

## **Unit-3: Yoga for Health Promotion**

### **3.2 Yogic Management of Stress and its Consequences**

#### **CONCEPT OF STRESS**

Stress is a universal term which is used by anyone or everyone without understanding it properly. Stress is now formalized to mean any change within a system induced by external forces.

Medical science defines stress as a specific response of body to all the nonspecific demands secretions of certain hormones.

When a person faces problems in his everyday life which exceed his resources for coping with them, he feels stressed. Stress is a demand on our adaptability to evoke a response.

But we must remember that stress is not just for external environments, it can be generated from within ourselves, from our fears, hopes, expectations and beliefs.

How modern medical science deals with stress is not our topic of discussion, we are going to talk about how yoga can manage stress. It is an accepted fact amongst the world population that 'Yoga' brings happiness, peace of mind and a positive state of health. However, there is a limited understanding regarding the ways in which yoga achieves these things. Actually, yoga aligns the body, mind and intellect level by proper knowledge of structure and function, through self-realization of inner awareness.

When our resources are over worked, our exhausted body stops functioning smoothly. The signs that indicate this may be physical signs such as high blood pressure , high blood sugar, digestive disorders, back pain, and many others.

The Yogic asanas stretch and tone every muscle of the body, joints, spine, the entire skeletal muscles organs, as well as nerves, keeping the entire system in radiant health. By releasing physical and mental tension, a person liberates a vast amount of energy. The yogic breathing practice known as Pranayamas, revitalize the body and help to control the mind, leaving the person calm and refreshed. Relaxation helps control anxiety, hypertension and other discomforts of the mind and body.

### **Definition**

According to WHO, “ mental Health is a state of well being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community”.

### **Types of STRESS**

A good Stress has the following characteristic:

- Motivates
- Focuses energy
- Improves performance

A bad Stress has the following characteristic:

- Anxiety
- Tension
- Decrease Performance
- Mental and Physical problems

### **CAUSES OF STRESS**

There may be various reasons for stress. Few of them are listed below:

#### **1) FINANCIAL PROBLEMS**

According to a survey, money is a significant source of stress. Financial stress can take months or years to come out from. In the long-term, stress related to finance results in distress, which may bring up blood pressure and cause headaches, upset stomach, chest pain, insomnia, and a general feeling of sickness. Financial stress has also been linked to a number of health problems, including depression, anxiety, skin problems, diabetes, and arthritis.

2) **WORK**

According to the Centers for Disease Control and Prevention (CDC), people now spend 8 percent more time at work compared to 20 years ago, and about 13 percent of people work a second job. At least 40 percent report their jobs are stressful, and 26 percent report they often feel burned out by their work. Any amount of things can contribute to job stress including too much work, job insecurity, dissatisfaction with a job or career, conflicts with a boss and/or coworkers, etc. Whether worrying about a specific project or feeling unfairly treated, putting jobs ahead of everything else can affect many aspects of life, including personal relationships and mental and physical health.

3) **PERSONAL RELATIONSHIPS**

There are people in our lives that cause stress. It could be a family member, an intimate partner, friend, or coworker. Toxic people lurk in all parts of our lives and the stress we experience from these relationships can affect physical and mental health.

4) **PARENTING**

Parents are often faced with busy schedules that include a job, household duties, and raising children which results in parenting stress. High levels of parenting stress can cause a parent to be harsh, negative, and authoritarian in their interactions with children. Parenting stress can also decrease the quality of parent-child relationships. For example, you may not have open communication so your child doesn't come to you for advice or your child and you may argue often.

Sources of parenting stress may include lower income, working long hours, single parenting, marital or relationship tensions, or raising a child who has been diagnosed with a behavioral disorder or developmental disability.

5) **DAILY LIFE AND BUSY-NESS**

Day-to-day stressors are our daily inconveniences. They include things like misplacing keys, running late, and forgetting to bring an important item with you when leaving the house. Usually, these are just minor setbacks, but if they become frequent, they become a source of anxiety affecting physical and/or psychological health.

6) **PERSONALITY AND RESOURCES**

Personality traits can be independent sources of stress. Extroverts, for example, tend to experience less stress in daily life and have greater social resources, which buffer against stress. Perfectionists may bring stress onto themselves unnecessarily because of their exacting standards, experiencing more negative mental and physical health consequences than those who merely focus on high achievement.

## **SIGN AND SYMPTOMS OF STRESS**

### **a. Common Effects of Stress on Mood**

Anxiety, restlessness, lack of motivation or focus, feeling overwhelmed, irritability or anger and sadness or depression

### **b. Common effects of stress on your behavior**

Overeating or under eating, anger outburst, drug or alcohol abuse, tobacco use and social withdrawal.

## **EFFECTS OF STRESS**

Stress is a natural, physical and mental reaction to life experiences. Everyone expresses stress from time to time; Stress can be beneficial to your health. It can help you cope with potentially serious situations. Our body responds to stress by releasing hormones that increases heart and breathing rates and muscles to respond.

Yet if the stress response doesn't stop firing, and these stress levels stay elevated for longer than necessary for survival, it can impact your health. Chronic stress can cause a variety of symptoms and can affect your overall well-being. Some of the effects are discussed below:

### **1) Respiratory and cardiovascular systems:**

Stress hormones affect the respiratory and cardiovascular systems. During stress, breathing becomes faster in an effort to quickly distribute oxygen-rich blood to our body. If one already has a breathing problem like asthma or emphysema, stress can make it even harder to breathe.

Under stress, the heart pumps faster. Stress hormones can cause the blood vessels to constrict and divert more oxygen to your muscles so that one has more strength to take action. But this also raises the blood pressure.

As a result, frequent or chronic stress will make the heart work too hard for too long. When the blood pressure rises, so does the risk of having a stroke or heart attack.

### **2) Digestive system**

Under stress, the liver produces extra blood sugar (glucose) to give the body a boost of energy. If under chronic stress, the body may not be able to keep up with this extra glucose surge. Chronic stress may increase the risk of developing type 2 diabetes. The rush of hormones, rapid

breathing, and increased heart rate can also upset the digestive system where one is more likely to have heartburn or acid reflux.

**3) Muscular system**

The muscles tense up to protect themselves from injury when you're stressed. They tend to release again once you relax, but if you're constantly under stress, the muscles may not get the chance to relax. Tight muscles cause headaches, back and shoulder pain, and body aches. This can set off an unhealthy cycle as you turn to pain medications for relief.

**4) Sexuality and reproductive system**

Stress is exhausting for both, the body and mind. If stress continues for a long time, a man's testosterone level begins to drop. This interferes with sperm production and can cause erectile dysfunction or impotence. Chronic stress may also increase the risk of infection for male reproductive organs like the prostate and testes.

For women, stress can affect the menstrual cycle. It leads to irregular, heavier, or more painful periods. Chronic stress can also magnify the physical symptoms of menopause.

**5) Immune system**

Stress stimulates the immune system, which can be a benefit for immediate situations. This stimulation can help to avoid infections and heal wounds. But over time, stress hormones will weaken the immune system and reduce the body's response to foreign invaders. People under chronic stress are more susceptible to viral illnesses like the flu and the common cold, as well as other infections. Stress can also increase the time it takes for you to recover from an illness or injury.

**Yogic Management of Stress**

1. Om chanting and prayer.
2. ShodhanaKriyas: *Kapalabhati*.

3. Suryanamaskara
4. Yogasanas: *Tadasana, Urdhav Hastottasana, Ardha Chakrasana, Ardha Ustrasana, Ustrasana, Sasankasana, Uttana Mandukasana, Vakrasana, Gomukhasana, Makrasana, Bhujangasana, Uttan Padasana, Ardha Halasana, Pawanmuktasana, Sathybandhasana, Savasana.*
5. Pranayama: *Nadishodhana, Brahmari.*
6. Dhyana (Meditation)
7. Santi Patha

### **Yoga and Diet**

The yogic diet popularly known as satvic diet is the most preferred diet. Satvic diet contains more of fresh fruits and vegetables (spinach, cabbage, sprouts, garlic, onion, carrot, beetroots) in its natural form, soup etc. Intake of Vitamin B and B Complex is helpful in psychosomatic illness and reduce the stress. Rajasik foods like fried food items, spicy foods, soft drinks and beverages, fast food etc. should be limited. Tamasik foods like non-vegetarian food items; alcoholic drinks etc. must be avoided.

### 3.3 Yoga in prevention of common disease

(A)

#### **OBESITY**

Obesity is supposed to be a gift of modern life style. It is the most common nutritional or metabolic disorder. Obesity is a condition in which excess body fat accumulates to such an extent that health may be affected. It is commonly defined as a Body Mass Index (BMI) of 30kg/m<sup>2</sup> or higher. Obesity, in absolute terms, is an increase of body adipose tissue (fat tissue) mass.

#### **Causes**

A combination of excessive calorie consumption and a sedentary lifestyle are the primary causes of obesity. In a minority of cases, increased food consumption can be attributed to genetic, medical or psychiatric illness. Excess fat accumulation may be due to imbalance between energy intake and energy expenditure. Some patients may be obese due to the abnormal secretion of the Thyroid glands or due to hereditary causes. Actually, there are no specific causes as such but factors influencing are:

**Diet:** Consumption of high calorie and low fiber diet.

**Sedentary Lifestyle:** significant role in a sedentary lifestyle plays a obesity.

**Genetics:** Polymorphisms in various genes controlling appetite and metabolism may predispose to obesity.

**Medical and psychiatric illness:** Certain physical and mental illness and the pharmaceutical substances used to treat them can increase the risk of obesity.

**Early malnutrition:** Malnutrition in early life is believed to play a role in the rising rates of obesity in the developing world. Endocrine changes that occur during periods of malnutrition may promote the storage of fat, once more calories becoming available.

**Gut Flora:** There is an indication that gut flora in obese and lean individuals can affect the individuals' metabolic

potential. This apparent alteration of the metabolic potential is believed to confer a greater capacity to harvest energy contributing to obesity.

**Neurobiological mechanism:**

Leptin and ghrelin are considered to be complementary in their influence on appetite, with ghrelin produced by the stomach, modeling short-term appetite control. In particular, they, and other appetite related hormones act on the hypothalamus, a region of the brain central to the regulation of food intake and energy expenditure.

Socio-economic: High socio-economic group. Heredity: Obesity may inherit from parent to child.

**Endocrine factors:** Hypothyroidism, Cushing

Syndrome, etc. Faulty metabolism: The person whose rate of metabolism is low, tend to get fat deposited in their body.

**Psychological factors:** Worry, anxiety, fear, feeling of loneliness, dissociation and frustration may stimulate the person to over eat.

Water retention: Too much consumption of tea, coffee, aerated water, alcoholic drinks results in disposition of fluid in the body tissues and causes increase in weight.

The excessive fat accumulation can be measured through the following means:

- Some expression of weight in relation to height, especially one to referred to as the body mass index (BMI). A BMI of all round 25kg/m<sup>2</sup> is considered normal.
- Skin fold measurements.
- Various body circumferences, particularly the ratio of the waist to hip circumference.

**Yogic Management of Obesity**

1. Om chanting and prayer.
2. ShodhanaKriyas: *Kapalabhati, kunjla, agnisara, Nauli.*

3. Suryanamaskara
4. *Yogasanas: Tadasana, katichakrasana, Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Dhanurasana, Supta-vajrasana, Paschimotasana, Ardhamatsyendrasana, Ushtrasana, Mandukasana, Mayurrasana, shavasana.*
5. *Pranayama: Nadishodhana, suryabhedhi pranayama, Brahmari, Sitali, Bhastrika.*
6. Special Practice: *Yoganidra.*
7. Dhyana (Meditation)
8. Yama and Niyama: This will help to have controlled behavior and would in pacify the wondering mind. It also helps to have control over the eating habits of a person.

**(B) HYPERTENSION**

Hypertension is the elevation of the blood pressure above normal. The levels of Systolic and Diastolic pressure are both risk factors. BP > 140 mmHg. & Diastolic Bp > 90 mmHg are generally accepted as hypertension.

**Classification of hypertension**

1. Primary Hypertension (high blood pressure in the absence of any underlying disease):
  - Benign Hypertension
  - Malignant Hypertension
2. Secondary Hypertension (high pressure due to some underlying disease):
  - Cardiovascular Hypertension
  - Endocrine Hypertension
  - Renal Hypertension
  - Neurogenic Hypertension
  - Pregnancy induced Hypertension Manifestations of Hypertension:

- Renal Failure
- Left Ventricular Failure
- Myocardial Infarction
- Cerebral Hemorrhage

### **Management of Hypertension**

#### **I. Dietary Management**

- Maintain a healthy life style by maintaining adequate nutrition.
- Regularize eating habits by consuming food at regular intervals of time.
- Avoid fried foods.
- Avoid high salt content foods.
- Sprinkle lemon juice over vegetables instead of table salt.
- Take foods rich in fibre, like vegetables and fruits such as Apples, Oranges, Carrots, Tomatoes, and Beans etc.
- Do not skip a meal.
- Avoid pickles, chutneys, pappads, etc. which contain lot salt.
- Eat foods rich in antioxidants like citrus fruits, Papaya, Tomatoes, Grains, Cereals, Potatoes, Green Leafy vegetables, etc.
- Avoid baked dishes, which have baking powder.

#### **II. Yogic Management**

The role of yoga in the management of Hypertension is well documented now. Aim of treatment of Hypertension should be to lower the blood pressure and to prevent further complications.

In general, the practices prescribed for the Hypertension cases are:

**Kriyas:** *Jalneti, Sutraneti*

Surya-namaskara and selected practices of Yogic

SukshmaVyayama (suryanamaskara may be avoided in severe cases)

**Asanas:** *Tadasana, Katichakrasana, Konasana, Uttanapadasana, Ardhhallasana, Pavanamuktasana, Vajrasana, Ushtrasana, Bhujangasana, Dhanurasana, Gomukhasana, Vakrasana, Uttanamandukasana, Shavasana.*

**Pranayama:** *Nadishuddi, Ujjayi and Bhramari.*

**Meditation:** *Breath Awareness, Om Chanting and Om Meditation.*

**Contraindications:** *The Topsy-turvy postures, hyperventilation breathing practices should be avoided.*

#### (C) **LOW BACK PAIN**

Low back pain is the most common cause of job- related disability and a leading contributor to missed work. Fortunately, most occurrences of low back pain go away within a few days. Others take much longer time to resolve or lead to more serious conditions. Chronic back pains is a major cause of social and financial concerns as it is associated with impaired quality of life, loss of productivity and large health care expenses. Acute of short- term low back pain generally lasts from a few days to a few weeks. Most acute back pains are mechanical in nature - the result of trauma to the lower back or a disorder such as arthritis. Pain and strain may be caused by a sports injury, work around the house or in the garden, or a sudden jerk such as car accident or other stress on spinal bones and tissues.

#### **Symptoms:**

- Symptoms may range from muscles ache to shooting or stabbing pain, limited flexibility and/or range of motion or inability to stand straight.
- Occasionally, pain felt in one part of the body due to disorder or injury, may “radiate” elsewhere in the body.
- Chronic back pain is measured by duration - pain that

persists for more than 3 months is considered chronic. It is often progressive and the cause can be difficult to determine.

### **Causes of lower back pain:**

- As age advances, bone strength and muscle elasticity and tone tend to decrease. The discs begin to lose fluid and flexibility, which decreases their ability to cushion the vertebrae.
- Pain can occur when, someone lifts something which is too heavy or overstretches, causing a sprain, strain or spasm in one of the muscles or ligaments in the back.
- When the nerve roots become compressed or irritated, back pain results.
- Low back pain may reflect nerve or muscle irritation or bone lesions. Most low back pains follow injury or trauma to the back, but pain may also be caused by degenerative conditions such as arthritis or disc disease, osteoporosis or other bone diseases, viral infections, irritation to joints and discs or congenital abnormalities in the spine, obesity, smoking, weight gain during pregnancy, stress, poor physical condition, improper posture for doing a particular activity and poor sleeping position also may contribute to low back pain.

### **Yogic Management of Low Back Pain**

1. Om chanting and prayer
2. Spinal exercise: The simple spinal movements facilitate the practice of a further range of Yogic techniques by loosening the joints and muscles.
3. **Sukshma Vyayama:** Griva-sakti-vikasaka (Strengthening the Neck) (1, 2 & 3), SkandhatathaBahu- mula-sakti-vikasaka (Developing the strength of the Shoulder-Blades and Joints), Purnabhujja-sakti- vikasaka (Developing the arms) (Exercise B, C, D, E –

vikasaka & F), Kati-sakti (strengthening the Back) (1, 2, 3, 4 & 5).

4.                   **Yogasanas:** Tadasana, UrdhwaHastottanasana, Katichakrasana, Ardchakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandasana, Vajrasana, Ushtrasana, Vakrasana, Ardhamatsyaen- drasana, Marjari-asana, Gomukhasana, Uttanamandukasana, SaralaMatsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana.
5.                   **Pranayama:** Nandishodhana Pranayama, Suryabhedana, Pranayama, Ujjayi, Bhramari
6.                   **Special Practices:** YogaNidra
7.                   **Dhyana:** Meditation Tips to a Healthier Back

Following any period of prolonged inactivity, begin a program of regular low-impact exercise. Yoga can help to stretch and strengthen muscles and improve posture. Low impact exercises appropriate for age and designed to strengthen lower back and abdominal muscles can help as well.

- Always stretch before exercise or other strenuous physical activity.
- Don't lean when standing or sitting. When standing, keep the weight balanced on the feet.
- At home or work, make sure the work surface is at a comfortable height.
- Sit in a chair with good lumbar support along with proper position and height for the task. Keep the shoulders back. Switch sitting positions often and periodically walk around the office, gently stretch muscles to relieve tension. If one must sit for a long period of time, rest the feet on a low stool.
- Wear comfortable, low-heeled shoes.

- Sleep on the side to reduce any curve in the spine. Always sleep on a firm surface.
- Don't try to lift objects too heavy. Keep the objects close to the body. Do not twist when lifting.
- Maintain proper nutrition and diet to reduce and prevent excessive weight, especially around waistline that taxes lower back muscles. A diet with sufficient daily intake of calcium, phosphorus, and vitamin D helps to promote proper bone growth.
- If one smokes, quit smoking. Smoking reduces blood flow to the lower spine and causes the spinal disc to degenerate.
- Avoid excessive stress. Stress will also contribute to the pain intensity.

**(D) BRONCHIAL ASTHMA**

Asthma is a disease of the respiratory system where the airways get narrowed, often in response to a “trigger” such as exposure to an allergen, cold air, exercise, or emotional stress. This narrowing causes symptoms such as wheezing, shortness of breath, chest tightness, and coughing, which respond to bronchodilators.

The asthmatic disorder is a chronic (recurring) inflammatory condition in which the airways develop increased responsiveness to various stimuli, characterized by bronchial hyper-responsiveness, inflammation, increased mucus production and intermittent airway obstruction.

Asthma is characterized by episodic, reversible Broncho- constriction resulting from increased responsiveness of the trachea-bronchial tree to various stimuli. The exact basis of bronchial hyper reactivity is not entirely clear. But bronchial inflammation plays an important role.

**Clinical course: Signs and symptoms of Asthma**

- Asthma is characterized by episodic dyspnea (difficulty in breathing), wheezing and cough.
- Difficulty in expiration.

- Tightness of the chest/discomfort in the chest may be seen.
- Attacks last from one to several hours.
- Severe attacks may affect the heart and circulatory system.
- Severe attack, not responsive to usual therapy is called “status asthmaticus” and is a medical emergency.
- Hypercarbia (increased level of CO<sub>2</sub>), acidosis and hypoxia (decreased O<sub>2</sub> level) is rare in Asthma.

## **Management of Bronchial Asthma**

### **I. Dietary management**

1. The diet plays an important role in the management of asthma and other respiratory conditions.
2. There are foods which are allergic to asthma patients and such foods should be avoided.
3. Cold foods, ice creams, chocolates, other stimulants, fruits like banana etc. are to be avoided.
4. Also, the foods which add to the production should be specifically avoided.

### **II. Yogic Management**

The role of yoga in the management of Br. Asthma is well documented now. Aim of the treatment in Asthma should be Broncho-constriction and to tackle the triggering factors.

1. **Kriyas:** Jalaneti, sutraneti, kapalabhati, Kunjal, vastradhouti
2. Om chanting and prayer
3. Suryanamaskara
4. **Selected practices of sukshnavyayama:** Uccaranasthalatatha Visuddha chakra shuddi, Buddhitathadhrishaktivikasaka, Vakshasthalashak- tivikasaka (1 and 2)



## **Yogic Management of Arthritis:**

1. ***Om chanting and prayer***
2. Spinal exercise: The simple spinal movements facilitate the practice of further range of Yogic techniques by loosening the joints and muscles.
3. **SukshmaVyayama:** Griva-sakti-vikasaka (Strengthening the Neck) (1, 2& 3), SkandhatathaBahu-mula-sakti- vikasaka (Developing the strength of the Shoulder- Blades and Joints), Purnabhujasakti- vikasaka (Developing the arms) (Exercise B, C, D, E –vikasaka& F), Kati-sakti (strengthening the Back) (1, 2, 3, 4& 5).
4. **Yogasanas:** Tadasana, UrdhwaHastottanasana, Katichakrasana, Ardhashakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandasana, Vajrasana, Ushtrasana, Vakrasana, Ardhamatsyaendrasana, Marjari-asana, Gomukhasana, Uttanamandukasana, SaralaMatsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana.
5. **Pranayama:** Nandishodhana Pranayama, Suryabhedana, Pranayama, Ujjayi, Bhramari
6. **Special Practices:** YogaNidra
7. **Dhyana:** Meditation

### **3.4 Yoga and personality development**

**Personality:** The term personality defines what the individual is. In contemporary psychology, personality has been **examined in a few different ways**. Psychologists talk about personality as qualities within an individual and characteristic ways of behavior of an individual. Personality development has several interrelated dimensions namely, physical, intellectual, emotional, social and spiritual.

For yogic point of view the person is viewed as a spiritual entity, connecting in the material world, utilizing body/mind as a vehicle. Human being here is seen as an autonomous spiritual consciousness, independent of the body. Yogic philosophy views the person as having five koshas which surround the divine self or the atman. These sheaths, from the outermost to innermost order are known as Annamaya Kosha (physical body), Pranamaya Kosha (energy body), Manomaya Kosha (mental body) Vijnanamaya Kosha (bliss body). Inner sheaths are related to the higher levels of consciousness while the outermost sheath is related to the outward going or lower level of consciousness.

#### **Personality Development through Yoga**

Yoga is considered as an effective tool for development of personality of children. Yoga acts on all five koshas (sheaths) surrounding the self.

Asanas are the tools which mainly influence annamaya kosha by bringing flexibility, relaxation, toning, strength, balance and general fitness. Various researches have revealed that at the pranamaya kosha or the subtle energy level, pranayama restores harmony to the flow of prana (vital force) by removing blocks and imbalances. The manomaya kosha works at two levels, the level of mind and the level of emotion. At the mental level, dharna, dhyana and smadhi facilitate channelization of thoughts and then focus on a single thought leading to the state of super consciousness. At the emotional level, Bhakti Yoga is good for culturing emotion. It gives emotion the right direction for growth. By devotional practices, negative, harsh and violent emotions can be replaced with the positive, soft and gentle emotions. Thus, Dhyana and Bhakti Yoga facilitate the mental and emotional development of the children. Dhyana and Jnana Yoga are helpful to reach the level of higher buddhi.

Good intellect, intuition, wisdom, higher knowledge and psychic abilities shine out from the innermost sheath (anandmaya kosha). Love, compassion, joy, accomplishment and mutually fulfilling relationships get evolved from the crude level to a more refined level. This will help to evolve better intra-personal and interpersonal relationships. Ananamaya kosha (bliss body) is the ineffable experience of peace, love and ecstasy from being in contact with the ultimate consciousness which can be reached by attaining the state of smadhi.

#### **Yoga for Physical Development**

Physical Growth is an ideal body means proportionate body with all the muscles relaxed in a normal state, all systems and organs of body with least abnormality and absence of ailments. Yogic practices can play positive role in promotion of wellness and in prevention and curing various ailments and diseases of the body and in making the body work more efficiently. Well proportionate body and flexibility in the muscles and parts of body can be attained with the help of various asanas or postures. Contribution of Yoga to the physical development of personality has been proved time and again.

### **Yoga for cognitive development**

Mental development is the growth and change in cognitive processes such as attention, memory, thinking, perceiving, imagination, reasoning and problem solving. It is a continuous process which is continuous without any interruption during all the stages of life. Surya Namaskar, Tratak and Pranayama helped to maintain the pineal gland (responsible for development of cerebral faculty) and beneficial for learning, retaining information and memory.

### **Yoga for Emotional Development**

Emotional development can be considered in terms of control and expression of emotions as well as management of relationships with oneself and others. Stretching exercises, relaxation techniques and pranayams are good tools for conditioning the autonomous nervous system. These yogic practices have been found to bring significant positive changes in the emotional states of anxiety, stress, depression, regression, fatigue, guilt and arousal.

### **Yoga for Social Development**

Social development refers to the development of attitudes and behavior in relation to others behavior. The process by which attitudes and behavior of a child are brought into harmony with others is called socialization. Yama, Niyama, Pratyahar and Dhyana of Ashtang Yoga can be important tools for social development.

### **Yoga for spiritual development**

The texts on Yoga describe the spiritual health as self awareness of one's natural state of contentment. Spiritual development takes place in the form of habit, values, ethics etc. Good habits and a strong value system inculcated right from the childhood will have lasting effects on the personality of a child. Dhyana is a powerful tool for a spiritual growth. Teaching and practice of Yama, Niyama and Meditation (Dhyana) are also beneficial for spiritual growth.