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## **Yoga and Meditation is Strong Device for Eradicate Academic Stress and Depression**

**Dr. Rakesh Rai**

*Associate Professor, Dept. of Education, Nagaland University, Kohima Campus, Meriema*

### **Abstract**

*Cognitive Science as an interdisciplinary endeavour that interfaces with Psychology, Neuroscience, Medicine, Computer Science and Philosophy is well placed to address the different aspects of yoga and meditation research. The research on yoga and meditation would also help in solving fundamental problems in cognitive science. As we know The current age of speed and competition has increased the stresses and strains resulting in an increasing occurrence of lifestyle-related health problems and purposely managers' lives have become a never ending race against time, technology, and targets. This race creates tension, which leads to dissatisfaction and irritation and finally manifests itself as psychological and physiological stress with mental and emotional drain. This contemporary lifestyle intensifies the stress leading to "Excessive Tension" and consequent worsening in "Executive Efficiency." One of the gradually more popular tools to overcome this original challenge is physical activity. There is growing proof that has established the payback of physical exercises in preventing lifestyle-related diseases such as main prevention of diabetes, avoidance of cardiac diseases through control over major risk factors such as smoking, lipids, obesity, and stress, better quality of life of cancer patients, positive health in normal persons through better physical fitness, and stress reduction. Yoga, which is measured to be a tool for both physical and mental development of an individual, is being documented around the globe only in the last century although it has been practiced in India over several centuries to promote positive health and well-being. It gives solace for the restless mind and can give great relief to the sick. It has become quite fashionable even for the common man to keep fit. With rising scientific evidence, yoga is emerging as an significant health behavior-modifying practice to achieve states of health, both at physical and mental levels. Several studies have demonstrated the beneficial effects of yoga on health behavior in many lifestyle-related somatic problems such as hypertension, bronchial asthma, diabetes including some psychiatric conditions such as anxiety neurosis and depressive illness. This study has find out that Yoga and Mediation are more strong tool for removing psychological and physical problems of human being . On the bases of yoga and meditation each man can change their behaviour and personality and also they can obtain good and healthy mind .*

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### **Introduction**

Indian Philosophical systems have always emphasized the control of mind and body. Such control has been proposed and practiced based on elaborate classical philosophical systems that subsume different positions on the relationships between body, mind, and consciousness. Yogic and meditation practices have led to a systematic analysis of mind and consciousness together with a set

of meditative disciplines designed to eliminate cognitive errors. Yoga is a means of integrating the physical body, ethereal body, mind and intellect with the consciousness. The various definitions of yoga are as follows: Yoga is the control of the whirls of the mind (citta) (Yoga-Sutra, 1.2). The oneness of the breath, the mind, the senses and the abandonment of all states of existence is called yoga (The Maitri-Upanishad, 6.25). Yoga in education has the potential to address some of the health and esteem issues causing concern in young children by enabling teachers to build and nurture strong, holistic foundations of wellbeing.

Yoga is the union of the individual psyche (jiva-atman) with the transcendental self (parama-atman) (Yoga-Yajnavalkya, 1.44) Yoga is one of the major contributions of ancient Indians to the philosophy of life and has been practiced in ancient India by the followers of Jainism, Buddhism, Shaivism and several other ascetic traditions. It was Patanjali (200 B.C) who integrated yoga into the vedic religion through compilation of Yoga sutras. The yoga sutras are widely acknowledged as the authoritative text on yoga (LasatarJ, 1997) Yoga and Meditation are regimes or life style practices that train the mind to perceive clearly and lead one towards wisdom. Yoga poses have been developed over centuries of research and experience. They have been found to be extremely effective in increasing flexibility of the body and freeing all the energy blocks. Besides increasing flexibility, this leads to a healthier body, Helping to lose excess flab and weight - another cause of ill health, Massaging the internal organs of the body and the rarely stimulated parts such as the thyroid gland, Helping to treat several health disorders - from common ones such as backaches and arthritis to 'seemingly' unrelated disorders such as stammering.

Cognitive Science as an interdisciplinary endeavour that interfaces with Psychology, Neuroscience, Medicine, Computer Science and Philosophy is well placed to address the different aspects of yoga and meditation research. An interdisciplinary approach based on cognitive science is needed to integrate different disciplines, approaches and methods engaged in the study of yoga and meditation. The research on yoga and meditation would also help in solving fundamental problems in cognitive science

Yoga is a mind-body practice that combines stretching exercises, controlled breathing and relaxation. Yoga can help reduce stress, lower blood pressure and improve heart function. And almost anyone can do it. Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

Since the 1970s, meditation and other stress-reduction techniques have been studied as possible treatments for depression and anxiety. One such practice, yoga, has received less attention in the medical literature, though it has become increasingly popular in recent decades. One national survey estimated, for example, that about 7.5% of U.S. adults had tried yoga at least once, and that nearly 4% practiced yoga in the previous year.

Yoga classes can vary from gentle and accommodating to strenuous and challenging; the choice of style tends to be based on physical ability and personal preference. Hatha yoga, the most common type of yoga practiced in the United States, combines three elements: physical poses, called *asanas*; controlled breathing practiced in conjunction with *asanas*; and a short period of deep relaxation or meditation.

## **Yoga**

Yoga is a Hindu ascetic and spiritual discipline in which body is relaxed by practicing breath control, specific body movement and simple mediation. This is a kind of alternate medication, known to enhance the control of the body and mind.

## **Meditation**

Meditation holds a special place in Ayurvedic dincharya. It is considered as the perfect therapy for body, mind and soul to keep them balanced. It works wonder for removing the stress and is suggested to practice only after a bath.

## **Yoga and Meditation in India**

Dating back to 4 BC, Yoga and Meditation in India is very popular these days. With scenic locations and spacious lawns, India is an ideal place to indulge in healing practice of Yoga and meditation. Yoga is proclaimed as a route to achieve enlightenment and nirvana. It is also an acclaimed way of handling stress, depression and many diseases like insomnia, diabetes and asthma. Many of the studies evaluating yoga's therapeutic benefits have been small and poorly designed. However, a 2004 analysis found that, in recent decades, an increasing number have been randomized controlled trials — the most rigorous standard for proving efficacy.

Available reviews of a wide range of yoga practices suggest they can reduce the impact of exaggerated stress responses and may be helpful for both anxiety and depression. In this respect, yoga functions like other self-soothing techniques, such as meditation, relaxation, exercise, or even socializing with friends.

Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga — it's all about your personal preferences.

### **The core components of hatha yoga and most general yoga classes are**

- **Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits.
- **Breathing.** Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

### **The health benefits of yoga. The potential health benefits of yoga include**

- **Stress reduction.** A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
- **Improved fitness.** Practicing yoga can lead to improved balance, flexibility, range of motion and strength. And this means you're less likely to injure yourself in other physical endeavours or in your daily activities.
- **Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

## **Yoga practices are helpful in many ways. Some benefits are**

- Improves your health statistics
- Cleanse your body and soul
- Effective stress and anger management
- Rejuvenate energy to makes you feel alive
- Overcome the physical and mental hardships
- Reduced responsiveness to stress hormones
- Improved physical health
- Decreased pain and pain sensitization
- Greater sense of well-being
- Enhance better sleep
- An overall improved mental outlook

## **Taming the stress response**

By reducing perceived stress and anxiety, yoga appears to modulate stress response systems. This, in turn, decreases physiological arousal—for example, reducing the heart rate, lowering blood pressure, and easing respiration. There is also evidence that yoga practices help increase heart rate variability, an indicator of the body’s ability to respond to stress more flexibly.

A small but intriguing study further characterizes the effect of yoga on the stress response. In 2008, researchers at the University of Utah presented preliminary results from a study of varied participants’ responses to pain. They note that people who have a poorly regulated response to stress are also more sensitive to pain. Their subjects were 12 experienced yoga practitioners, 14 people with fibromyalgia (a condition many researchers consider a stress-related illness that is characterized by hypersensitivity to pain), and 16 healthy volunteers. When the three groups were subjected to more or less painful thumbnail pressure, the participants with fibromyalgia—as expected—perceived pain at lower pressure levels compared with the other subjects. Functional MRIs showed they also had the greatest activity in areas of the brain associated with the pain response. In contrast, the yoga practitioners had the highest pain tolerance and lowest pain-related brain activity during the MRI. The study underscores the value of techniques, such as yoga, that can help a person regulate their stress and, therefore, pain responses.

## **Improved mood and functioning**

Questions remain about exactly how yoga works to improve mood, but preliminary evidence suggests its benefit is similar to that of exercise and relaxation techniques. In a German study published in 2005, 24 women who described themselves as “emotionally distressed” took two 90-minute yoga classes a week for three months. Women in a control group maintained their normal activities and were asked not to begin an exercise or stress-reduction program during the study period.

Though not formally diagnosed with depression, all participants had experienced emotional distress for at least half of the previous 90 days. They were also one standard deviation above the population norm in scores for perceived stress (measured by the Cohen Perceived Stress Scale), anxiety (measured using the Spielberger State-Trait Anxiety Inventory), and depression (scored with the Profile of Mood States and the Center for Epidemiological Studies Depression Scale, or CES-D). At the end of three months, women in the yoga group reported improvements in perceived stress, depression, anxiety, energy, fatigue, and well-being. Depression scores improved by 50%, anxiety

scores by 30%, and overall well-being scores by 65%. Initial complaints of headaches, back pain, and poor sleep quality also resolved much more often in the yoga group than in the control group. One uncontrolled, descriptive 2005 study examined the effects of a single yoga class for inpatients at a New Hampshire psychiatric hospital. The 113 participants included patients with bipolar disorder, major depression, and schizophrenia. After the class, average levels of tension, anxiety, depression, anger, hostility, and fatigue dropped significantly, as measured by the Profile of Mood States, a standard 65-item questionnaire that participants answered on their own before and after the class. Patients who chose to participate in additional classes experienced similar short-term positive effects.

Further controlled trials of yoga practice have demonstrated improvements in mood and quality of life for the elderly, people caring for patients with dementia, breast cancer survivors, and patients with epilepsy.

## **Cautions and encouragement**

Although many forms of yoga practice are safe, some are strenuous and may not be appropriate for everyone. In particular, elderly patients or those with mobility problems may want to check first with a clinician before choosing yoga as a treatment option. But for many patients dealing with depression, anxiety, or stress, yoga may be a very appealing way to better manage symptoms. Indeed, the scientific study of yoga demonstrates that mental and physical health are not just closely allied, but are essentially equivalent. The evidence is growing that yoga practice is a relatively low-risk, high-yield approach to improving overall health.

## **Conclusion**

Yoga is one of the value based spiritual education, where we analyze the need to Understand Oneself, Management of Self, Decision Making, and Personality Development. Parents, teachers, peers, family and society influence the students and their behaviour. Parents and teachers must regulate their minds. Based on life oriented value based spiritual curriculum and love based approach the process of education in this millennium should consist of the following four stages—“Knowledge which is taught, Knowledge gained through intuition, Knowledge gained through revelation, ultimate knowledge that comes from within ourselves through meditation yogic practice”. In this modern world our environment is fighting for survival and we humans suffer from more and more physical and psychological stress, we cannot always control them but can learn how to face them and to this Yoga is as good invention it has ever been. The aim of yoga is attainment of physical, mental and spiritual health. The main credit of systematizing yoga goes to Patanjali who wrote the” yoga sutra” two thousand years ago. Yoga has gained tremendous popularity in the last few years; it is the most rapidly growing health movement despite it was developed thousands of years ago. Age, religion, caste; sex is no bar with breathing and meditation techniques. There are many types of yoga and it may be hard for the beginners which yoga type he or she wants to do. The most important benefit of yoga is the physical and mental therapy, the very essence of yoga lies in attaining mental peace, improved concentration power and a relaxed state of living.

Hence, I firmly tell that Yoga education should be done as a part of curriculum, which benefits the society, it may take the cocooning time. Obviously, Yoga is all about living in the moment as best as you can. Certainly this will apply that how we are taught. Therefore we can say that Yoga and Meditation are strong tool for remove physical and Mental Disorder and it should be internal part of life.

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