

# A Study on the Effect of Yogic Intervention and Meditation on Stress

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## Abstract

The investigation was undertaken to study the effect of yogic intervention on 20 students of Dev Sanskriti Vishwavidyalaya, selected by accidental sampling. The time duration was one month. During this period “YOGIC INTERVENTION” The tool for stress measurement was used i.e. GSR. Pre and post design was done. It was shown significant result. The stress is the out come of Modern life style. Stress is the body’s physical, mental and chemical reaction to circumstance that frighten, anxieties, anger irritate etc.

Yog is a classical Indian Science dealing with the search for the soul. Today’s life style with its technological wonders is a mixed blessing, on the other hand the mental anxieties of a competitive world deplete inner resources, and inviting stress related problems. Yog is a holistic approach to make the harmony in physical, mental, emotional and spiritual aspects of the body with the help of exercise, pranayam and meditation for stress management. The results shown that there is significant effect of yogic exercise and meditation on stress management.

**Key Word:** Yoga, Meditation and Stress

## Introduction

Yog is a classical Indian Science dealing with the search for the soul. Today’s life style with its technological wonders is a mixed blessing, on the other hand the mental anxieties of a competitive world deplete inner resources, and inviting stress related problems. Yog is a holistic approach to make the harmony in physical, mental, emotional and spiritual aspects of the body with the help of exercise, pranayam and meditation for stress management.

Meditation is a method of channelizing spritual energy to the request destination have a role come in physical, emotional, mental and spiritual block in our body. Meditation is helpful to improve positive thinking and human relationship which

results in increase of the good mental health.

According to Acharya Shri ram Sharma : “Meditation is the key for opening the doors of mysteries to your mind.” Meditation is an internsely personal and spiritual experience. The desired of each mediation technique is to channel our awareness into purpose a more positive direction by totally transforming ones state of mind. To meditate is to turn inwards to concentrate on the inner self. The entire process of meditation usually entails the tree stages concentration (Dharana), meditation (Dhyana) and enlightenment or absorption (Samadhi). According to **Dr. Pranav Pandya**, “**Meditation is the gateway of inner journey**”

The Stress has become an inseparable part of human beings. On the basis of many

experiments and research of scientist it is badly told that of 75% people are suffering from stress in modern life. i.e. Heart attack, Diabetes, Hyper tension, cancer, neurosis etc. are mainly the results of stress.

Richard Davidson (2003) thorough meditation the activity of left brain increases up to 50% level. Awasthi. S and Dwivedi, S.K (2008) got in our study, “meditation effects on pituitary glands and decrease the quantity of adrealine and cortical hormones and amintain the level of CRF (cortisol releasing factor). The human body responds to stressors by activating the nervous system and specific hormone. The hypothalamus signals the adrenal glands to produce move of the harmones Adrenaline and Cortisol release them into the blood steam.(Robers, BKS I Yangar and others-1972,73).

Yoga relaxes Nervous system, balances endocrime system, Increases the flow of blood and Oxygen to reproductive Organs. Psythologically Yoga works to ease stress and promate relaxation so the Hypothrlamus can regulate more efficiently.(Sparrowe L(2004)).

Dr.H.R Nagendra(2004) : Yoga & meditation is the only activity that reduces bloods lactate, a maker of a stress & anxiety. Many research shows the effect of yoga practice & meditation in particular mind, body soul relationship.

The yoga session was planned to include: physical activity, relaxation, regulated breathing and philosophical aspects. This was an integrated approach of from yoga, derived from principles in ancient texts which emphasize that yoga should promote health at all levels. The session was for sixty minutes daily, for six days a week till 30 days. Subjects practiced *breathing exercises* (10), *pragya yog* (20). Which consists a group of mantra and

asans such as *tadasana* (mountain posture), *padhasthasana* (hand-to-foot posture), *vajrasana* (diamond posture), *Ushtrasana* (camel posture), *Yoga mudra*, *ardha tadasana*(semi-mountain posture), *shashankasna*, *bhujangasana* (cobra posture), *Tiryak bhujangasana left and Tiryak bhujangasana right followed by shavasana*(corpore posture), volutarily regulated breathing (*prayanama*,10 min) such as: *Pranakarshan Pranayam*.There was an additional session which consisted of *Om chanting and meditation*(20 min).

Meditation is best for stress disorders. In this, we do the meditation of white light of a flame on brow chakra. The divine light enters in to the brow chakra and activate the pituitary and pineal glands. Which are the master glands, balance the hormones and brings the stillness in physical, mental, emotional an spiritual body and also awaken the Para-psychological energies of the body which reduces the stress. Om chanting is also the part of this meditation which also helps to improve complete health.

The stress is blessings for those who wants to get success in life. When the condition is unfavorable. person feels helpless, source-less & gets stress, but this stress inspire him to go ahead. Today's life style with its technological wonders in a mixed blessing. when the mental anxieties of competitive world deplete inner resources inviting stress related problem.

### **Research Methodology**

Sample- The present study conducted at Dev Sanskriti Vishwavidhyalaya Gayatrikunj. Haridwar (U.K) The sample consisted of 20 subjects, 20 to 25 age group. All subjects were selects on accidental basis from Gayatrikunj, Haridwar .

Research Design- Pre-Post single group research design has been used in this study.

Tools- For this study to measure stress before and after mediation used the GSR, Test.

GSR - reflects sweat gland activity and changes in the sympathetic nervous system and measurement variables. Measured from the palm or fingertips, there are changes in the relative conductance of a small electrical current between the electrodes. The activity of the sweat gland in response to sympathetic nervous

stimulation (Increased sympathetic activation) Results in an increase in the level of conductance.

Procedure- This study based on pre-post single group design so data collected in two times. Before collecting the pre data subjects were informed that it is simply for research purpose and were assured that their response will be measured and kept strictly confidential. The gap between pre and post data were decided 4 weeks, after it collecting the data it is interpreted with statistically.

### Result

Hypothesis- **Yogic exercise and Meditation decreases the level of stress.**

No.		Mean	S.D.	r	SEM	t value	Significance
20	Pre	67.75	37.31	.391	12.65	5.253	0.01 Level
20	Post	134.25	59.61				

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Significant at .01 level of stress.

### Discussion and Interpretation

Yoga is the method by which the restless mind calmed down the energy directed into constructive channels. As a mighty river which when properly harnessed by dams and canals, create a vast reservoir of water, prevents famine and provides abundant power for industry; so also the mind when controlled provides a reservoir of peace and generates abundant energy for human upliftment.

According to Dr. Pranav Pandya stress causes a reaction within neuro system. Stress hormone ‘Cortisol’ is over produced and weakening & decreasing in the production of the calming hormones melatonin & serotonin occurs. With subsequent production of free radicals stress hormones may actually damage the brain when stress is sustained. Toxins and

free radicals kills the cells in every organ of the body. Organs that suffer the most initial cell damage are the brains, liver, pancreas, adrenals, stomach and G.I. tract. Which ultimately lead to weakening of whole nervous system, body and immunology.

Acharya Shri Ram Sharma said: The Un-Stabilized mind can be balanced only by the Meditation.

According to WHO- stress integrated activates of cortex, hypothalamus, ANS, neuromuscular and hormonal system. It can come down by this mediation. Psychologist said that through meditation a alpha waves increase which is responsible hormones in the particular way.

Conclusion: - So we concluded that through mediation Heart trouble high B.P. may be

cured and the blood lactate level decreases. Yog and mediation. So the stress level also reduced. It shows yog and meditation the emotion balances controls body

metabolism, the blood vessels, veins and nervous system becomes strong and energetic mind becomes sharpen.

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