

Meditation in Stress Management by Traditional Way –A Review

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Abstract-

Stress is normal psychological and physical reaction to demands of life. A small amount of stress can be good, inspiring to perform well. Some people cope remarkably well with the pressure in their lives. They know when to take time out look at situation in a different way or turn to others for support. Regrettably, many more people cope with stress in ways that are actually self-destructive. Even though people can't completely get rid of stress from their life, they can learn sound ways to deal with it and prevent much of stress they experience. Some stress can be good. It can be confront that keeps us alert, motivated, and ready to avoid danger. But too much stress can develop illness and it can bring on or worsen certain symptoms or diseases. Headaches, an upset stomach, high blood pressure, chest pain, problems with sex and sleep these are some physical symptoms seen under constant stress. Stress can also lead to emotional problems, depression, pain attacks, or other forms of anxiety and concern. Ayurveda emphasizes on maintenance and promotion of health and prevention of disease through a variety of dietary and lifestyle regimens. Meditation has become one of the most well-liked ways to relieve stress among people of all walks of life. This age-old practice, which can take much form and may or may not be combined with many spiritual practices, can be used in several important ways. It can be a part of daily routine and helps to build resilience to stress. It can be a technique that uses to get centered when thrown off by emotional stress. It can be a quick-fix stress reliever to help reverse body's stress response and physically relax. So this study is aimed to discuss the important role of meditation in management of stress.

Key words-Stress, Meditation

Introduction:

Stress is a feeling of emotional or physical tension. It can appear from any event or thought that makes feel frustrated, angry, or nervous. Stress is body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps to avoid danger or meet the target. But when stress lasts for a long time, it may damage the health. Stress is a normal feeling. There are two main types of stress:

Acute Stress-This is short-term stress that goes away rapidly. You feel it when you slam on the brakes, have a fight with your spouse, or ski down a sharp slope. It helps you to handle dangerous situations. It also occurs when you do something new or thrilling. All people have acute stress at one time or another.

Chronic Stress-This is stress that last for a longer period of time. You may have chronic stress if you have money problems, an unhappy marriage, or mess at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't understand it is a problem. If you don't find way to handle stress, it may lead to health problems. Excess stress can also impact our mental and emotional states, our relationships, as well as the health of our bones.

Ayurveda shines in its capacity to condense a host of complex maladies into a gracefully simple compilation of qualitative patterns, which help to shed light on a clear path toward healing for each individual. The Ayurvedic approach to managing stress is a beautiful example of this.

One of Ayurveda's foundational principles is that like increase like and that opposites balance. Ayurveda relies on twenty gunas (qualities)—organized into ten pairs of opposites—to describe various phenomena throughout the natural world. Identifying the qualities involved in a particular imbalance or disease helps to direct an appropriate treatment of opposites

Stress Management according to Ancient science

1. **Dincharya:** An ideal daily routine is called the Dincharya. Ayurveda takes into description the nature's master sequence and suggests actions to follow in dincharya like Waking up an hour before dawn. Drink a glass or two of warm water. Brush your teeth and rub tongue. Massage your body with sesame oil. Bath with unblemished Practice Yoga and breathing exercises/Pranayam. Meditate for about 15 minutes. Have warm, beneficial and nutritious breakfast. Lunch should be taken flanked by 12 and 1P.M. A short walk is recommended after lunch. Sleeping in the day is prohibited in Ayurveda. Dinner should be taken around 6 – 7 P.M, at two-three hours before bedtime. Walk to aid digestion. Massage soles of your feet before going to bed at 9.30 – 10.30 P.M.
2. **Take a Bath:** A bath calms nervous system which releases tension and soothes the mind. Additionally, you can add 1/3 cup Ginger powder and 1/3 cup baking soda to the water to facilitate relaxation and healing. This combination encourages proper circulation, sweating, and detoxification, and is soothing, which is very necessary when stress is eminent. Use hot water for kapha and vata, and warm water for pitta.
3. **Practice Oil Pulling:** Swishing approximately in mouth and gargling with warm, untoasted sesame oil or medicated oil helps eradicate tension from the jaw, increases the sense of taste, and removes natural toxins from the mouth, teeth, and gums.
4. **Ayurvedic Oil Massage (Abhyang):** This ancient practice of self-massage with oil help calm the nervous system, lubricates and rejuvenates the tissues, and promotes healthy transmission throughout the body. Also, the oil forms a defensive sheath just about body that can help to

barrier the nervous system beside stress. Every morning, before bathing, massage about ¼–½ cup warm unrefined oil into the skin. Shiodhara may also help reduce stress.

5. **Practice Nasya:** The practice of applying medicated oil to the nasal passages is Nasyatreatment. It soothes these fragile tissues, helps in unhindered breathing, soothes accumulated stress, and supports mental lucidity. Nasya should not be performed by pregnant or menstruating women.
6. **Massage on Feet Before going to Bed:** This practice grounds the energy, soothes the nervous system, decreases stress, calms the mind, and helps in sound sleep.
7. **Read Inspiring Book:** A good, inspirational read can help the whole system of body to calm down and revitalize a bit.
8. **Promote Good Relationships:** Often slot in in a good laugh, a loving association, a comforting hug, a sympathetic ear, and other heartening relational signs that we are, certainly, supported.
9. **Get Adequate Rest:** A sound sleep is very essential to reduce stress. It has substantial restorative functions and plays a main role in patch up and rejuvenation of tissues (in the brain and the body), but it also allows for the removal of metabolic impurities and natural toxins.
10. **Exercise:** The accumulated tension can be unconfined by regular exercise. Other than tension, exercise is particularly crucial to shiftstationary mental and emotional power, and progress the circulation.
11. **Yoga and Meditation:** Yoga moves prana in human body, helps to disperse tension, clears stagnation, and encourages variability, both in the tissues as well as in the mental and touching spheres. This capacity can be developed through the development of passive alertness with the help of meditation, and a far improved response to stressful situations can be well-versed.
12. **Helpful Diet:** A source of nourishment is necessary, it is finest to emphasize on healthy, complete foods that are rich in fiber and vitamins, and minimizing processed foods, stimulants like coffee, and refined sugars.
13. **Rasayana therapy:** Ayurveda mentions a number of herbs which encourage health in the mind-body of a human being. These herbs particularlystrengthen the mind and the nervous system, and can help one to face our daily challenges with aintellect of ease.

To get rid of stress meditation is helpful.

Meditation is mental teaching capable of producing association between mind, body and spirit. Agrowing body of research shows different health repaymentconnected with meditation and these conclusions have sparked attention in the field of medicine. The practice of meditation originated in the ancient Vedic times of India and is mentioned in the ancient Vedic texts.

Meditation affects the body in precisely the conflicting ways that stress does—by triggering the body's relaxation answer. It restores the body to a calm state, serving the body revamp itself and preventing new damage from the physical things of stress. It can calm your mind and body by quieting the stress-induced thoughts that keep your body's stress reply triggered. There is an element of more straight physical relaxation concerned in meditation as well, perceptibly, so this double dose of relaxation can actually be helpful for shrugging off stress. A greater gain that meditation can bring is the long-term flexibility that can come with

standard performance. Spirituality is progressively more being examined as a factor in mental health. Recent studies have found that spirituality may provide as a psychological and social reserve for coping with stress. After defining the term spirituality, this paper examines some of the research on the relationship between spirituality and mental health, focusing on gloominess, nervousness, and material mistreatment. While spiritual viewpoint often represent influential sources of console, hope and meaning, at times they can entwined with mental and emotional disorders making it hard to determine whether they are a resource or a responsibility. According to Vedic science (the knowledge of the vedic texts of ancient India), the true rationale of meditation is to unite oneself to one's deep inner Self. Techniques which achieve that goal provide the true reason of meditation

The human being consists of three aspects, with their associated functions:

1. Physical body
2. Inner faculty: The working consciousness, which is constantly changing. This consists of:
 - Mind: Processes sensory perceptions; has the superiority of duality, as seen in pairs of opposites, for example, pleasure and pain, good and bad, hot and cold, etc.
 - Intellect: Analyzes, discriminates, decides, and adjudicators
 - Ego: active person and familiarity
 - Chitta: The warehouse of all memories and impersonation of life
3. Deep inner Self: The nonchanging pure consciousness, which has the quality of unity and witnesses the activity of the inner faculty. The deep inner Self is the source of all knowledge, intelligence, creativity, and all natural laws that govern existence

Types of Meditation-

Concentration meditation teaches how to spotlight on mind.

Heart-centered meditation involves quieting the mind and bringing the consciousness to the heart, power center in the middle of the chest.

Mindfulness meditation encourages you to focus impartially on unconstructive thoughts as they shift through your mind, so you can achieve a state of calm.

Tai chi and qigong are moving forms of meditation that unite physical exercise with breathing and spotlight.

Transcendental Meditation is a well-known method in which you repeat a mantra—a word, phrase, or sound—to quiet your thoughts and achieve greater awareness.

Walking meditation turns the focus to both body and mind as with breathe in time with own footsteps.

Transcendental Meditation Transcendental Meditation is a simple, natural method. In Transcendental Meditation, you silently replicate a personally assigned mantra, such as a word, sound or saying, in a explicit way. This form of meditation may permit your body to resolve into a state of thoughtful rest and relaxation and your mind to attain a state of inner peace, devoid of needing to use concentration or attempt.

Yoga You perform a series of postures and proscribed breathing movements to endorse a more flexible body and a peaceful mind. As you move through poses that require balance and attentiveness, you're encouraged to focus less on your busy day and more on the moment.

Process of Meditation-Practice 20 minutes every day

- Start by focusing on breath; Inhalation and exhalation.
- With a soft focus on breath, find a quiet space within you.
- Become fully present and attentive of your breath within the silence.
- When the mind goes after a thought; notice that you have strayed from silence; then come back to silence

Uses of Meditation

- Body use oxygen more resourcefully.
- Less cortisol is formed by Adrenal glands.
- Blood pressure comes in normal range.
- Heart rate and breathing slow down.
- Immune function improves.
- Mind ages at a slower rate.
- Mind clears and inspiration increases.
- Sweat fewer.

People who meditate frequently find it easier to give up smoking, drinking, and drugs. They also discover it easier to stop reflection from ruining their day.

It helps many people attach to a place of internal strength. Abundant studies have found that, in assorted populations, meditation can minimize stress and build resilience.

Conclusion-

Meditation, as described in the prehistoric Vedic texts, is an exercise of awareness that results in the extension of consciousness beyond the day-to-day experience of duality. It is an experience of harmony, which decreases stress and brings increased ingenuity and efficiency to the performance of the inner faculty. This is an exercise that occurs devoid of the intellect directing the process. In physical exercise, the mind does not tell the muscles to get stronger; rather, the muscles are strengthened mechanically by the exercise procedure. Likewise, in this exercise of consciousness, that is, meditation, the results are achieved repeatedly, not by controlling the mind or any other mental exploitation. The process of meditation goes beyond the mind to the deepest level of the inner Self. So in this study we conclude that meditation is beneficial to reduce stress. So daily practice of meditation in traditional way helps to reduce stress and maintain sound health.

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