

# Importance of Therapeutic Yoga for the hassle-free life.

**Prof. Sandeep D. Satonkar**

Dept of Psychology, Shiv Chhatrapati Arts College Pachod, Dist-Aurangabad

## **Abstract:**

*Yoga is therapeutically useful for people with depression and anxiety disorders. It had also partially well-used and tested as a treatment for schizophrenia. In schizophrenia, it not used as the first line of remedial treatment, but as an add-on when the patients get better (after using antipsychotic drugs). Yoga is used to improve low frustration tolerance to high frustration tolerance of mental health conditions. People have used therapeutic yoga for elderly individuals with sound mind level. Also, in sleep and other psychosomatic conditions that include body aches caused due to nonphysical diseases, yoga is helpful. Therapeutic yoga is a holistic approach working on the body and help to focus on our thought. Its give energy to face hassles in life. So need for specific therapeutic yoga training to alleviate some psychological problems of people and live life hassle-free.*

**Keywords:** therapeutic yoga, anxiety, depression, hassle-free life.

## **Introduction:**

The origins of yoga have been speculated to date back to pre-Vedic Indian traditions. Yoga likely developed around the sixth and fifth centuries in ancient India. Roots of Yoga inherent to Indian culture the word "Yoga" originates from Sanskrit and means "to join, to unite". Regular exercises of yoga have a holistic effect and bring body, mind, consciousness into balance. Yoga is a system of practice consisting of eight levels of development in the areas of physical, mental. When the body is impaired, the mind is not clear, focused, and stress is under control. Everybody wants the space to connect with loved ones and maintain socially healthy relationships. When you are healthy, you are in touch with your inner self, with others and your surroundings on a much deeper level.

## **Objectives of the study:**

- 1) To study the importance of therapeutic yoga to improve mental health.
- 2) To explore the concept of "Hassle-free life."
- 3) To solving hassles in life, yoga plays an important role.

## **Hypothesis:**

- 1) Therapeutic Yoga is not merely the only exercise.
- 2) Troubles are intangible in life.
- 3) Yoga practices boost us to face problems in life.

## **Research Methodology:**

This paper is descriptive and analytical. In this paper, focus on to analyse the therapeutic yoga, useful for mental health and concept of hassles free life. The secondary sources used in the article for the study.

**Therapeutic Yoga:** Although Yoga as a practice is right, there are significant differences between yoga and yoga therapy or therapeutic yoga. Teacher or therapist knows differences between Yoga and therapeutic yoga from four points of views we difference it  
**The Yoga Student:** Students would do well to look deeply at their intentions for seeking out yoga education. Yoga provides a process of focus on self-investigation and self-development that gently guides practitioners toward self-realisation. However, the general people still see yoga is as exercise, but it is more than that.  
**The Yoga Therapy Client:** When clients approach towards a yoga therapist, they are usually not coming to learn yoga. He is familiar with the fundamentals of yoga, but to get rid of some mind symptom or health condition that is ailing them. In most cases, a yoga tutor focuses on the situation. Yoga teaches them it feel better or improve their function, rather than on the procedures or methods of yoga practice.

**The Yoga Teacher:** There are essential fundamental differences between yoga teaching styles for therapeutic purposes. Yoga teachers focus primarily on instruction, guiding students through their practices and helping them to practice correctly. The scope of guidance can range from asana to pranayama to meditation  
**The Yoga Therapist** focusing on yoga methods and practices. Therapists concentrate on their clients' needs. Therapists are trained to assess client through listening, questioning, observing, a. He/She looks for ways to help their clients reduce their symptoms, improve their function, and help them with their attitude concerning their health problems. Therapists establish appropriate goals, after assessing clients needs and develop a way of intervention and session, and then teach clients to practise that intervention up to achieving the goal. In this sense, therapists choose yoga techniques to how they will specifically benefit individual clients.

**Therapeutic session of Yoga:** The intention changes in yoga therapy sessions for individuals. After an appropriate exercise and assessment, therapists will often focus on the particular symptoms of clients need. Clients learn and identify methods of symptoms and how to help manage it. Examples include assisting clients with pain management, fatigue, or sleeplessness face to anxiety and day to day hassles.

**Hassles:** Riddles of our life is hassles, and we face its many times in a day. Hassles are why we need to have an active self. Here's how to activate our silence so you can focus on the hustle, not the trouble.

1) A way to manage our emotionality is to notice and name our emotional state. When a nuisance appears, most of us become how we feel. Our feelings can hold us like a hostage and impact our

behaviour. However, what if instead of I am angry, we instead said, I notice my anger. There is a slight difference between these two statements. In the first, you trigger your emotions. In the second, you depart yourself from how you feel by identifying what you notice in your emotions.

2) A lot of most hassles is that we think hopelessness, out of control situation, drained and overwhelmed. This cascade of feelings derails our potentiality, productivity and body equilibrium. A way to re-energise and re set up of life is to practice a particular type of yoga. Psychologists have shown that getting a person energised to achieve a goal creates physiological changes in energy.

3) One way to above a hassle is to find your very own psychological level. Uplift of the individual level is a small, everyday experience that brings a smile and satisfaction to our face, a spring in our step or the feeling that the world can be a cool place.

4) They are all around us. However, we often find ourselves clinging to feelings of anger, anxiety, depressions.

Therapeutic Yoga and promotion of hassles free life: Regularly session of yoga leads to overcoming of daily life hassles of physical and psychological.

1) It can decrease stress multiple studies have shown that it can reduce the secretion of cortisol, the primary stress hormone. One research study demonstrated the powerful effect of yoga on stress following 26 middle-age women who perceived themselves as emotionally distressed and distracted. After a three-month yoga program, the middle-age women had significantly lower levels of cortisol. They also had lower levels of stress.

2) Relieves anxiety: Many people begin practising yoga as a way to cope up with shrink feelings of anxiety. Interestingly enough, there is quite a bit of research showing that yoga can help to reduce stress.

3) From blood circulation throughout the body to supplying tissues with essential nutrients, the health of your heart is a crucial component of sound health. Studies show that yoga may help improve heart, health and reduce several risk factors for heart disease.

4) Therapeutic yoga is becoming increasingly common as an adjunct therapy to enhance the quality of life for many individuals. In one study, 135 seniors were assigned to either six months of yoga, walking or a control group. Practising Yoga improved quality of life, as well as mood and fatigue, compared to the other groups.

5) It could reduce chronic pain and enhance sleep quality and improves flexibility and balance of life.

### **Discussion and conclusion:**

Human beings are made up of two components body and psyche. Health, knowledge and inner peace are vital for a happy life. Health is a physical need, the experience is our psychological needs, and inner peace helps to tackle day to day hassles. Therapeutic yoga is not only exer-

cise but its focus on specific problems of health. It helps to conquer the psychological issues of emotional regulation, control depression and anger. For the success of yoga therapeutic session rapport between trained person and client must be cordial. Stretching of body and exercise of breathing inculcate habit of intuition to us. Its regular practices help to solve problems of daily hassles of life. Awareness of self-actualisation leads to faces hassles of life. It is also an essential psychoeducation point of views to set up the silent atmosphere under trained yoga supervisor, and he/she always clear to deal with the therapeutic concept of yoga.

### Reference:

- 1) Butlin, J. (2001). Links between the Physical and the Emotional. Wholistic Research Company, 1-3. Retrieved April 29, 2003, from Annotation: Information about emotional influences on the physical body.
- 2) Chugh, D. (1987). Effects of Sahaja Yoga practice on the patients of psychosomatic diseases. Delhi University, Annotation: Information about the mechanism of Sahaja Yoga and research on psychosomatic disorders
- 3) Jella SA, Shannahoff-Khalsa DS. The effects of unilateral nostril breathing on cognitive performance. *Int J Neurosci* 1993 Nov; 73(1-2): 61-8.
- 4) Swami Sivananda 1999 A The Divine Life Society P.O. Shivanandanagar—249 192 Distt. Tehri-Garhwal, Uttar Pradesh, Himalayas, India
- 5) Paramhans Swami Maheshwarananda. *Yoga in Daily Life - The System*. Vienna: Ibero-Verlag/ European University Press; 2000.
- 6) A Wood C. Mood change and perceptions of vitality: a comparison of the effects of relaxation, visualisation and yoga. *J R Soc Med* 1993 May; 86(5): 254-8
- 7) J.T. Shah *Therapeutic Yoga* Paperback Publication New Delhi
- 8) Gore M.N *Anatomy And Physiology of Yogic Practices* New Age Book New Delhi 20079) Herman H Saxena Moody R Report of World Health Organization
- 10) Swami Rama *Science of Breath* The Himalayan International Institution of Pennselsvenia.
- 11) <https://www.yogapoint.com>
- 12) <https://www.doyogawithme.com>
- 13) <https://www.yogaworks.com>