



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 1152-1154

© 2018 Yoga

www.theyogicjournal.com

Received: 03-11-2017

Accepted: 04-12-2017

Dr. Ram Kumar Agrawal

Assistant Professor, Deptt of
Swastha Vritta & Yoga. Govt.
Ayurvedic Medical College,
Jabalpur, Madhya Pradesh,
India

Dr. Prashant Kumar Gupta

Lecturer Balroga, Lalit Hari
State Ay. Post Graduate College,
Pilibhit, Uttar Pradesh, India

Stress management in children by yoga practice

Dr. Ram Kumar Agrawal and Dr. Prashant Kumar Gupta

Abstract

In a fast moving life, children also experience stress-related physical symptoms, such as fatigue, headache or abdominal complaints. Increased screen time is also a serious emerging issue in growing kids. Paper is designed for analysing the physical consequences of psychological stress, eye stress and the possibility of managing stress by Yoga in childhood. Some description of Asanas for pediatric age group is also covered

Yoga is ancient Indian paradigm for harmonizing the body-mind complex. Asana and pranayama, the important parts of yoga, improve physical, mental and spiritual health of all age group. They are inexpensive, non-pharmacological techniques without any side effects and the patient can do it easily at any stage of life, with little training. It was analysed and listed that recommended yoga and asanas can positively reduce stress.

Keywords: Stress, physical, somatic, yoga, children, adolescents

Introduction

Yoga is an ancient Indian practice, which has been spread all over the world, and is even being revitalized in India itself. Yoga consists of moral code (Yam) self purification and study (niyam), certain postures (*asana*), regulated breathing techniques (pranayama), hand poses (*mudras*), and meditation. Yoga's positive impact on the physical and mental health of individuals and their well-being has been an established truth in the ancient as well as contemporary yoga literature. The recent scientific research on yoga provides empirical evidence for some of these claims, and specifies that certain yoga practices are beneficial for the mental and physical health of children and young people.

Globalization and day to day competitiveness exposes children and young people all around the world to various new standards and options. Now children have new resources in their lives, hence expected to perform well academically and co-curricular as well. New expectations and demands have the potential to create stress in young's life.

It is common knowledge that stress can have serious health consequences. If unaddressed could result to range of health problems, including poor school performance, insomnia, social isolation, weakened immune system, food fussiness, obesity etc. Children learn to internalize the stresses. Their self-imposed expectations to meet the standards set by their caregivers, schools, and society may cause them anxiety. Children are good at hiding their distress and emotional stress from their parents, since they do not want their parents to worry on their account.

Present article is designed to described yoga practices suitable for pediatric age group. These practices are well known for their stress management effect. Yoga provides training of mind and body to bring emotional balance and physical stability. It is claimed that yoga leads to alignment and harmony.

Symptoms of Stress in Children

Presently there is more distraction from medical therapies than any time before, as in some countries, youngsters use less drugs than did previous generations, perform better academically, socially and democratically, although research also indicates that young people are more worried than their counterparts in the past, many are diagnosed with conditions such as Attention Deficit Hyperactivity Disorder (ADHD). Increased pressure is also exerted on them to succeed in school now than in previous times.

Correspondence

Dr. Prashant Kumar Gupta

Lecturer Balroga, Lalit Hari
State Ay. Post Graduate College,
Pilibhit, Uttar Pradesh, India

Thus, there are more psychological problems among young people; many worry excessively, have sleep problems, and experience hopelessness and stress.

Children also suffer from bullying, poor behavior issues, poor interactions with society, problems with attention and self-regulation, poor personal hygiene, sleep disorders, obesity, computer/screen dependency, drug abuse, and lack of school motivation etc.

Below are some of yogic practices which can be performed at pediatric age group. Their possible benefits are also described as per ancient and modern literature.

Asana

Surya Namaskara, Tadasana, Padmasana, Vajrasana, Shashankasana, Anandmirdasana, Paschimottanasana, Bhujangasana, Shalbhassana, Sarvangasana, Halasana, Shavasana

Pranayama

Nadishodhana, Bhramari, Sheetkari

Mudra

Shambhavi, Vipareetakarni

Shatkarma

Kapalbhati, Jalaneti, Trataka

Others

Meditation, Yoganidra

Asana

Suryanamaskar: It stimulates and balance all the system of the body including Endocrine, circulatory, respiratory, and digestive system, increase awareness and bestow good health and wellbeing

Tadasana: It stretches rectus abdomini muscles and intestine

Padmasana: Mental stress is relieved and quietening of mind is achieved

Vajrasana: It stimulates the vajranadi, activates prana in sushumna and redirect sexual energy to the brain for spiritual purpose, balance the nervous system

Shashankasana: Regulates the function of adrenal gland, practised with Ujjai pranayama eliminate anger.

Anandmirdasana: Calm the mind, Relax the nervous system

Paschimottanasana: It tone and massage the entire abdominal and pelvic region

Bhujangasana: Maintain the secretion of cortisone, improve circulation of back and toning of nerves

Shalbhassana: Stimulate the Autonomic nervous system

Sarvangasana: Tranquillising the brain, relieve mental and emotional stress, boosting immune system,

Halasana: Improving the operation of Sympathetic nervous system

Shavasana: Relaxes the whole psycho-physiological system and quiets the agitation of the mind

Pranayam

Nadi Shodhan Pranayama: it induces tranquillity, clarity of thought and concentration, increase vitality and lower level of stress and anxiety by harmonizing the prana, balance ida and pingla nadi

Bhastrika Pranayama: It burns up toxin and remove disease of doshas or humours: Kapha (phlegm), Pitta (bile), vata (wind), balance and strengthen the nervous system, inducing peace, tranquility of mind.

Sheetkari Pranayama: It cool and reduces mental and emotional excitation, induces muscular relaxation, mental tranquility, generate feeling of satisfaction

Mudra

Shambhavi: It calm the mind, removing emotional stress and anger, develop concentration, mental stability, balance emotional development

Vipareetakarni: Enhance blood circulation of brain, increase mental alertness

Shatkarma

Kapalbhati: It purify ida and pingla nadi, remove sensory distraction from the mind, balance and strengthen the nervous system

Jalaneti: It alleviates anxiety, anger and depression, awaken Ajna chakra

Trataka: Relieving nervous tension, anxiety depression and insomnia, develop good concentration and strong will power.

Other

Yoga Nidra: It is a state of conscious deep Sleep, brings an incredible calmness, quietness and clarity.

Meditation: It gradually instils peace, stability and increasing awareness, deep relaxation of mind.

Conclusion

Authors have strong belief that incorporating above yogic practices at pre-school, school and above level can help potentially in development of mental and physical well beingness of an individual. Although a strong government policy for introducing yogic practices essentially at preprimary, primary and secondary level can change the trends and can potentially reduce the burden of morbidity and hygiene in school going kids.

Early incorporation of yogic practice can be a good tool for personality development. Today's children require a creative, interactive, catchy and participatory method in the teaching-learning process same fitted with yoga also. So if yoga is available in such way it can be powerful tool to manage stress.

References

1. Swami Satyananda Saraswati, Yoga Nidra. Yoga Publications Trust, Munger, Bihar, India. 2. Charing Cross Medical School, London, UK. Jan, 1988.
2. Yoga Nidra as therapy, Dr. Swami Shankardev

Saraswati.

3. Asana Pranayama Mudra Bandha, Yoga Publication, Trust Munger, Bihar India – Swami Satyananda Saraswati.
4. A matter of health by Krishna Raman published by east west books (Madras) Pvt. Ltd., Chennai, 1998.
5. Stress and its management by yoga By K.N. Udupa Published by Motilal Banarasidas publication Pvt. Ltd. Delhi, 1985.
6. The complete guide to Stress Management by Dr. Chandra Patel published by Mac Donald and Co.ltd. London, 1989.
7. A Complete Guide to Managing Stress, Chapter 7, First Edition: Delhi, by Dr. Bimal Chhajer, published by New Age Books, New Delhi, 2004.
8. Iyengar BKS. Yoga: The Path to Holistic Health. London: Dorling Kindersley Limited, 2008.
9. Telles S. The Effect of Yoga on Mental Health of Children. In: Nayar U, editor. editor. Child and Adolescent Mental Health. New Dehli: Sage Publications, 2012.