

Management of Healthy Psychosomatic Personality Through Yoga

Dr. Vivek Sahu¹, Pankaj Pethe², Dr. Sophia Ansari³, Dr. Deepti Taori Sathe⁴

Received: 19- June -2023

Revised: 12- July -2023

Accepted: 16- August -2023

¹G H Raisoni College of Commerce Science & Technology Nagpur
vivek.sahu@raisoni.net

²G H Raisoni College of Commerce Science & Technology Nagpur
pankaja.pethe@raisoni.net

³G H Raisoni School of Business Management Nagpur, sophia.ansari@raisoni.net

⁴G H Raisoni Institute of Management Research Nagpur, deepti.taori@raisoni.net

Abstract:

Yoga Vidya is an integral aspect of meditation and various naturopathy, in which almost all the streams of traditional science have undergone various changes according to the contemporary needs along with the changing life style and world conditions various health clubs and training centers were opened for people to get training and treatment at their convenience. Now people don't need to go to ashrams and forests to meditate. Traditional systems such as naturopathy have also evolved from their traditional models. In the current study, the researchers aim to study the effects of yoga on the physical and mental health of children. A sample of 100 students from various colleges of Nagpur University was assessed using the mental health battery developed by Gupta and Mr. Singh. Although the current study was not exhaustive, it is hoped that this study can form the basis for further analysis and investigation. The results showed that yoga has a positive and significant effect on the mental health of students.

Keywords: Yoga, Meditation, healthy life, Mental Health,

Preface:

Yoga is essentially a spiritual discipline based on a very subtle science, which targeted bringing harmony between mind and body. It is the art and science of being healthy. The word yoga is derived from the Sanskrit root 'yuj', which means 'to join' or 'to unite'. According to yoga scriptures, the practice of yoga leads to the integration of individual consciousness with the universal consciousness, which displays perfect harmony between mind and body, man and nature. According to modern scientists, everything in the universe is just a show of a quantum sky. One who experiences this unity of existence is said to be in Yoga, and one who attains the state of liberation known as Mukti, Nirvana or Moksha is called a Yogi. Thus the goal of yoga is to remove all suffering leading to self-realization, 'liberation' (moksha) or 'liberation' (kaivalya). Freedom, health and harmony in all spheres of life will be the main objective of Yoga Sadhana. "Yoga" also refers to the inner science that includes the various methods by which man can realize this union and master his destiny. What is known as 'Cultural Augmentation' - since 2700 BC, has been complementary to the physical and spiritual rising of humanity. Basic human values are the hallmark of Yoga Sadhana. There are many definitions of yoga. Yoga According to Kalajayi, yoga has two meanings. If the word "yoga" is derived from the root "yujir yoga" it means "to unite" or "to bind" or "to bind". According to Yajnavalkya Yoga "union" means the union of the individual soul (jivatman) with the universal soul (paramatman). If the word "yoga" is originally derived from "yuj samau", it means spiritual absorption.

Benefits of yoga:

It embodies breathing exercises, meditation and is designed to uplift relaxation and reduce stress. Practicing yoga had many advantages for both mental and physical health, although not all of these benefits have been supported by science. There are 13 benefits of yoga, which are given below:

- Can reduce stress
- Relieves anxiety
- May reduce inflammation
- May improve heart health
- Improves quality of life
- May fight depression
- May reduce chronic pain
- Improves flexibility and balance
- May help improve breathing
- Can provide relief from migraine

Mental health:

Mental health means health of the mind. Two conceptions of this term are prevalent: the first conception is 'absence of mental disorders' which is deficient and incomplete. The modern concept is affective and is: 'a long-term mental state in which a person feels generally well (emotions are generally pleasant and does not have an excess of negative emotions), his thinking is intelligent and his behavior is socially acceptable, and he strives to achieve certain goals in life, but is not dissatisfied if they are not achieved. , call it mental health." Other multipliers include: (1) Ability to form supportive and stable relationships with others, especially close ones. (2) Self-image should not be high, but should not be tarnished. A willingness to first acknowledge one's own shortcomings and then to improve them and to increase one's abilities to perfection (3) Commitment to welfare of relatives and society (4) Preparedness to face problems, pressures and crises (5) Willingness to show due respect and importance to the personality of others as well as to one's own personality (6) Adequate attitude and cultivated life values to move through life. The mental health of a common person is not ideal, so having the above qualities to a lesser extent is included in the concept of mental health. Also, the quantity of the above qualities depends on the mental and physical ability of the person as well as the social and cultural level.

Stress:

We should always remember that stress can also be a result of our personal situation. Work-related stressors fall into one of four categories—work, physical, role, and interpersonal demands. Job demand is linked to the job itself. Some occupations are inherently more stressful than others. Making quick decisions, decisions with less information, decisions with more serious situations are some of the things that can make jobs stressful. The jobs of surgeons, airline pilots, and stockbrokers are more stressful than those of general practitioners, airplane baggage loaders, and office receptionists. Although the general practitioner makes important decisions, he is likely to have time to consider the diagnosis and thoroughly explore many different treatments. However, during the operation, the surgeon must make quick decisions keeping in mind that a mistake may endanger the patient's life. Physical demands are the stressors associated with establishing a job. Working in extremely hot or cold temperatures or even in an improper hot or cold office can cause stress. A bad designed office that makes privacy or social interaction difficult can lead to stress. The real health risks are more serious. Examples include jobs such as coal mining, poultry processing and toxic waste management. The demands of the role can also create stress. A role is a set of expected behaviors associated with a position in a group or organization.

Effect of stress:

The consequences of stress can be positive or negative. Negative situations can be behavioral, psychological, or medical. Behaviorally, stress can lead to harmful or harmful actions such as smoking, drinking, overeating, and drug abuse. Other stress induced behaviors are accident tendency, violence towards self or others, and appetite disorders. The psychological consequences of stress interfere with a person's mental health and well-being. These consequences include sleep disturbances, depression, family problems, and sexual dysfunction. Another result of stress is the feeling of fatigue that can develop when a person experiences too much stress over a long period of time. Burnout results in persistent fatigue, frustration, and helplessness. Increased rigidity follows, as

doe's loss of self-confidence and psychological withdrawal. The person dreads going to work, often puts in longer hours but is less accomplished than before, and exhibits mental and physical exhaustion.

Objectives of the Study:

- To study the benefit of yoga.
- To study the Physical and mental health of students before practicing yoga.
- To study the Physical and mental health of students after practicing yoga.
- To study the effect of Yoga on the Physical and mental health before and after practicing yoga.

Hypothesis:

- There will be no effect of yoga on the physical health of students
- There will be no effect of yoga on the mental health of students

Sample for study:

100 students from four UG colleges located at Nagpur under Rashtrasant tukadoji maharaj Nagpur University were selected randomly.

Tools Used:

The tool used in the study was Mental Health Battery (MHB) developed by Gupta & Singh (1985). MHB intends to assess the status of mental health of persons the battery has six tests having 120 items for each part.

Methodology:

The researchers first sought the permission of the principal of the college where the examination was to be conducted. Yoga practice consisted of physical yoga postures with breathing exercises, relaxation and meditation. Students completed a psychosocial (MHB) test battery before and after the ten-week yoga program. The data collected from the sample was tabulated using appropriate statistical techniques to facilitate its analysis. Scores were followed, mean, SD was calculated for the table, 't' test was chosen as the researcher wished to test the null hypothesis. The true level of significance was considered, i. e 0.01 level of significance as an arbitrary standard for accepting or rejecting the null hypothesis.

Table I

Yogic Practices schedule				
s.no	Name of Yogic practice	Frequency	Duration of the practice	Total duration of the practice
A	Meditation			20 minutes
	prayer	3 Weeks	2 minute	
	Thanduvadasudhi&Nadisodhana	3 Weeks	8 minute	
	Nama-Rupa Meditation	3 Weeks	10 minutes	
B	Yogasana - Loosing exercise	3 Weeks	2 minutes	40 minutes
	Vrksasana & Trikonasana	3 Weeks	8 minutes	
	Trikonasana & Ardachakarasana	3 Weeks	8 minutes	

	Sugasana & Padmasan	3 Weeks	8minutes
	Yoga Mudra & Matsyasana	3 Weeks	8 minutes
	Matsyasana	3 Weeks	6 minutes
			Total 60 minutes

Table 1
 Mental Health scores of Students before practicing Yoga (Pre-Test)

M.H scores	N	Mean	S.D.
(Pre-Test)	100	21.92	2.113

From Table 1 its shows that mean and S.D. of mental health scores of students before practicing yoga was 21.92 and 2.113

Table 2
 Mental Health scores of Students after practicing Yoga (Post-Test)

M.H scores	N	Mean	S.D.
(Pre-Test)	100	32.37	3.173

Above Table 2 shows that mean and S.D. of mental health scores of students after practicing yoga was 32.37 and 3.173

Table 3
 T-value of Mental Health Scores of Students before and after practicing Yoga

M.H scores	N	Mean	S.D.	t-value
Students before practicing Yoga (Pre-test)	100	21.92	2.113	42.71**
Students after practicing Yoga (Post-test)	100	32.37	3.173	

* 0.01 level of significance

The above t-value in Table 3 shows that there is a significant difference in the mental health score of the students before and after Yogasana. Regarding the mean score, it is observed from Table 3 that the mean score of mental health before yoga practice (21.92) is lower than the score after yoga practice (32.37). The result shows that the t-value is 42.71 and this value is significant at 0.01 levels. So we can say that significant difference is found in mental health score of students before and after Yogasana and null hypothesis is rejected

at 0.01 level of significance.

Discussion:

The above research was an attempt to study the effect of yoga on the mental health of children. The above research found that yoga postures have a significant impact on their lives in shaping their physical and mental health. Yoga specifically allows for the enhancement of mental acuity, concentration and skill. Mental health is closely related to physical health. Good physical health promotes good mental health and vice-versa is also true and yoga acts as a support system for the development of overall health.

Conclusion:

Humans today are more prone to stress and strain than at any time in history. Scientific, technological and economic progress has created a pace and lifestyle that no one can keep up with. Man has become a victim of the raksha (demon of progress) he has created for himself. Mental stress and strain - it pays to be more 'civilized'. Stress affects different parts of the body and can lead to different diseases. Psychosomatic diseases like diabetes, hypertension, coronary artery disease, cancer, migraine, ulcers, digestive disorders, skin disorders etc. are caused by stress on the body and mind. If you know how to free yourself from stress, then you know how to solve your problems in life. Ancient medical science described the three humors as governing all bodily functions during health and illness. He has given great importance to the well being of the senses, mind and soul in order to maintain a healthy psychosomatic personality. The centers of all mental activity are located in our brain. The brain is able to maintain correct homeostasis by releasing various neuro humors, which our ancient medicine men named as dhatus or humors. Prominent among the various neuro humors are acetyl choline, catecholamines and histamine.

Reference:

1. A brief but comprehensive lifestyle education program based on yoga reduces risk factors for heart disease and diabetes *J Altern Complement Med* 2005 Apr; 11(2); pp. 267–74.
2. A review of mind body therapies in the treatment of musculoskeletal disorders with implications for the elderly, *Alternative Medicine Health Med.* 2000 Mar; 6(2)
3. A Review of Recent Research Studies on the Efficacy of Eusomatic Color Puncture Therapy, a Holistic AQ-Eight System, Kroc M. Bourne Rd. , MJ. *Acupuncture*, 27(1-2): 1999
4. Aarsland D, Larsson JP, Carlsson K, et al. Psychotic symptoms in Parkinson's disease are a significant contributor to caregiver distress. *Int J Geriatr Psychiatry* 1999
5. Acharya Mahapragya has given scientific basis to diet therapy in his non-violence and its many aspects.
6. *Acupuncture in Neurology* - Meng A, Wien Med Wokenser, 2000.
7. Agate, (2004) yog Sudarshan Kriya Yoga for the treatment of diabetes - a preliminary study, *Alternative and Complementary Therapies*