



## STRESS MANAGEMENT DURING COVID-19 PANDEMIC: A YOGIC PERSPECTIVE

J. K. Shirirao

Anand Niketan College of Agriculture, Warora

Dist. Chandrapur, Maharashtra, India

\*Corresponding Author: [jyotishrirao72@gmail.com](mailto:jyotishrirao72@gmail.com)

### ABSTRACT:

The nationwide outbreak of the coronavirus has worried us all, and the lockdown is likely to lead to more mental problems such as stress and anxiety. Everyone is at home because of the ongoing lockdown. Trade, government agencies, private offices are closed. So many hands do not work. Many are facing financial difficulties due to a lack of employment. In the lockdown, many families are stranded elsewhere. Yoga is an elixir that helps both the body and the mind to get rid of the symptoms of anxiety and depression for the mentally disturbed citizens for several reasons. This research paper sheds light on how yoga and pranayama are beneficial in reducing the stress and anxiety caused by Covid-19.

**Key words:** - Stress, pandemic, lockdown.

### INTRODUCTION:

At present, many people are experiencing mental stress along with work stress. The stress is relieved when each task is completed. But what about mental stress? Have you thought about it maintaining good mental health is just as important today? In it, you sit in one place and work for hours while working from home. Therefore, mental stress is felt more. After lunch at the office, you go for a walk on campus or even go for a different atmosphere for tea and coffee. It is natural to feel lonely and uncomfortable as there is nothing you can do about it right now. Yoga is an accurate treatment of many physical and mental ailments. Yoga brings together physical and mental disciplines that can help us achieve peace of body and mind. It helps you reduce stress and anxiety. Yoga has many styles and forms. Hatha yoga in particular can be a great option for stress management. Hatha is one of the most common styles of yoga and beginners will love its slow, fast, and easy movements. But most people can benefit from any style of yoga. Yoga unites our mind, body, and soul. But

whether you use yoga for spiritual transformation or stress management and physical well-being, the benefits are innumerable. Feelings of intimacy can also be found. The nationwide outbreak of the coronavirus has worried us all, and the lockdown is likely to lead to more mental problems such as stress and anxiety. Everyone is at home because of the ongoing lockdown. Trade, government agencies, private offices are closed. So many hands do not work. Many are facing financial difficulties due to a lack of employment. In the lockdown, many families are stranded elsewhere. Yoga is an elixir that helps both the body and the mind to get rid of the symptoms of anxiety and depression for the mentally disturbed citizens for some reason. This research paper sheds light on how yoga and pranayama are beneficial in reducing the stress and anxiety caused by covid-19.

### Stress:

It is a mental disorder. Negative physical and emotional response to any event or occasional change is called 'stress'. The state of mind

caused by a multitude of unnecessary and negative thoughts is called 'stress'. The state of the body due to an imbalance between the demands of a situation and the available resources is called stress. Such a situation arises due to a sudden change in circumstances. Stress can be physical or mental. Nowadays, stress has become a matter of experience for everyone. Negative physical and emotional response to any event or occasional change is called 'stress'. In this day and age of lockdown, stress has become an issue for everyone to experience. Many things happen in one's life that has either positive or negative consequences. Negative things cause stress. The way you respond to stress is different from person to person. But humans have the adaptability to different situations and can overcome the effects of stress. There are many ways to relieve stress. There are many mechanisms in yoga that affect stress levels, meaning there are many ways that yoga can reduce stress levels.

#### **Pranayam:**

Pranayama is a part of yoga and involves various methods of breathing. The purpose of pranayama is to stimulate, transmit, regulate, and balance the life force in the body. These processes depend on nasal breathing. Breathing is an important part of our lives. Properly covered, it will withstand plenty of adverse conditions. The practice of pranayama in yoga controls your breathing and balances your body and mind. For a healthy life, you can do this pranayama on an empty stomach at any time of the day. Life flows through the thousands of subtle energy paths that we call 'Nadi' and through the energy centers, which we call 'Chakra'. One's 'state of mind' depends on the quantity and quality of the transmitting soul as well as how it communicates through the pulse and the chakras. If the level of life is high and its flow is continuous, light, and slow, then its

mind remains calm, positive, and energetic. Due to lack of knowledge and lack of awareness about breathing, partial as well as a complete obstruction between the pulse and chakras of all normal individuals can cause his breathing to be jerky as well as incomplete. It can lead to increased anxiety, fear, uncertainty, stress, conflict, and other negative qualities.

#### **Kapalbhati Pranayama: -**

The Sanskrit word 'Kapalbhati' means - Kapal = forehead and Bhati = energetic, light. That is the technique of pranayama that sharpens the intellect. This technique helps to keep both body and mind in balance. In this type of pranayama, 80% of toxins are expelled from our body through exhalation. The regular practice of Kapalbhati makes your intellect sharp and sharp. This type produces energy in the internal organs of the body. This can be especially beneficial for diabetics. Also, regular craniotomy improves metabolism and helps in weight loss. It improves blood circulation, brightens the face.

#### **• Bhasrika Pranayama: -**

In Bhasrika Pranayama, the breath is inhaled and exhaled rapidly. This type increases the energy level in the body. The benefit of this pranayama is that it gives energy to the body and removes obstructions in the nose, throat, and sinuses. This type of pranayama can also be beneficial in stomach ailments, indigestion, gas. Rapid exhalation frees the air cavity in the stomach and intestines.

#### **• Shitli Pranayama: -**

The Sanskrit word Shitli means cold. Shitli is a type of pranayama that cools your body. In cold pranayama, the air is inhaled through the mouth and exhaled through the nostrils. Breathing through the tongue cools the body and relaxes the central nervous system. This type of pranayama can reduce colic, fever, biliary disorders as well as irritability. This type of routine also controls high blood pressure.

• **Nadi Shodhan Pranayama:** -

In Nadi Shodhan Pranayama, it is possible to balance the left and right brain by breathing alternately through the left and right nostrils. This has to do with the rational as well as the emotional side of your personality. It is a form of pranayama that clears the airways and improves blood circulation. This prana improves the amount of oxygen and carbon dioxide in the body. As a result, impure blood is drained and pure blood is supplied to the body. It also helps maintain balance in body temperature.

• **Ujjayi Pranayama:** -

In this mode breathing slowly calms the mind. Slow breathing activates the limbic and pituitary processes in the body. Which helps to deal with problems like anxiety, worry, stress, depression? Apart from this, Ujjayi Pranayama is also beneficial for headaches and sinus ailments. This type is beneficial in relieving anxiety, worry, and improving the digestive system.

• **Anulom Vilom:** -

According to the advice of Sri Sri Ravi Shankar, the founder of Art of Living, Anulom Vilom is a form of pranayama that purifies the mind and provides immediate relief from stress. This type protects the organs and strengthens the nervous system. The lungs become healthy and the whole body is supplied with abundant oxygen so that the body gets internal cooling. Practicing this pranayama regularly also relaxes the nervous system.

• **Bhramari Pranayama:** -

Bhramari Pranayama is named after the black beetle in India. This is because in this mode when you exhale, you hear a humming sound like a beetle. This pranayama is a boon for those with high blood pressure. It also relieves anxiety and worries quickly and relaxes the mind. Bhramari pranayama helps you with headaches like migraines. This type of regular exercise helps control blood pressure. It also improves memory and concentration.

• **Suryabhedan Pranayama:** -

In this, the air is taken from the right nostril to the lungs and released through the left nostril. This type helps to keep the whole physical activity active and efficient. It also cures diseases caused by an insufficient supply of oxygen in the blood. This type cleans the nose and destroys the germs in the stomach.

**Few asnas for stress relief:**

• **Surya Namaskar**

If you greet the sun every day, many of your ailments will go away along with staying fit. If you have a problem with stress, saluting the sun at least twice a day will reduce mental stress. Because the sun mask has many benefits. Daily sun salutation increases the concentration of the mind. It also increases the elasticity of the body, brightens the skin, strengthens the bones, increases digestion, and relieves stress in the head.

**Tadasana**

The position of the body during Tadasana is as rigid as that of a palm tree, hence the name Tadasana. Tadasana is done standing up straight. Keep your toes and toes parallel and your arms straight at your waist. Then slowly bring the arms up to the shoulders and stand on the lower legs while carrying them over the head. Then move the paws in the opposite direction and keep the neck straight and stand in the same direction again.

**Bhujangasana**

In this asana, the body shape becomes like a snake, that is, this asana is called Bhujangasana. Sleep on your stomach first. Connect both legs. The chin should be placed on the floor. The corners are bent at the waist. Now slowly lift the upper part of the waist as high as possible with both hands. Look up at the sky. If you put the heel of one foot on the seam and keep the other leg straight from the knee to the knee, then you will see a gomukhasaddhya

figure. Gomukh is the mouth of a cow. In this asana, the structure of the feet looks like Gomukha and the steps feel like her ears, hence the name Gomukhasan. This asana is mentioned in both Hatha Yoga Pradeepika and Gherand Samhita.

### **Shavasana**

A corpse is, of course, a corpse. Breathing is like making your body look dead. In this seat, lie on your back and keep enough distance between your legs. The toes should be on the outside and the heel on the inside. Both hands should be six inches away from the body. Keep your hands free. The neck should be straight and the eyes should be closed. Leave the whole body loose. Then focus on the breath. Pay close attention to the process of inhaling and exhaling. Feel the coolness slowly as you breathe in, experience it. At the same time feel a slight warmth while exhaling, feel it too. Then focus on the chest and navel, respectively. Count the numbers in reverse order from one hundred to one in mind. If you make a mistake in counting the numbers, start again from the hundred. this asana is very useful in this pandemic situation.

### **CONCLUSION:**

People who are under stress are advised to include not only medical treatment and meditation but also yoga which is very useful in relieving stress to restore their lives. Yoga is an ancient technique that works on both body and mind and is very effective in recovering from trauma. It is very useful to practice yoga for good physical and mental health. This practice is to be done spontaneously, voluntarily. , Pranayama is all that comes before our eyes, but the scope of yoga practice is very large. These include prayers, supplementary exercises, asanas, pranayama, mudra, bandha, purification, holding, yogic diet, etc. The four stages of pranamaya kosha, manomaya kosha, vijñanamaya kosha, anandamaya kosha are

important for keeping the body strong. Yogasana not only develops the body but also the mind. Positive thoughts are created in the mind and mental stress is reduced.

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