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## An integrated approach to stress management and holistic wellness through yoga

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### Abstract

The integrated yoga method allows us to look at how our attention to the 'head,' 'heart,' and 'side' influences our wellbeing. Stress is a normal illness, a reaction to an extreme danger or a psychological disturbance that triggers a host of biochemical and hormones functions in the body. Generally, the body prepares to compete or retreat, injecting more blood into the heart and muscles, and shutting down all non-essential functions. Yoga can also boost digestion, enhance immunity, aid in the successful removal of hazardous waste and also increase lung ability. Successful use of such a technique can also decrease the risk of stress leading to clinical depression. The idea of holistic wellbeing is becoming more and more common in modern medicine in the last few decades, however, it has existed in traditional methods of healing since ages. This paper explore the yogic perspective of holistic wellness and stress management.

**Keywords:** Holistic wellness, stress management, yoga

### Introductions

Stress is a natural physically and emotionally response to life's challenges. From time to time, everybody feels tension. Something from day-to-day responsibilities such as work and family to serious life events such as a new diagnosis, war, or the death of a loved one can give rise to stress. There is a lot of competition, creativity and transition in today's age of globalization. Yoga is the response to the healing of stress among working people. This all-in-one formulation serves as a calming agent and is fast rising in increasing in recent years. The key to the never-ending store of energy and the full well-being of the body, mind, and soul lies in the powerful practice of yoga <sup>[1]</sup>. Through the use of a holistic approach, how we can achieve the right well-being of the mind and soul of the body. Even today, the world health organisation describes health not only as biological well-being, but as the mental, social, and spiritual well-being of the person. Stress is described as 'a state of things involving a demand for both mental and physical energies.' It damages the nervous system and the respiratory system. This, in fact, triggers a neurological disorder. Yoga recognises health and well-being as a complex spectrum of human existence and not a simple 'condition' to be achieved and sustained. The lowest point on the spectrum with the lowest speed of vibration is that of death, while the highest point with the highest vibration is that of immortality. The circumstances of normal health and illness lie between these two extremes.

### The Yogic Theory on Holistic Wellbeing and Wellness

The declaration of the World Health Organization (WHO) of 1946, of health, is known to be full physiological, mental and emotional. Well-being, not just negative as the lack of illness or the lack of health. Yoga is a lifestyle as well as a philosophy that brings life to others. The method of achieving a harmonious personality <sup>[1]</sup>. The goal of Yoga is the combining of mind and body to make it possible. Functions on in a coherent way. Yogic postures seem to have built specifically to rehabilitate and rehabilitate vital organs without giving muscle fatigue. Scientific studies have also shown that there is a yogic custom are beneficial for health and well-being. Yoga, Interrupted by the regulation of the breath improves cardiac production, Decreases hepa-pharmac and renal blood, raises cerebral blood, lowers heart rate, and lowers diastolic Pressure of the blood <sup>[2,3]</sup>.

Deep And gradual breathing strengthens the muscles of the respiratory system, Increase compliance, increase the consumption of oxygen and Its diffusion in the lung, which eventually contributes to an increase in the perfusion of the ventilator <sup>[4]</sup>.

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### Yoga as an Integrated Framework for Holistic Wellness

Integrated means that it can be used to operate on all three dimensions of body, soul, and mind simultaneously and in harmony. The goal of yoga is to explore our innate potential and, in the integrated form of yoga generated by number of institutes to imbibe the essence of different types of yoga for the successful transformation of an individual. These principles may also be successfully followed in order to become a healthy person, intellectually, physically and

emotionally. Rather than concentrating on disease or individual parts of the body, this ancient approach to health concerns the entire person and how he or she communicates with his or her environment. It discusses the relation between mind, body, and spirit [8]. This qualitative component of health is something that Yoga and Indian medical systems have considered significant for thousands of years.

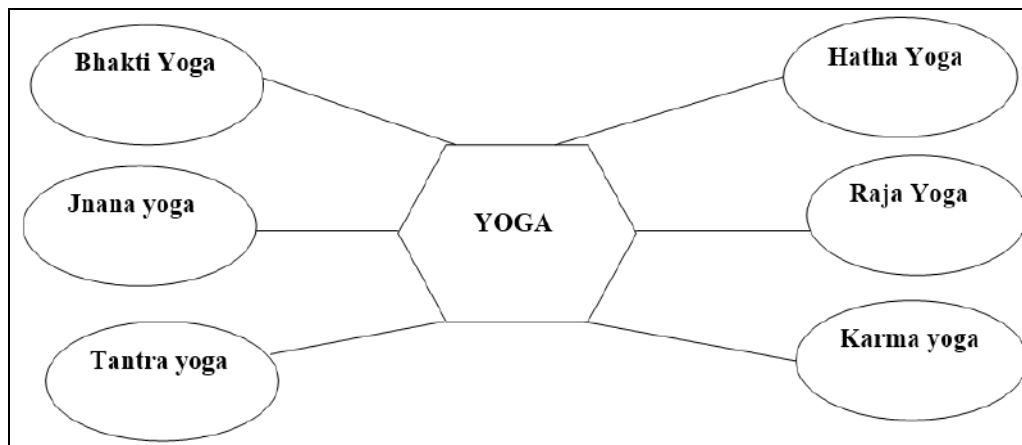


Fig 1. Yoga consists generally of six separate categories related to various forms of technique.

### Holistic Approach to healing abilities

Yoga treatment doesn't replace clinical medicines. Actually, the yoga treatment approach gives instruments that an understudy can use working together with different methodologies they are taking to treat their medical issue. Yoga sutras tell us that distress is often based on Avidya or ignorance, which is a lack of knowledge resulting in separation from our true self or true existence. Yoga Therapy is currently a self-regulatory area of clinical practise. The yoga therapist is prepared to manage lead students to Vidya through self-awareness, self-discovery and self-realization. The resources that yoga therapists share with students are focused on the care of individuals at all stages of their being. The yoga treatment devices can not be applied like a remedy for a particular medical issue [6]. The yoga specialist can direct people or gatherings of people in the utilization of apparatuses to diminish languishing. The mending, in any case, will happen through an understudy's pledge to creating mindfulness, recognizing the instruments that work for them, and utilizing those apparatuses and a guarantee to practice to return into solidarity with their actual Self and genuine nature.

### Advantages of Holistic Therapy

The purpose of holistic healing is to empower a person to seek for integrity and healthy lifestyle, with the aim of achieving an appropriate balance in all aspects of life. Here are some of the advantages of holistic therapy. A holistic therapist knows how to ask and develop self-understanding of all these pieces. Holistic therapists have a large spectrum of coping skills and realistic strategies to support you in various aspects of your life. Yoga originates from various methodologies that exist thousands of years ago in different cultures such as the Indus Valley civilization of India.

- Identifying the need for a healthy lifestyle.
- Improving overall health.

- Holistic therapy is built to help you succeed in all aspects of your life, not just one.
- Improve on your self-esteem
- Reduction of Anxiety and Depression.
- The Growth of Social Skills

Holistic therapy is a type of conceptual therapy that helps you cope with inner turmoil through community and individual experiences. In addition, this method of treatment is effective in helping you handle your addiction struggles. Holistic treatment does more than just help you clean up.

### Conclusion

The yogic definition of holistic health and well-being Possibilities for the provision of answers to most health. The issues and the goal of "Health for All". We should understand the science of Yoga: studying and practising. Many studies have been performed with both rats and humans to study the stress response. The results of these studies, Sapolsky points out, indicate that 'stress reactions can be modulated or even triggered by psychological causes, including lack of opportunities for anger

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8. Melissa Adair *et al.* conducted a study to examine the feasibility of a tailored yoga program in Head and Neck Cancer survivors. Some of the late effects such as mood, symptom burden, and shoulder function improved through the use of yoga. Significant limitations in movement requiring modifications in poses were found. Efficacy measures indicated potential benefit for shoulder range of motion, pain and anxiety, 2018.