

## Yoga a Stressbuster During COVID-19 Times-Editor's View

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During COVID-19 pandemic we all are going through stress. Stress is defined as "the inability to cope with a real or imagined threat to ones mental, physical, emotional and spiritual well-being causing physiological changes and adaptations. Unfortunately, stress that is a universal problem nowadays has a detrimental effect on mental, physical and psychological health of individuals. The pandemic leads to lifestyle disorders thus lifestyle changes are required to be made by us and yoga is the best life style ever designed.

Term "Yoga" is derived from Sanskrit word "Yuj" meaning "to unite" i.e. union of mind, body and spirit. Yogic lifestyle and practices help in developing positive health that enable to tolerate stress in better way. This yogic health insurance is achieved by inculcation of yogic practices in our daily routine. Yogic practices include the physiologic postures (asanas), controlled breathing (pranayama) and meditation (Dhyana).

It re-orientes the nervous system, has promotive, preventive and curative value and is a safe, non-pharmacological intervention that helps to reduce drug dosage and improve quality of life in psychosomatic and stress related disorders, diabetes mellitus, hypertension, bronchial asthma, irritable bowel syndrome, epilepsy, backache and functional disorders also it reduces or eliminates drug dosage/dependence in these conditions.

### Physiology of Yoga

Various functions of our body are controlled by autonomic nervous system – parasympathetic and sympathetic. Stress induces autonomic imbalance by causing elevated sympathetic activity and decrement in the parasympathetic activity with

reduced activity of GABA system which is primary inhibitory neuro-transmitter thus increasing allostatic load. Yoga cause vagal stimulation leading to increase in parasympathetic activity that results in decrease in allostatic load.

### Physiological Benefits

Yoga improves overall wellbeing by improving posture, toning up the muscles, improving sleep quality, enhancing immunity and pain tolerance, normalises weight, stabilizes autonomic nervous system, increases cardio-respiratory efficiency, skeletal flexibility also it causes improvement in endurance and energy levels. It causes decrease in blood pressure along with heart rate and respiratory rate. The electromyograph activity also normalises with the improvement of GIT and endocrine functions.

### Biochemical Effects

There is improvement of biochemical parameters indicating an anti-stress and anti-oxidant effect that is helps in delaying or prevention of degenerative changes.

### Conclusion

The ancient art and science of yoga has infinite possibilities of solutions for health-related issues faced by today's world but it's not a miracle pill. It has holistic preview that need dedication towards practicing it as a way of life to regain natural health and universal happiness.