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ANCIENT INDIAN METHODS FOR STRESS RELAXATION

Balaji Deekshitulu P V*

Dravidian University

ABSTRACT

In this review article the author argues that complete presentation of various Ancient Indian methods can reduce the stress and related mental and physical illnesses like Stress anxiety, depression etc.. Life is neither Possible to overcome safely. These methods are increasing in Physical and mental health and reducing stress is an important stimulus of human growth and creativity as well an inevitable part of life.

Keywords: Yoga, Meditation, Mantra, Mudra and etc...

*Correspondence to Author:

Balaji Deekshitulu P V
Dravidian University

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Introduction:

Stress is a Sudden Biological Change. It has become the curse of 21st century and is silent killer in the modern world. Stress is the greatest danger to the information era. Stress is the priceless poison for human life in the universe. It can disturb any one's physical, mental, emotional and behavioral balance. Stress can damage different parts of human body from muscles from tissues to organs and blood vessels. It can speed up pulse rate and respiration. It can raise blood pressure and body temperature. It can also

interfere with the body metabolism, digestion, appetite, sleep, sexuality and even fertility.

Symptoms of Stress?

Stress can affect all aspects of your life, including your emotions, behaviors, thinking ability, and physical health. No part of the body is immune. But, because people handle stress differently, symptoms of stress can vary. Symptoms can be vague and may be the same as those caused by medical conditions. So it is important to discuss them with your doctor. You may experience any of the following symptoms of stress.

Common effects of stress ...		
... On your body	... On your mood	... On your behavior
Headache Muscle tension or pain Chest pain Fatigue Change in sex drive Stomach upset Sleep problems	Anxiety Restlessness Lack of motivation or focus Irritability or anger Sadness or depression	Overeating or undereating Angry outbursts Drug or alcohol abuse Tobacco use Social withdrawal

Meditation: The Indian Rishis attributed great importance to culture and stressed on the need for the development of the inner faculties of a human being. They discovered various methods of feeding, resting and revitalizing the body. After countless years of experience and experiments they developed special systems of exercises for increasing the strength, purity and power of all the faculties of man.

The rishis also preach that for sublimation and evolution, every person must meditate on God at least three times a day. They associate these times with the three times of the Sun. When one gets up from sleep, he must pay homage to his deity or the rising Sun to prepare for the day's chores. He must respect the mid-day Sun when he prepares to eat meals for his sustenance and the setting Sun to express his gratitude to his Creator for the successful completion of his day's work. They also proclaim that the most auspicious time for meditation is 3 am every day,

because during this time, Mother Nature is the most serene. It is called Brahma Mudra. R. Manocha et al. (2011), Balaji Deekshitulu PV(2017), Manpreet Kaur (2017) the positive and encouraging changes in the health of female prisoners in Delhi reported after practicing meditation, yoga and such techniques aiding stress management. Huberty J(2019), Josefien J. F. Breedvelt et al.(2020)study that the mindfulness meditation in order to reduce stress and improve mindfulness and self-compassion in stressed college students.

Diet: Vedic diet and nutrition may help some people to cope with stress by managing their symptoms and promote recovery. Some herbal remedies, vitamin such as vitamin B, C, E may give a boost in your immune systems. Food or supplements that contain antioxidants such as berries, mangosteen, quercetin etc. will help you to fight for the free radicals that generated from your body as a result of stress. Avoid stimulant

food such as alcohol, coffee, sugars and high fat foods. If you decide to take a health supplement, here is some guidelines for you to decide the reliability and safety considerations on the health supplements. Madhav Goyal et al.(2014) evidence of any effect of meditation programs on positive mood, attention, substance use, eating habits, sleep, and weight. We found no evidence that meditation programs were better than any active treatment (ie, drugs, exercise, and other behavioral therapies). Balaji Deekshitulu PV(2020) explains that the Food habits are uses self-treatment of different psychiatric disorders. It is reported that Diet are used in treating a broad range of mental health disorders including anxiety, stress, depression, obsessive-compulsive, affective, bipolar maniac-depressive, psychotic, phobic and somatoform disorders etc.

Samadosa samagnisca samadhatu malakriya/Prasannatmendriya mana swastha ityabhidhiyate// Susruta Samhita Sutra 15/48.

Drawing/painting/writing/Exercise: Exercise releases endorphins, the body's 'feel good hormones' and 20 minutes a day, can change your entire outlook on life. like temple pradakshinams, yoga etc... Lisa Rusczyk(2013) asked that 50 simple tips are any person who would like to know while having stress in their home and work lives. This also includes a list of positive words and 16 ways for Mom's to Distress. Balaji Deekshitulu P V.(2016)reviewed that the Stress full life is neither Possible to overcome safe lives on different simple steps. These steps are increasing in Physical and mental health, stress is an important stimulus of human growth and creativity as well an inevitable part of life.

Music: Soothing or listening devotional music can help you to relax and feel good. Choose the music that has good vibration that would make you feel good and happy. Do not choose the music that make you feel sad. (Raj Kotwal(1998), Lalitha Ramakrishna(2006), Jaydeep Chakraborty(2006), Chouhan (2011), Rodriguez AH(2013), Heather Kennedy, et al.(2014), Balaji Deekshitulu P.V(2015)explain that the

Madhyamavati, Kafi Rag, Darbari, Kharahara Priya, Natabhairav, Dwijavanthi, Shanmukha-priya, Hameerkalyan etc..ragas very help full pece of mind ad stress control. Govind Saraswati and Sonali Dixit (2018), Balaji Deekshitulu P V (2018) explain that the healing powers of music. And various ragas in Hindustani & Karnataka treating persons with special needs in mental and physical health, Ogba, Francisca N etal.(2019) suggest that the efficacy of music therapy with relaxation technique for improving the students' stress management can be consistent at follow-up. Hence, music therapists, counsellors and psychotherapists should continue to investigate the beneficial effects of music therapy

Classical Dance: Dance is a performing of art; Dance is the movement of the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion, releasing energy, or simply taking delight in the movement itself. Dance is combine performance of Yoga, Mudras and Music. In Bharata Natyam, the Classical Dance of India, approximately fifty-five root mudras (hand/finger gestures),24 types of Asamyuta Hastas in Kuchipudi, 28 types of mudras in Kathak,470 mudras of kathakali, 24 of mohiniattam are used to clearly communicate specific ideas, events, actions, or creatures in which thirty-two require only one hand, and are classified as 'Asamyukta Hasta' along with twenty-three other primary mudras ... Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has a wide range of physical and mental benefits. Balaji Deekshitulu P V (2019) explained that the positive effects for physical health as well as mental and emotional wellbeing. Dance therapy is based on the idea that body and mind are relational.

Yoga: Yoga is an ancient art that is defined as the union of the soul with God. The practice is at least 3000 years, It is "a path of personal spiritual development that utilizes meditation to bring enlightenment, self-realization, and, ultimately, the attainment of God and bliss". Originally, the

ultimate goal of yoga was called Samadhi, or self-realization.

Patanjal defined: Yogas Citta Vrtti Nirodhah, "Yoga is the restraint of the agitation of thoughts"(Iyengar 2001). Patanjali is father of yoga around the sixth century B.C. appeared in the massive epic The Mahabharata written by sage Vyasa and containing The Bhagavad Gita. Krishna explains to Arjuna about the essence of Yoga as practiced in daily lives ('Song of the Lord'), uses the term "yoga" extensively in a variety of ways. **Bhagavad-Gita yoga is also defined as "skill in action" and "moderation in everything" (verma et al.2014),** In addition to an entire chapter dedicated to traditional yoga practice, including meditation, it introduces three prominent types of yoga:

- Karma yoga: The yoga of action
- Bhakti yoga: The yoga of devotion, note Krishna had also specified devotion itself was action similar to above.
- Jnana yoga: The yoga of knowledge.

Patanjali introduced -Ashtanga or Power yoga - a more demanding workout where you constantly move from one posture to another ("flow"). Sasidharan K Rajeshet al (2014), Devanand Upadhyay(2014), Annavajhula J.C. Bose and A. Chinmayee Meghana (2014), Mohini (2015), Indradeep kaur(2015)studied that the successfully managed stress. My personal request is that if any arrangement can be made where the heartbeat of the participants can be monitored and the ECG be recorded while they meditate.

Vandanashrma(2016)study that the Vedas, Bhagwad Gita, Upanishads, Yoga are the new rays of hopes which are essential to face these modern life problems, especially stress. The present paper attempts to describe management of stress through the application of wisdom of Bharat. Giuseppe La Torre et al.(2020), Anita Verma (2020), Jaylee K. Oliver (2020) study that the literature on the benefits of a mindful yoga

practice, particularly by examining pre, post, and next day effects.,

The dimensions of yoga are

- Pranayama (breathing)
- Asana (postures)
- Yama (restraint)
- Niyama (healthy observances)
- Pratyahara (sensory withdrawal)
- Dharana (concentration)
- Dhyana (meditation)
- Samadhi (higher consciousness)

Mudras: Mudras are helps active and flexibly of body and mind to healthy they are Gyana mudra, kesepana mudra,musti mudra (sri acharya kesava dev, Kuladeep singh (2015,)), Balaji P.V Deekshitulu (2015) & Balaji Deekshitulu (2019) reviwed that the Mantra therapy can be control of stress, depression, anxiety, fear and promotion of mental health and happiness. Studies have shown that Mantras can have beneficial effects on the health of the body as well as positive results in Mental & Physical levels.

Mantras: Vedic Mantra Treatment is based on chanting these mantras and awakens the body's natural healing mechanisms. Mantras inspire positive and penetrating thoughts and enlighten the emotional and deeper levels of consciousness. 'Mananat- trayate iti Mantrah' - By the Manana (constant thinking or recollection), Vedas, Agamas and Upanishads are explain various mantras and slokas like Dhakshina murthy slokam, Saraswathy slokam, Ganapathy slokam, Hyagreeva slokam etc... and

"Ohm" – 7.83Hz

Gam – 14hz

Hleem – 20Hz

Hreem – 26Hz

Kleem – 33Hz

Krowm – 39Hz

Sreem – 45Hz

Mental Power - Om hrim mannas chetnayee phat

Om Namah Narayane Aye

Om Namah Bhagwate Vasdevaye Namaha

Om Namah Shivāyā

Kamakhya Kumar (2014), Dr Balaji Deekshitulu P.V(2015 & 2017), et al.(2018) asked that the mantras can brain stabilizer, Improves concentration and steadiness, Perform it with positivity, cheerfulness, honesty and healing in the body is achieved the benefits of mantra chanting in mental health and wellness.

major compound of the essential oil mixture, may be positively contributing for these effects.

study, aromatherapy was effective in stress and anxiety levels reduction and linalool, the

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Color Therapy and Visualization:

Colors affect moods and emotions. Color therapy uses this sensitivity to color to identify and correct any imbalances in the body's internal energy patterns that might lead to emotional or physical ill health. Therapists believe that each organ and body system has its own characteristic vibrational energy, and disorders can be healed by applying color of the corresponding vibrational energy, either to the whole body or to the organ concerned. Seven 'chakras' in our body are associated with the seven colours of the rainbow. By internally visualizing these colors, one can burst the stress - related problems. Following are the colors related to each chakra

Root or Muladhara Chakra ---->Red

Swadishtana or Hara Chakra---->Orange

Manipura or Solar Plexes----->Yellow

Heart or Anahata Chakra----->Green

Throat or Vishuddhi Chakra---->Blue

Third Eye or Ajna Chakra----->Indigo

Sahasrara or Crown Chakra---->Violet

The following Meditation method works for stress relief. It is part of Color Visualization or Rainbow meditation or Reiki Meditation Dr Balaji Deekshitulu P.V (2014) Results show that *chakra* meditation training reducing the stress and increase the relaxation among contract employees

Massage Therapy:

This therapy by gradual pressing and releasing the muscles, muscles get loosened which lead to physical relaxation. The therapy includes the use of herbal oils like Coconut, Jaborandi, Arnica, Camphor, Aswagandha, Brahmi, Bringaraj and sandal wood etc... lotions are easily relief to stress and stimulate pressure points. The philosophy in this form of therapy is a 'sound mind in a sound body'. If the body feels good, then the mind automatically relaxes. This therapy while applying pressure during a massage. This pain continues to decrease with time. During a massage, a person is asked to close the eyes and feel the tension release. Massage therapy tunes up the body muscles and in turn the mind. Françoise Labrique-Walusis et al.(2010) stress and anxiety were significantly reduced. The simple act of touch-focused care, even a simple 5-min hand or foot massage, Fatemeh Nazari et al.(2015), Balaji Deekshitulu P.V(2016), Sayuri M. Naruse(2019) studied that the massage as a self-regulation dyadic coping strategy for home use to improve overall wellbeing.

Conclusion

Cultural heritage of India is very rich and have its constant impact on every feature of the society including lifestyle. Presentation, diagnosis, management, course and outcome of mental illnesses are influenced by cultural factors. one should be aware of lifestyle aspects as well as familiar with ancient Indian perspective in addition to clinical abilities. Traditional beliefs and values are still transferred by one generation to other generation; which affect the clinical presentation of mental illnesses and their management.

The Indian model of the society has excellent concepts regarding the all-round development of an individual with proper stress on the importance of caring for the ageing members of the family.

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