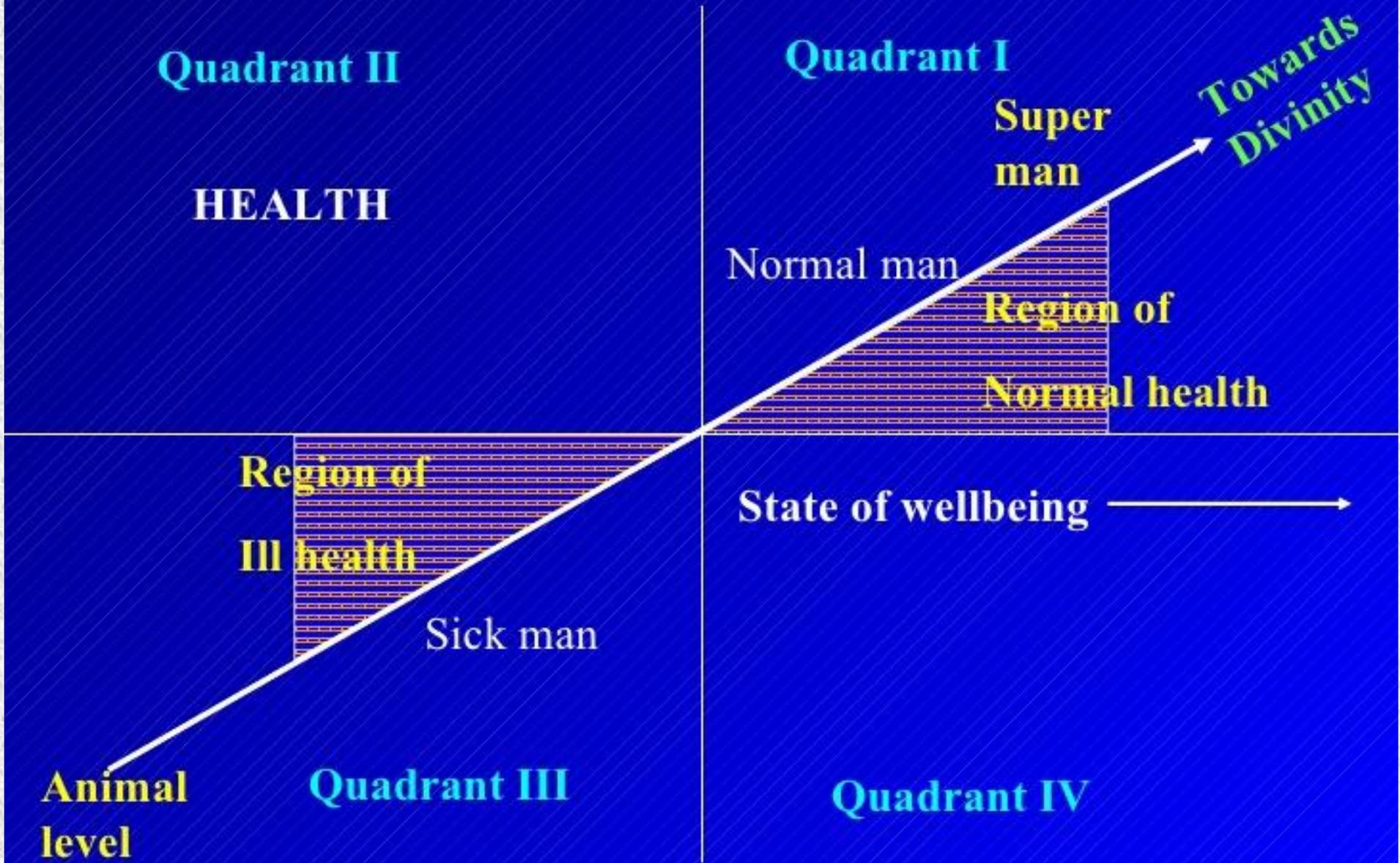
Disorders in which psychic elements are significant in initiating alteration in chemical, physiological or structure of the individual resulting in physical symptoms.

Sreevani R

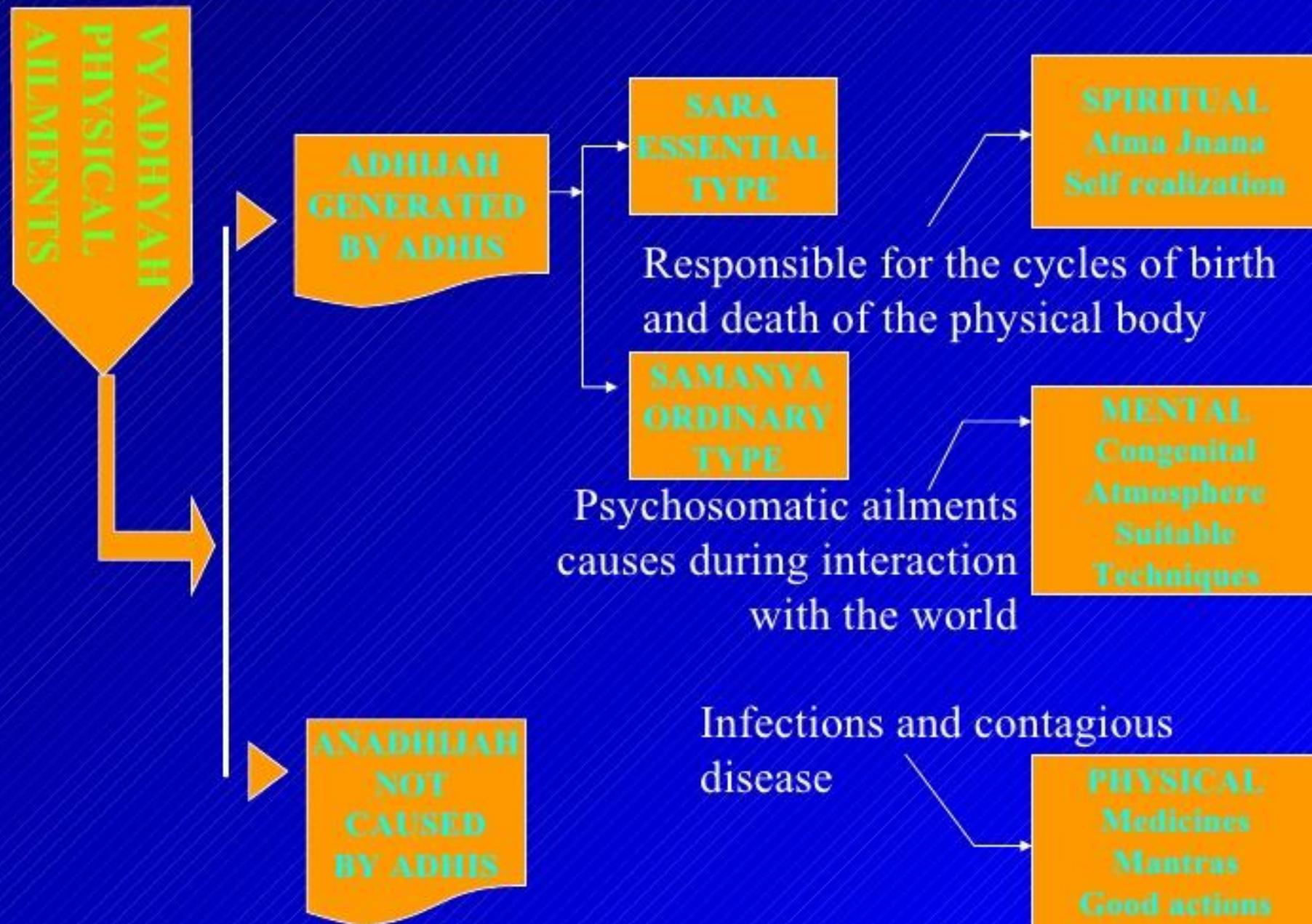
THE SCIENCE OF PSYCHOSOMATIC AILMENTS



CONCEPT OF HEALTH



SCHEMATIC DIAGRAM OF AILMENTS



ANXIETY DISORDERS

- PANIC DISORDERS
- PHOBIAS
- OBSESSIVE COMPULSIVE DISORDER
- GENERAL ANXIETY

SYMPATHETIC

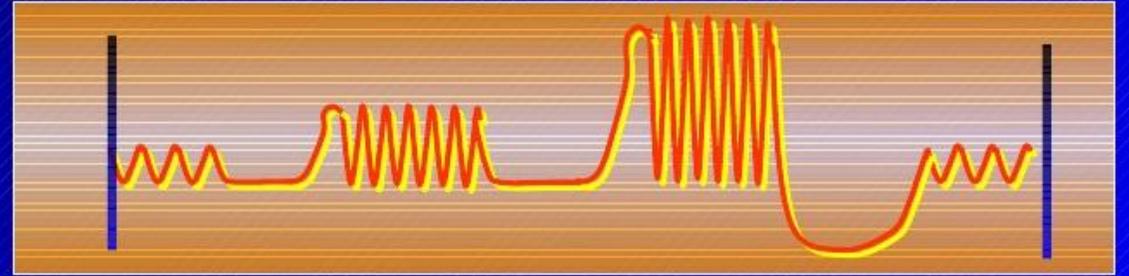


PARASYMPATHETIC

YOGA

MIND = CITTA / MANAH

ONE THOUGHT = ONE UNIT OF MIND



MIND - CONGLOMERATION OF THOUGHTS

YOGA MODULE FOR ANXIETY

Daily morning

- ❖ Pranayama (1-5)
 - ❖ Sithlikarana Vyayama (1-15)
 - ❖ Meditation (1 or 2)
 - ❖ Yogasanas (1-15)
-
- ❖ Kriyas – Weekly once
 - ❖ Candra Anuloma Viloma Pranayama 4 times a day and 27 rounds each time

YOGA MODULE FOR DEPRESSION

Daily morning

- ❖ Sithlikarana Vyayama (1-15)
 - ❖ Yogasanas (1-15)
 - ❖ Pranayama (1-5)
 - ❖ Meditation (1 & 2 alternate)
-
- ❖ Kriyas – Twice a week once
 - ❖ Surya Anuloma Viloma Pranayama 4 times a day and 27 rounds each time

INTEGRATED YOGA MODULE FOR ANXIETY AND DEPRESSION

Sithilikarana Vyayama (loosening exercises)

- Jogging
- Spinal twist and Spinal stretch
- Knee stretch
- Forward and Backward bending
- Alternate toe touching
- Suryanamaskar
- Relax by walking
- Tiger stretch
- Alternate Bhujangasana and Parvathasana
- Cycling
- Pascimottanasana stretch
- Side leg raising
- **Quick relaxation technique (QRT)**

Yogasanas

- Ardhakati cakrasana
- Padahastasana
- Ardha cakrasana
- Bhujangasana
- Salabhasana
- Dhanurasana
- Sarvangasana
- Matsyasana
- Halasana
- Chakrasana
- Sasankasana
- Vakrasana/ Ardha-Matsyendrasana
- Ustrasana
- **Deep relaxation technique (DRT)**

Pranayama

- Kapalabhati
- Vibhaga pranayama (Sectional breathing)
- Surya Anuloma pranayama
- Nadi suddhi
- Sitali/ Sitkari/ Sadanta
- Bhramari

Meditation (Dhyana Dharana)

- Nadanusandhana
- OM meditation

Kriyas

- Jala Neti
- Sutra Neti
- Vaman Dhouti

SPECIFIC PRACTICE

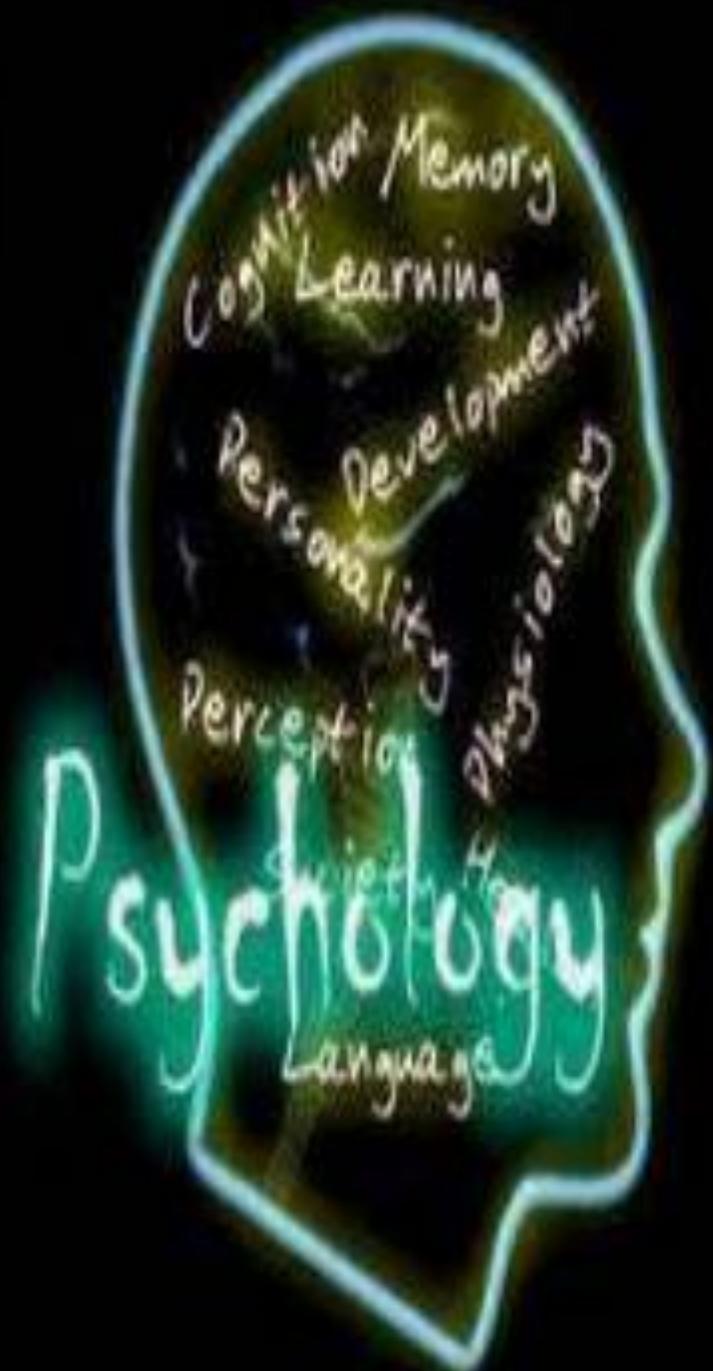
- ❖ **General considerations:** Severe depressions associated with the risk of suicide should be treated medically, if possible.
- ❖ **Contraindications:** Most Yoga practices are helpful. The problem is that depressive people have little enthusiasm to practice. After overcoming the first dislike, they may find Yoga practices (or physical exercise or karma Yoga) helpful. According to some authors, long periods of relaxation or meditation may “close up” some depressive people even more.
- ❖ **Recommendations:** Relaxation, especially short, physical exercises and physical work are usually beneficial.

Recommended asanas :

- ❖ Pranayama
- ❖ Suryanamaskara
- ❖ Sarvangasana
- ❖ Matsyasana
- ❖ Dhanurasana
- ❖ Halasana

INTRODUCTION

- Psychological factors can influence physical health either indirectly, by changing behaviors that affect our health, such as eating, sleeping and socializing, or directly, by producing changes in our hormones and/or heart rate. Additionally, the mind can interact with the benefits of a medicine, reducing the effectiveness of a certain drug or worsening the negative symptoms associated with certain medical conditions.
- Psychosomatic (psychophysiological) medicine has been a specific area of study within the field of psychiatry for more than 75 years. It is informed by two basic assumptions: There is a unity of mind and body (reflected in the term mind-body medicine); and psychological factors must be taken into account when considering all disease states.



CONT...

- Concepts derived from the field of psychosomatic medicine influenced both the emergence of complementary and alternative medicine (CAM), which relies heavily on examining psychological factors in the maintenance of health, and the field of holistic medicine with its emphasis on examining and treating the whole patient, not just his or her disease or disorder.
- The concepts of psychosomatic medicine also influenced the field of behavioral medicine, which integrates the behavioral sciences and the biomedical approach to the prevention, diagnosis, and treatment of disease. Psychosomatic concepts have contributed greatly to those approaches to medical care.



PSYCHOLOGICAL

BIOLOGICAL

ETIOLOGICAL FACTORS

SOCIAL

PERSONALITY

PSYCHE-SOMA INTERACTION

- Mind–body interactions have long been a focus of interest, both in health and in disease. Psychiatric illness and medical disease frequently coexist.
- A more modern approach has been to recognize that all medical illnesses are potentially affected by many different factors in the biological, psychological, and social realms.

MIND
PATH TO THALAMUS

What is a Psychosomatic Disorder?

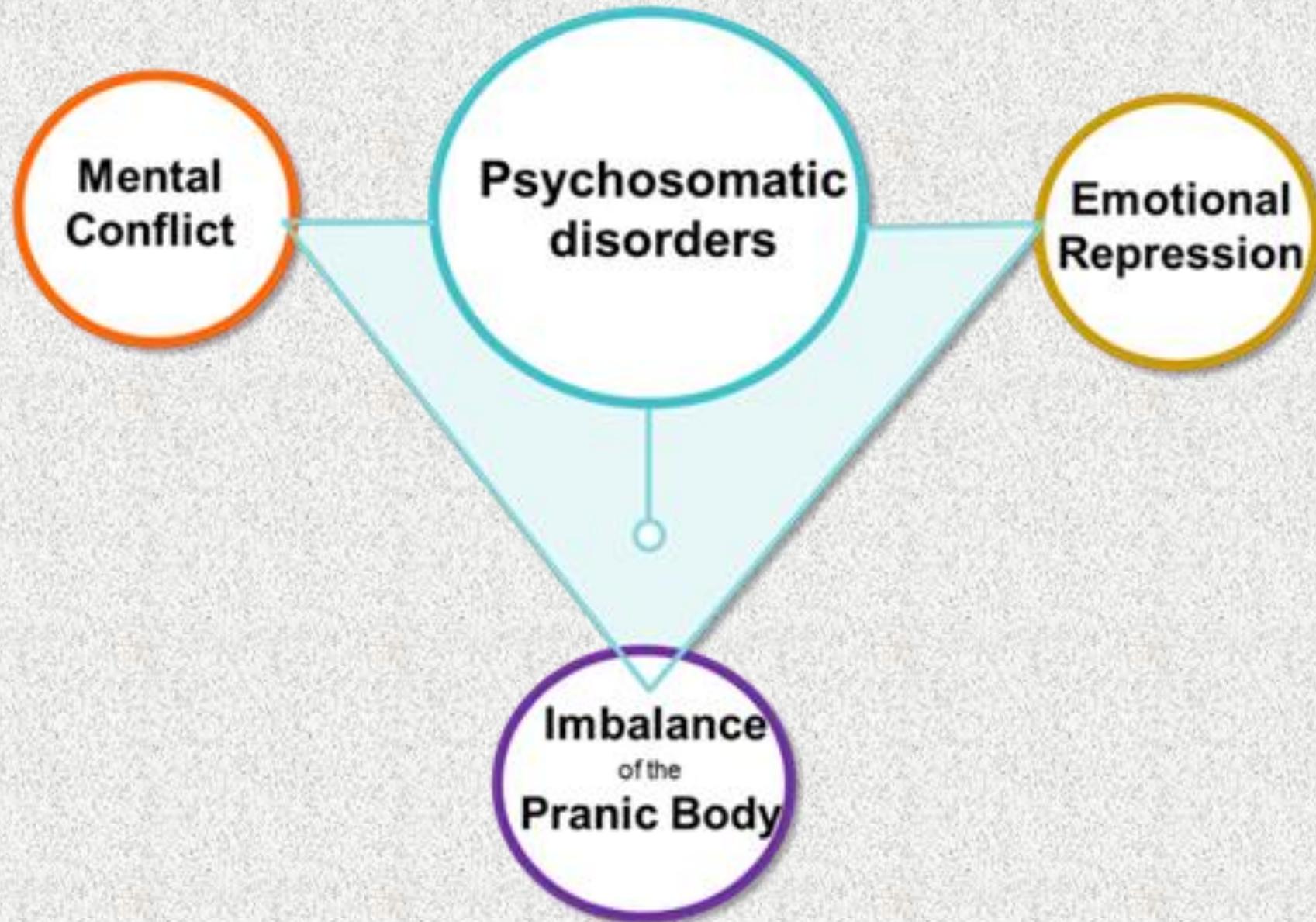
- Psychosomatic Disorder, also known as “somatic symptoms” or “somatoform” disorder, represents a group of disturbances characterised by thoughts, feelings, or behaviours related to somatic symptoms. This preoccupation with physical symptoms causes significant distress and disrupts the individual’s daily life. The physical symptoms may or may not be related to a diagnosable medical condition, but the extreme reaction to the physical symptoms is what characterises this disorder. These medically unexplained physical symptoms may include headache, dizziness, chest pain, lower back pain, nausea, muscle soreness, breathing problems, hot or cold spells, numbness or tingling in parts of the body, lumps in the throat, a weak feeling in parts of the body, and a heavy feeling in the arms or legs.
- These disorders can begin in childhood, adolescence, or adulthood. Medical record studies suggest the rate of **PDS between populations is around 7% to 11.6%**, making this one of the most common categories of patient concerns in primary health care. Furthermore, it is known that clinically significant somatisation leads to excessive health care use, and consequently represent an annual burden over \$100 billion for the US national budget.

Latest Scientific Research

- The [beneficial effects of deep breathing](#) for these types of disorders are now being supported by contemporary science. As more and more research has been undertaken, it is noteworthy that scientific research of Yoga is getting a new accreditation. Studies have demonstrated therapeutic effects of Yoga in chronic pain conditions such as low back pain, headache, fibromyalgia and chronic fatigue syndrome. These types of disorders have an overlap with PDS in terms of subjective and objective clinical features and associated distress. Furthermore, there has been evidence that **Yoga helps to significantly reduce the chronic pain levels.**
- Although Western Medicine does not understand the cause for these disorders, they have been treated and studied for centuries by Yoga Therapy. According to Yoga Philosophy the origin for PDSs is a mental conflict and emotional repression. Traditional texts describe that this conflict causes an imbalance in the subtle life energy, called the [pranic body](#).

Traditional Yogic perspective

- The three Gunas show our mental and spiritual state and allow us to know our propensity for psychological problems. While **Sattva creates clarity**, through which we perceive the truth of things and gives light, concentration and devotion, Rajas and Tamas are factors of mental disharmony causing agitation and delusion.
- From **Rajas** comes the false idea of external world, the pursuit of sensory enjoyment to seek happiness outside ourselves and lose track of our inner peace. Rajas creates desire, pain, agitation, dissipation of energy and emotional upset.
- From **Tamas** comes the ignorance that veils our true nature and weakness in our power of perception. Through it arises the idea of an ego or separate self, by which we feel ourselves to be alone and isolated. Therefore, Tamas brings about stagnation, decay and death.
- Usually, these two forces work together. Raja brings about the over-expression of energy, which eventually leads to exhaustion, where Tamas prevails. In the case of PDS, these types of patients are physically-orientated, we can say that they are stagnated or stocked in their own somatic symptoms and therefore they tend to remain in a Tamasic state.
- Ayurveda psychology aims at moving the mind from Tamas to Rajas and, eventually, to a Satva. This means moving from to an ignorant and physically-orientated life (Tamas) to one of vitality and self-expression (Rajas) and finally to one peace and enlightenment state (Satva).



Yoga Practice for Psychosomatic Disorders

As each of us has all three gunas, so the phases for Yoga Practice for PSD will comprise all these three elements:

Stage 1. Breaking up Tamas

- Active or stimulating postures to remove tiredness and dullness;
- Dispelling toxins or detox;
- Bringing attention into physical body to remove accumulated inertia;
- Recognition of suffering, confronting our pain and learning from it.

Stage 2. Calming the Rajas

- Calm and relaxing asanas;
- Pranayama techniques
- Remove one attention from the physical body to the mind and heart;
- Internal mantras and affirmation;
- Surrender to our pain;
- Letting go of individual hurts and sorrow

Stage 3. Nourishing Satva

- Calm and focused meditation;
- Body is largely forgotten and prana is at rest (e.g. Savasana);
- Where individual learn to transcend the limitation of human condition

As mentioned above, the mental disorders cause imbalances in the prana that governs the mind and thus manifests into somatic symptoms. To understand prana requires understanding of its subtypes, [the five Vayus](#).

- Vayus possess specific actions on our physical structure and body functions. **Each triggers certain emotions** and holds certain mental stages. The pranic mechanism behind psychological disorder begins with the disturbance of Prana Vayu by taking the wrong impressions or thoughts and negative emotions. Secondly, the digesting functions of Samana Vayu become disturbed through wrong intakes and poor discrimination, than the other three vayus (Apana, Udana and Vyana) become disturbed.
- Thereby, for the therapeutic approach of PDSs it's important to consider the role of all five vayus in asana practice, as therapeutic movements. It requires energisation (Prana), expansion (Vyana), contraction (Samana), upward movements (Udana) and downward movements (Apana) in the right proportion and balance. However, the degree of these pranic movements should vary by condition and by [dosha](#), as well.

FRUSTRATION

INTRODUCTION

- ✦ Needs., Drives or motives play an important role in the motivation of human behavior.
- ✦ Repeated failure in attaining the goal further aggravates the situation leading to frustration that may end in the person's maladjustment, abnormality and mental illness.
- ✦ It is the typical fight going on between one's need and motives.



MEANING AND DEFINITION

- ✦ Man is ambitious in nature.
- ✦ We have many aspirations and desires to be fulfilled, and we plan and strive hard for its realization.
- ✦ We may sometime end with repeated failures.
- ✦ According to GOOD "Frustration means emotional tension resulting from the blocking of a desire or need.
- ✦ According to Coleman "Frustration results when our motives are thwarted either by some obstacle that blocks or impedes our progress towards a desired goal or by the absence of an appropriate goal.



**WHAT FACTORS
CAUSE
FRUSTRATION?**



A. EXTERNAL FACTORS.

- ✦ **Physical Factors:** Natural Calamities such as floods, tsunami, earthquakes, fire accidents etc. Obstacle such as traffic jams, crowded lines at the supermarket, droughts that destroy a farmer crops, noise that prevents concentration, floods that delay us in our travel. These can disturb human life.
- ✦ **Social and societal factors:** The rules and regulations of the Parents, society, locality, culture and belief may control the desire and motive of people. Restrictions imposed by other people laws, customs, norms of society. Eg. Inter-caste or religious marriages, certain parental controls, denial of equality, improper

A. EXTERNAL FACTORS.

- ✦ **Economic Factors:** Financial factors. Eg. Unemployment, lack of food and water, other severe economic deprivation.
- ✦ *Individual's own limitation:* Lack of specific abilities, physical handicaps.



B. INTERNAL FACTORS.

- ✦ **Physical abnormality or defects:** Too big or too small stature, very heavy or thin body, ugly face, dark complexion, bodily defects like squint eye, blindness, deaf, dumb etc. cause frustration.
- ✦ **Conflicting desires or aims:** frustration by obstructing mutual aims and goals. Eg. A person may be interested in marrying a girl whom he loves but he wishes to go abroad by marrying another girl.
- ✦ **Individual's morality and high ideals:** An individual's moral standards code of ethics and high ideals may become a source of frustration. He is always caught between Superego and Id. Eg. A person may be afraid to make girl friends,

B. INTERNAL FACTORS.

- ✦ **Level of aspiration too high:** one may aspire very high in spite of one's in capabilities or human limitations. Eg. A person dream to become the captain of a cricket team but does not even know the basics of the game.
- ✦ **Lack of persistence and sincerity in efforts:** frustration may be caused due to weakness in putting continuous persistent efforts with courage enthusiasm and will power at one's command. Eg. Reading a book without interest and complaining that book is not understandable. He also complains of inability of grasping power.

REACTION TO FRUSTRATION: SIMPLE

- ✦ **Increasing trials and improving efforts:** During frustration some people go into introspection and try to overcome obstacles either by increased efforts or improvement of behaviour.
- ✦ **Adopting Compromising means:** repeated failure force people to change the direction efforts. If no medicine nursing would do.
- ✦ **Withdrawal :** the individual learns to move away from the situation that causes him frustration. Behaviours such as asking for a transfer or quitting a job. Refuse to marry in case of sexual incompetency.
- ✦ **Fixation :** An employee blames others and superiors for his problems without knowing.
- ✦ **Regression :** Behaving in an immature and childish manner and may self-pity (to feel sorry for oneself).
- ✦ **Physical Disorder :** Physical ailments such as fever, upset stomach, vomiting, etc.
- ✦ **Apathy :** Becoming irresponsive and disinterested in the job and his co-workers.
- ✦ **Submissiveness:** Here the individual surrenders himself and accepts his defeat. A child become submissive in a thing after repeated failure.

REACTION TO FRUSTRATION: VIOLENT

- ✦ **External aggression;** This aggression may be directed towards either the person or persons who caused the frustration or toward the substitutes. An employee may quarrel with his boss for not getting promotion or rebuke his wife and children. Showing the enmity in one or other manner.
- ✦ **Internal Aggression:** an aggression turned towards self. Instead of releasing the tensions on others it is self directed. Blaming self. Eventually the person becomes neurotic or tries to find escape through suicide.



- **Anxiety** is a feeling of apprehension or fear **and** is almost always accompanied by feelings of impending doom.
- **Anxiety** is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior, such as *pacing back and forth, somatic complaints* and *rumination*.
- Anxiety is a feeling of fear(not same as fear), uneasiness, and worry, usually generalized and unfocused as an *overreaction* to a situation.
- It is often accompanied by *muscular tension, restlessness, fatigue* and *problems in concentration*.

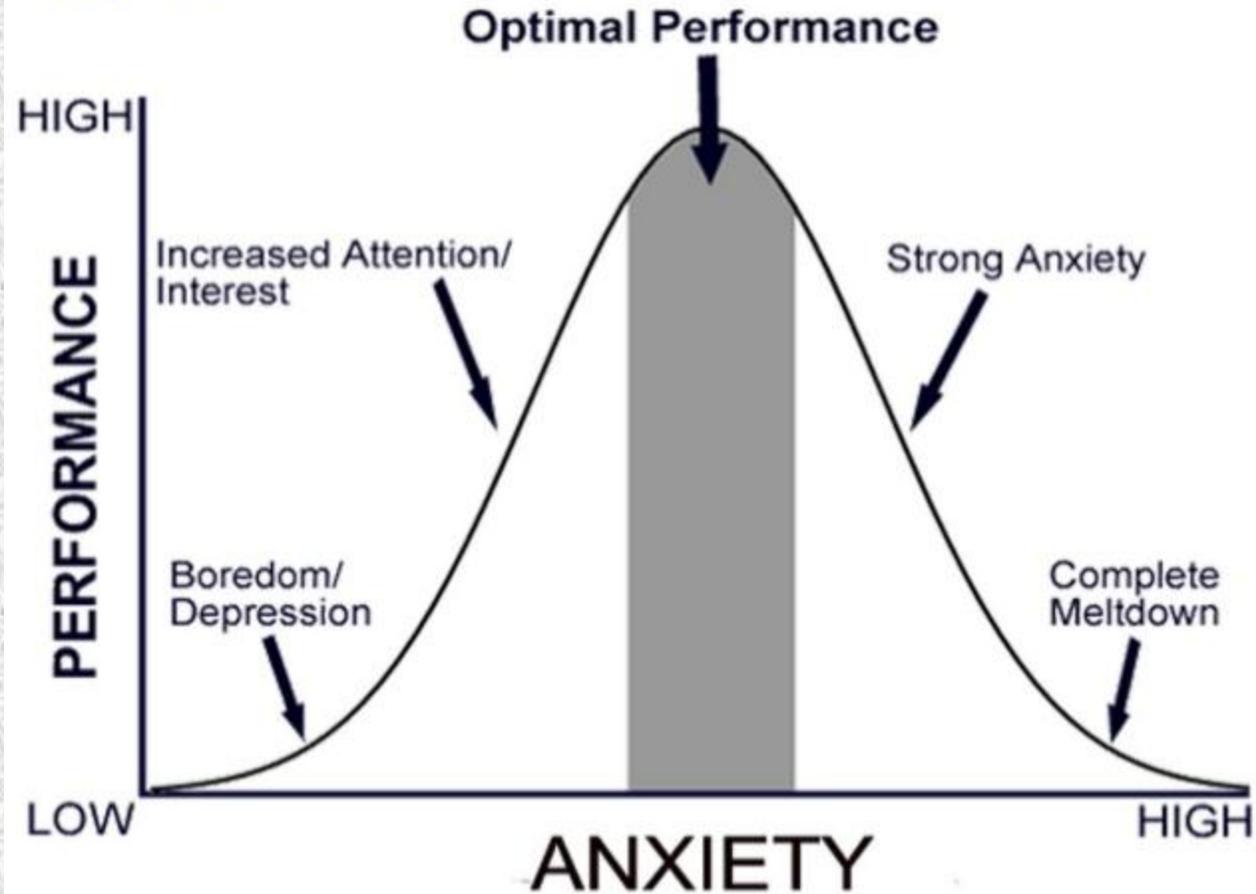
What Causes Anxiety?



- Trauma from events such as abuse, victimization, or the death of a loved one
- Stress in a personal relationship, marriage, friendship, and divorce
- Stress at work
- Stress from school
- Stress about finances and money
- Stress from a natural disaster
- Lack of oxygen in high altitude areas

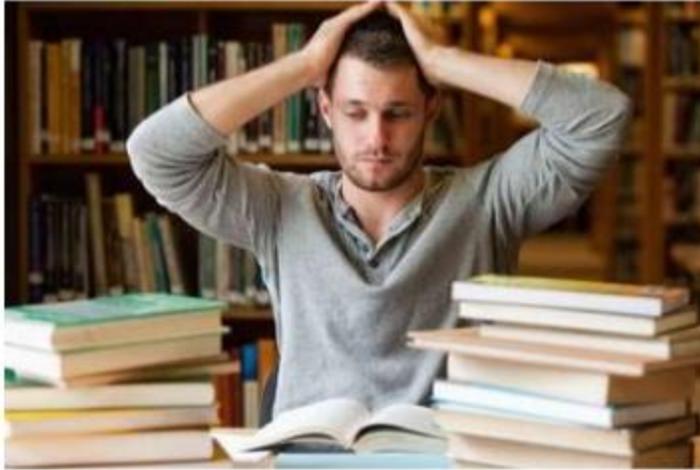
Symptoms of Stress & Anxiety

- Headaches
- Nervous stomach
- Change in appetite
- Rapid breathing
- Rapid heart rate
- Sweaty palms
- Fatigue
- Insomnia
- Dissatisfaction
- Anger
- Depression
- Inability to concentrate
- Irritability



DO YOU HAVE ANXIETY?

- A little anxiety/nervousness is normal.
- **ABNORMAL:**
 - sweating,
 - shaking,
 - rapid heart beat,
 - dry mouth,
 - fainting and nausea.
- Milder cases of test anxiety- of "butterflies" in the stomach,
- More severe cases can actually cause students to become physically ill.



Dr. Romie
where medicine meets mindfulness

ANXIETY: Elevated levels of brain GABA

REDUCTION GABA (OR BLOCK IT'S EFFECTS)

- Alcohol
- Anti-anxiety drugs like valium, xanax
- Sex
- Exercise
 - **Breathing techniques**

Dr. Romie
where medicine meets mindfulness



Meditation is simply the act of making an appointment with yourself.”
- Dr. Romie

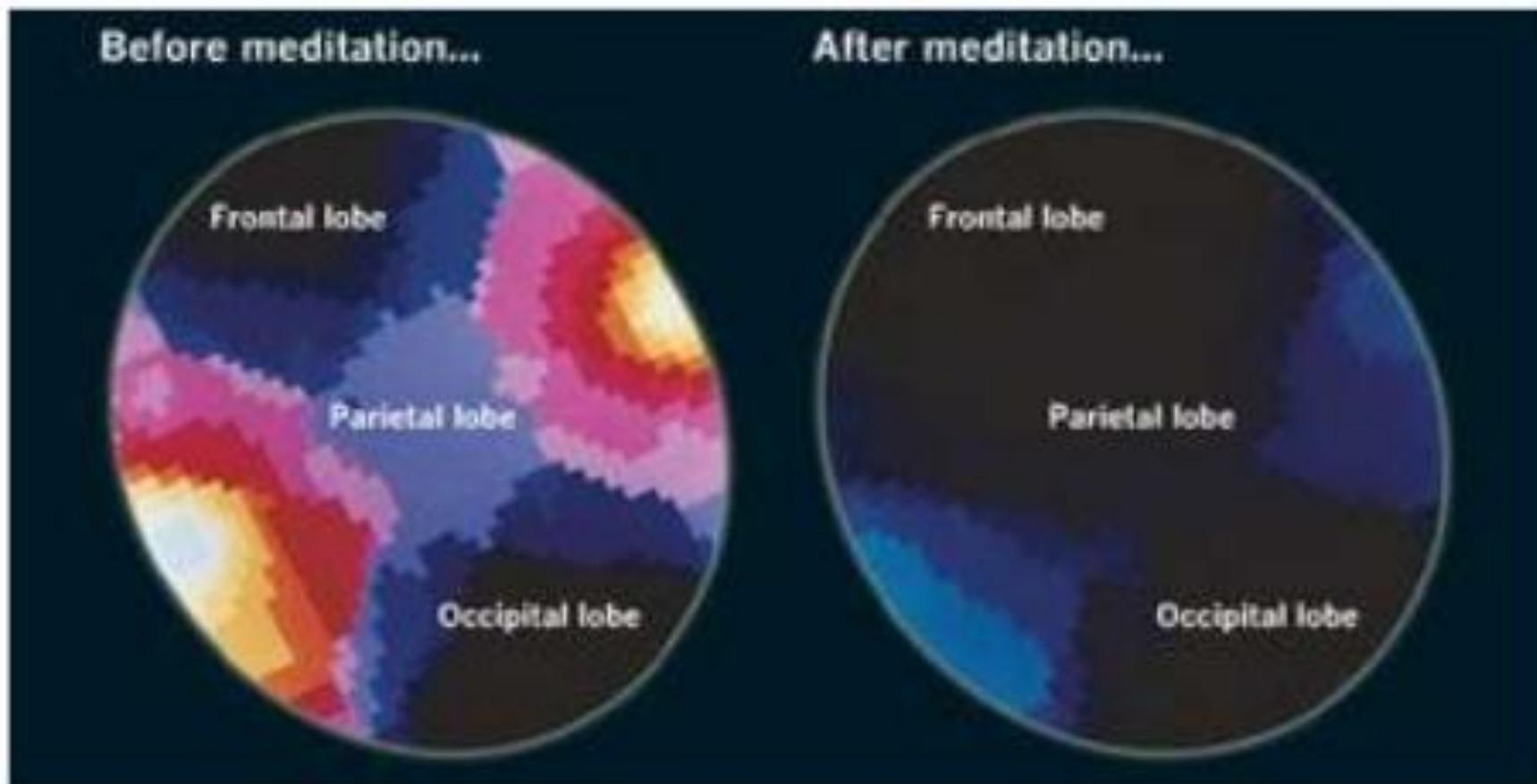
Mindful Healing

- Understand how to train your brain and mind with scientifically proven methods
- Train your brain and mind to:
 - Cope with stress
 - Change the course of chronic disease
 - Create work-life balance



THIS IS YOUR BRAIN WITHOUT DEPRESSION DRUGS

Meditation Treats Depression and Anxiety
Yoga and Meditation reduce GABA levels



MEDITATION IS MEDICINE FOR THE MIND

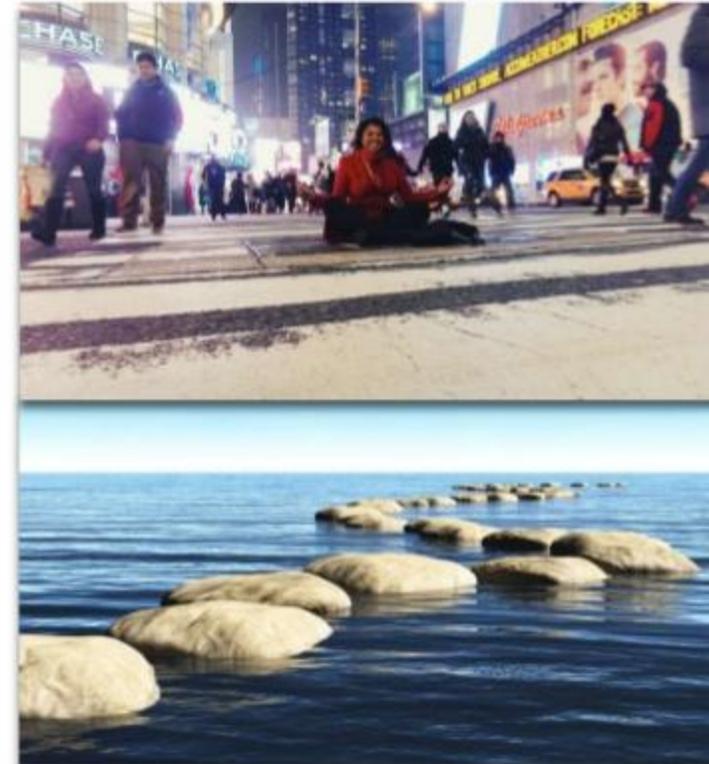
1. Chronic pain
2. Irritable Bowel Syndrome
3. Adrenal Fatigue
4. Headaches including Migraine
5. PTSD
6. Diabetes Mellitus
7. Obesity



Dr. Romie
medicine meets mindfulness

ANXIETY AND DEPRESSION MEDITATION: THE BENSON-HENRY PROTOCOL

- PICK A FOCUS WORD, PHRASE, IMAGE OR SHORT PRAYER
- FIND A QUIET PLACE
- PROGRESSIVELY RELAX ALL YOUR MUSCLES
- BREATHE SLOWLY AND NATURALLY
- THOUGHTS- SAY OH WELL
- TRY INITIALLY FOR 5 MINUTES BUILD UP TO 20 MINUTES
- PRACTICE THIS TECHNIQUE DAILY





MINDFULNESS BASED
STRESS REDUCTION

- Yoga
- Meditation
- Breathwork
- Reiki
- Qi Gong
- Tai Chi
- MBCT



Inability to Forgive Leads to

- Anger
- Resentment
- Depression
- Isolation
- Increased CRP levels
- High Blood Pressure
- Heart Attacks
- Stroke



- **Scientists define stress as a physical, mental, or emotional response to events that causes bodily or mental tension. Simply put, stress is any outside force or event that has an effect on our body or mind.**
- Stress is the way that you react physically, mentally and emotionally to various conditions, changes and demands in your life.
- **Stress** can come from any situation or thought that makes you feel frustrated, angry or nervous.
- What is **stressful** to one person is not necessarily **stressful** to another.



What causes stress?

- **Uneasiness** and distress about **future uncertainties**.
- **Changes in life's expectations or demands**
Ex. Marriage, divorce, pregnancy, illness, bills, increasing demands of a university, Course load, etc.
- **Disorganization**: feeling unprepared and powerless
- **Physical Constraints**
Ex. Physical exhaustion, lack of good exercise and diet strategies
- **Time constraints**: multiple projects and deadlines

Strategies to reduce Stress



- **Take control.** Manage your time instead of letting it manage you. Use a to-do list, follow a written plan, set goals and follow through.
- **Avoid procrastination,** a major cause of stress. Make a realistic list of things you need to do each day. Do the most important things first. That way, even if you don't finish the list, you get the most important things done.
- **Take a break**
Sometimes it is better to get away from the situation for a short time. Take a brisk walk, focus on pleasant thoughts. Then, go back to the task feeling refreshed and ready to tackle whatever it is you have to do.
- **Work on your attitude**
- **Put things into perspective.** Do not take yourself too seriously.
- **Think positive.** "If you think you will fail, or think you will succeed, you are probably right." --Henry Ford
- **Get help**
 - See your instructor, go to tutoring, and participate in study groups.
- **Keep in touch** with friends and family, and develop a support group.

Strategies for dealing with stress

- **Join the crowd**
 - Even though you may think you are the only person in the world who is experiencing stress, the fact is that everyone experiences it sometime.
- **Talk to someone**
 - Find someone you trust, discuss the problems and look for solutions
- **Put it in perspective**
 - Chances are, this is only one small part of the rest of your life
- **Visualize**
 - Sit comfortably and think of a favorite place. Imagine yourself in a successful situation.
- **Breathe**
 - Sit quietly, and breathe deeply and slowly. Continue for five or six breaths. It is calming and the extra dose of oxygen increases the brain's thinking ability.

Strategies for dealing with stress

- **Go on a diet**
 - Eating light and avoiding sugars can help with performance and lessen stress. In a stressful situation like an exam, have a light meal of mostly protein. Remember, a heavy high carbohydrate meal can put you to sleep.
- **Lighten up**
 - Take responsibility for your feelings. When you get angry, take a break and cool down before you act.
- **Use it**
 - A little stress is a good thing. Athletes use it to increase performance. If you are experiencing a small amount of anxiety, it can help to keep you active and alert. Use it to increase your performance.

- **Physical stress busters**

- Eat right, exercise regularly and get plenty of rest

- **Practice, practice, practice**

- Build your confidence: do extra math problems, practice test-taking at home, rehearse your speech a couple of times before the presentation



'You need to go home, take a long relaxing bath surrounded by aromatic candles and do an hour of yoga; but that's out of the question. How about a five minute smoking break?'

Ann Landers said...

"People take advantage of you only with your permission"

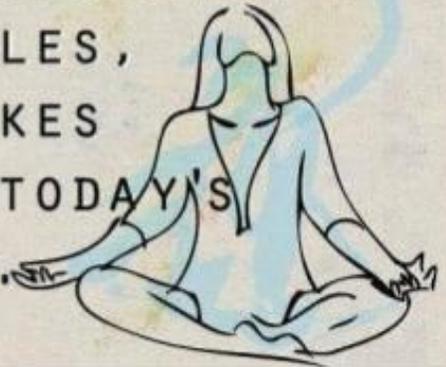


People with no experience of anxiety can say things like...



But finding the courage isn't that easy to do.

WORRYING
DOES NOT TAKE
AWAY TOMORROW'S
TROUBLES,
IT TAKES
AWAY TODAY'S
PEACE.



What is it?

- Depression is categorized as a mood disorder
- A mood disorder is defined as a psychological disorder characterized by emotional extremes
- Causes a persistent feeling of sadness
- One of the most common disorders in the US

Depression



DEPRESSION

- ❖ Incidence more in women (twice)
- ❖ Chances of episodes increases with age
- ❖ Risk of serious depression increases in later years of life
- ❖ Affects children also
- ❖ Loss of energy and interest
- ❖ Feelings of guilt
- ❖ Difficulty in concentration
- ❖ Loss of appetite
- ❖ Thoughts of death or suicide

Types of Depression Include

- Major Depressive Disorder
- Catatonic Depression
- Seasonal Affective Disorder
- Dysthymic Disorder
- Bipolar Depression
- Clinical Depression



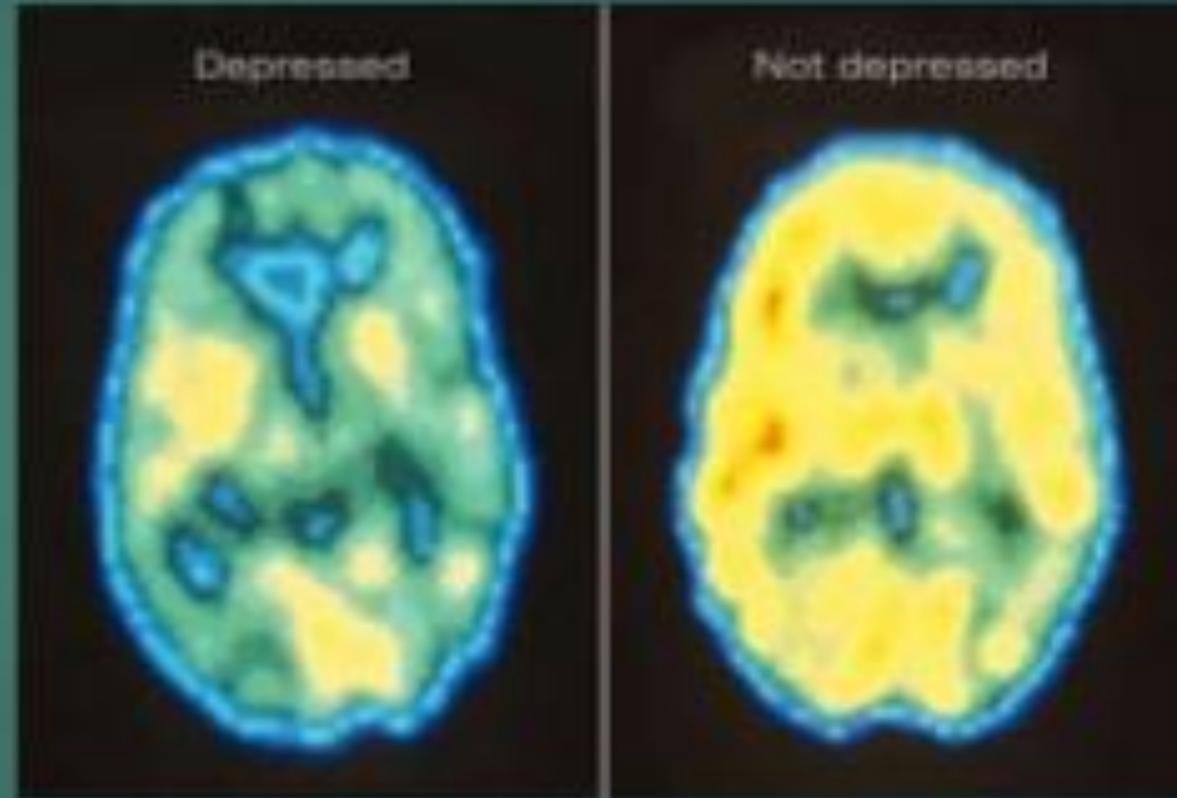
Major Depressive Disorder

This disorder occurs when symptoms of depression last two weeks or more and are not caused by drugs or a medical condition



Causes of Depression

- ▶ Biological differences: there can be physical problems in the brains of depressed people
- ▶ Brain chemistry: There may be an imbalance of the amount of neurotransmitter exposure
- ▶ Hormones: There may be a chemical imbalance in the brain
- ▶ Inherited traits: Depression can be genetic



Risk Factors

- ▶ Certain personality traits
- ▶ Traumatic or stressful events
- ▶ Childhood trauma
- ▶ Blood relatives with a history of depression
- ▶ Being lesbian, gay, bisexual or transgender in an unsupportive situation
- ▶ History of other mental health disorders
- ▶ Abuse of alcohol or illegal drugs
- ▶ Serious or chronic illness
- ▶ Certain medications



Symptoms

- ▶ Feelings of sadness, tearfulness, emptiness or hopelessness
- ▶ Angry outbursts, irritability or frustration
- ▶ Loss of interest or pleasure
- ▶ Sleep disturbances
- ▶ Tiredness and lack of energy
- ▶ Changes in appetite
- ▶ Anxiety, agitation or restlessness
- ▶ Slowed thinking, speaking or body movements
- ▶ Feelings of worthlessness or guilt
- ▶ Trouble thinking
- ▶ Frequent or recurrent thoughts of death
- ▶ Unexplained physical problems



Treatments

- ▶ Talk to a psychologist about psychological counseling (psychotherapy)
- ▶ Talk to a psychiatrist about getting prescribed an antidepressant

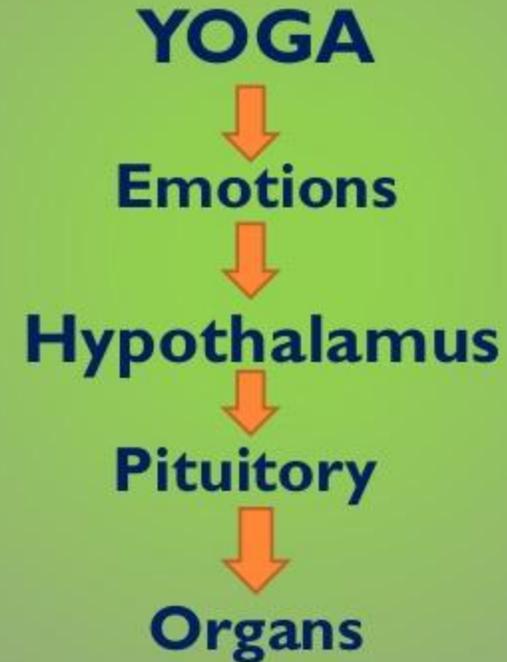
Not-so-Fun Facts

- ▶ Depressed people are more prone to colds than non-depressed people
- ▶ Women are twice as likely to suffer from depression as men
- ▶ Exposure to abuse and violence make people more vulnerable to depression
- ▶ There is a relationship between depression and physical health
- ▶ Many creative poets and writers have experienced depression
- ▶ Even positive events can lead to depression

How yoga works on stress

- In yoga breathing using the diaphragm, as you breath can stimulate the Vagus nerve and help reduce stress.
- Vagus nerve is the main nerve of parasympathetic nervous system, extends from the medulla through the diaphragm to abdomen, and responsible for:
 - i. Slowing respiration
 - ii. Reducing heart rate
 - iii. Lowering blood pressure,
 - iv. Stimulating digestive activity

Yoga & H-P-O axis



How Yoga helps !

Asanas :

- Musculo-skeletal flexibility and joint range of motion increases
- Posture improves
- Energy level increases
- Respiratory and Cardio vascular efficiency increases
- Endurance and immunity increases
- Endocrine functions and weight normalizes
- Digestion improves

How Yoga helps !

Pranayama

- Anxiety and Depression decreases
- Concentration, Attention and Memory improves
- Stable Autonomic Nervous system equilibrium
- Pulse rate, Respiratory rate and blood pressure decreases
- Alpha waves in brain increase
- Strength and resiliency increase
- Breath holding time and Lung capacity increases

How Yoga helps !

Meditation

- Self acceptance, self awareness, self actualization increases
- Anxiety, stress, depression decreases
- Mood, memory, learning skills, attention improves
- Social adjustment improves
- Subjective well being improves

How Yoga helps !

Bio-chemical benefits

- Glucose, Sodium, Total and LDL(bad) Cholesterol, Triglycerides decreases
- HDL(good) cholesterol, Hemoglobin, Vit.C, Vit.D increases

Conclusion

Yoga appears to blunt the harmful effects of heightened stress by influencing the body's response to stress. There is also evidence that yoga helps increase heart rate variability, an indicator of the body's flexibility in responding to stress.

Conclusion

- Yoga helps to relax and decreases anxiety and stress.
- The way we breathe reflects the quality of the mind. There is a connection between mental, emotional, and psychological states and the quickness of breath. The mental state influences our breathing pattern therefore, one can choose to change the breathing pattern and thus change mental state. When you relax and slow the pace of your breath, the pace of the mind is calmed and quieted..

In a Nutshell ...



Let Go !!!

THANK YOU

