



“Assessment of the Effect of yoga practice on stress and hypertension Conducted at, KSRP 7th BN, ASSAIGOLI, MANGALORE,

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ABSTRACT:

The present study aimed to find out the impact of Yogic practices on Stress and hypertension. The sample consists of 11 police staff in Experimental group and 11 police staff in control group, randomly selected from police staff, Superintendent office, Mangalore. The study was conducted for a period of 45 Days. The **parameters** used for the present study are *1. Stress Scale, 2. BMI, 3. Systolic BP, 4. Diastolic BP and 5. Lipid profiles*. These tests were done before and after the yoga therapy. For the present study, a student ‘t’ test is used to assess the effect of Yoga on stress and Hypertension. Showed significant improvement among experimental group when compared to control group.

WORKING MATHOD: The study was conducted for the period of 45 days from 1th February to 15 March. The practices were taught all days in a week. Daily sessions of classes were taken in the morning for one and half hour from 6.00 AM to 7.30 AM. The Yogic practice includes a series of Asana, Pranayama, and Meditation and followed by the relaxation method of Yoga Nidra. Asanas were carried for 30 minutes, Pranayama for 20 minutes, Meditation for 10 minutes and Yoga Nidra for 30 minutes. Before starting the yoga practice, the case histories of the subjects were taken and at the end of 45 days the individual improvement were noted.

RESULT: Stress Scale Highly significant improvement with $p=4.27E-07$, Total Cholesterol $p=0.029153$ HDL with $p=0.043376$, LDL with $p=0.036941$, BMI highly significance with $p=9.39E-05$, Systolic BP Highly Significans

with $p=0.001843$, Diastolic BP with $p=0.118911$, Triglycerides with $p=0.230775$. As $p < 0.05$ the result is significant.

This study depicts that yogic practices are helpful in managing Stress and Hypertension.

KEYWORDS: Yoga Therapy, Systolic Blood Pressure, Diastolic Blood Pressure, Lipid Profiles. Student 't' test,

INTRODUCTION

Hypertension can be defined as a consistent blood pressure recording of over 140/90 mmHg in patients less than 50 years of age. The normal B.P is 120/80. There are two types of hypertension-primary and secondary. It is called silent killer also. Hypertension is not a disease by itself, but a sign that there are underlying problems in the management of internal environment and balance of the body at physical; emotional and mental levels. It is tension of the whole body / mind complex, resulting in imbalance of the nervous system. 90% cases are primary and 10% are secondary. **Stress** is body's involuntary reaction to the modern exacting life. Dr Hans Selye has proved that the organisms meet stresses in life firstly with 'alarm reaction', secondly by reaction resistance and finally exhaustion leading to death in animals and stress diseases in men. He says, "Stress is the spice of life. It is associated with all types of activity, and we could avoid it only by never doing anything. The roots of stress are in the mind but its flowers and fruits are in the body. Action and reaction of stress goes from mind to body and vice-versa stress is a mental disease. There are many diseases caused by the stress, as stomach ulcers, high blood pressure, heart attack, asthma, sleeplessness, headache, fatigue, exhaustion, diabetes, family conflicts, tension in children, tension in middle aged female and male, retirement diseases, inferiority complex, old aging diseases. **COMPLICATIONS: (RISK FACTORS)** **heart diseases:** the heart as it becomes more and more strained, increases in size, damaging its internal components such as the valves. The heart also becomes more prone to heart attack as higher blood pressure is associated with hardening of the arteries. **The brain:** oxygen supply to the brain is reduced so that it cannot function at optimum level. **The eyes:** blurring of the vision and sudden, progressive loss of vision or other defects. **Kidney:** dysfunction occurs which may result in the inability to build up and death can result. Things that increase the risk of having high blood pressure include: older age, genetics, being overweight or obese, not being physically active, high-salt diet, drinking too much alcohol, consumption of tobacco, WHO (2012) estimated that one in three adults worldwide are affected with raised blood pressure – a condition that causes around half of all deaths from stroke and heart disease. This report is further evidence of the dramatic increase in the conditions that trigger heart disease and other chronic illnesses, particularly in low - and middle-income countries [1]. WHO (2013) stated that in Worldwide, high blood pressure is estimated to affect more than one in three adults aged 25 and over, or about one billion people. The theme of the World Health Day 2013 is “Measure your Blood pressure, reduce your risk” for calling for intensified efforts to prevent and control Hypertension [2]. Deepa T. et al. conducted a study to evaluate the Effect of yoga and meditation on 15 mild to moderate essential hypertensives treated with antihypertensive drugs along with yoganidra. The study showed a significant fall of mean blood pressure after 3 months of yoganidra (p

<0.01) [3]. Naik A conducted a study to evaluate the effect of left nostril breathing on 30 hypertensive patients to evaluate the heart rate and blood pressure. The result showed that the mean pulse rate dropped from 84.73 ± 1.89 per minute to 81.80 ± 1.84 per minute. Systolic blood pressure dropped from 144.50 ± 3.68 mmHg to 133.83 ± 3.66 mmHg. Diastolic blood pressure dropped from 100.96 ± 2.48 mmHg to 94.83 ± 2.41 mmHg [4]. Braun TD et al. carried out a study to determine the increasing prevalence of overweight and obesity in humans in the United States. Thirty-seven overweight/obese program participants (age 32-65, BMI <25) were undergone a 5-day residential weight loss program, which was multifaceted and based on Kripaluyoga, on health behaviors, weight loss, and psychological well-being in overweight/obese individuals. Self-report weight loss at 1 year (n = 19, 51% retention) was significant. The study concluded that a Kripalu yoga-based, residential weight loss program may foster psychological well-being and weight loss [5]. Madanmohan assessed the effect of yoga therapy on reaction time, biochemical parameters and wellness score of 15 peri and post-menopausal diabetic patients. A comprehensive yoga therapy program comprising of three times a week sessions for six weeks was conducted. Yoga training reduced auditory reaction time (ART) from right as well as left hand, the decrease being statistically significant ($P < 0.05$) for ART from the right hand. There was a significant ($P < 0.01$) decrease in fasting and postprandial blood glucose levels as well as low density lipoprotein. The decrease in total cholesterol, triglycerides, and very low-density lipoprotein and increase in high density lipoprotein was also statistically significant ($P < 0.05$). All the lipid ratios showed desirable improvement with a decrease ($P < 0.01$) of TC/HDL and LDL/HDL ratios and increase ($P < 0.05$) in the HDL/LDL ratio [6]. Aekplakorn et al. explained the changes in prevalence, awareness, treatment and control of hypertension and their metabolic risk factors in Thai population between 2004 and 2009 conducted by Thai National Health Examination Survey (NHES). The high blood pressure control rates improved from 4.8 to 14.4% for men and from 10.8 to 27.2% for women, respectively ($P < 0.05$). Strengthening measures to control high blood pressure and metabolic risk factors, especially obesity and hypercholesterolemia, in individuals with hypertension are needed [7].

METHODS AND PROCEDURE

HYPOTHESIS:

To study the Effect of Yogic practices on Hypertension in KSRP Police.

It is hypothesised that the practice of Yoga helps to enhance the Police staff's capacity to handle stressful situation and Control of Hypertension problem.

WORK METHOD:

The Research design adopted for the study is experimental in nature. All the subjects were married. All the subjects of the study were of the age group of 29 to 59 years. The subjects were divided into two groups, experimental and

control group, consisting of 11 members in each group. The yogic therapy was given to experimental group and their results were compared with control group. The study was conducted for the period of 45 days from 1st February to 15 March. The practices were taught all days in a week. Daily sessions of classes were taken in the morning for one and half hour from 6.00 AM to 7.30 AM. The Yogic practice includes a series of Asana, Pranayama, and Meditation and followed by the relaxation method of Yoga Nidra. Asanas were carried for 30 minutes, Pranayama for 20 minutes, Meditation for 10 minutes and Yoga Nidra for 30 minutes. Before starting the yoga practice, the case histories of the subjects were taken and at the end of 45 days the individual improvement were noted.

The blood pressure of the subjects was recorded using sphygmomanometer and SINHA'S Comprehensive Anxiety Test (SCAT): that has been done in pre and post manner. I.e., before starting the practice of yoga and after 45 days practice of yoga.

The blood pressure was recorded in the supine position. In order to prevent the variation of blood pressure with time, the readings were taken at the same time Lipidprofile blood sample i.e. Inbetween 6a.m to 7.30 a.m. To prevent the instrumental error, the B.P readings were noted using the same instrument throughout the study.

The weight of the subjects was measured by using a weighting machine before and after the study.

Inclusion criteria:

- Age between 29-59 years
- Subjects having with Stress & hypertension.

Exclusion criteria:

- Surgery done within 6 months.
- Sick (having saviour health problems)

PARAMETERS:

The following parameters were undertaken for the study. **1. SINHA'S Comprehensive Anxiety Test (SCAT):** The patients were given the Stress scale, which consisted of 90 questions. The participants were asked to answer the entire questions at the beginning and after the course of yoga therapy. The scoring was out of 90. Each question consists of one mark. Using this test, the level of Stress is assessed as follows:

05-20 Scoring Extreme Low Stress

21-30 Scoring - Low Stress

31-60 Scoring - Stress

61-75 Scoring - HighStress

76-99 Scoring - Extreme Stress

Format of the test is enclosed in the appendix.

2. Lipid Profile: The test mainly includes Total Cholesterol, triglyceride, HDL; LDL; VLDL Cholesterol levels. The blood pressure of the subjects was recorded using Sphygmomanometer, before and after the experiment. It was done to know the changes that were brought after the yoga therapy. **3. Systolic pressure:** when the left ventricles contracts and pushes blood into the aorta the pressure produced with in the arterial system is called the systolic blood pressure. In adults, it is about 120mmhg or 16kpa. **4. Diastolic pressure:** -when the heart is resting following the ejection of blood, the pressure with in the arteries is called diastolic blood pressure. In an adult, this is bout 80mmHg or 11kPa. These figures vary according to the time of day, the posture, gender and age of the person. It increases with age and is usually higher in women than in men. In adult males, the average systolic pressure is 120-140 mmHg and an average diastolic pressure is 70-90 mmHg. Blood pressure is measured by sphygmomanometer. It is usually expressed in the following manner B. P=120/80 mmHg. When the blood pressure exceeds the normal value then it is called as Hypertension and if it is less than normal value then that is called as Hypotension. **5. B.M.I:** The weights of the subjects were measured using a weighing machine with minimal clothing. The weight was measured before yoga therapy and after 45 days of yoga therapy. Weight is being measured by using weighing machine.

B.M.I is calculated by using the formula
$$\frac{\text{Weight in Kg}}{\text{Height in (Meter)}^2}$$

Height in (Meter) ²

B.M. I=Body-Mass Index Calculation 5 and Interpretation

INTERPRETATION	B.M.I(KG)
Underweight	<18.5
Normal	18.5 to 24.9
Overweight	25.0 to 29.9
Obese	30.0 to 34.9
Severely Obese	35.0 to 39.9
Extremely Obese	>40

LIST OF YOGIVCC PRACTICES:

1. ASANAS (30 minutes): Svastikasana, Vajrasana, Suptavajrasana, Tadasana I, Trikonasana, Parsvakonasana, Prasaritapadottanasana, Purvothanasana, Pavanamuktasana, Bhujangasana, Shalabhasana, Dhanurasana, Janushirshasana, Mahamudra, Viparitarakani, Uttanapadasana 2. PRANAYAMAS (20 minutes): Ujjayee, Anuloma Viloma, Chandrabhedana-(12), Bhastrika, Bhramary. 3. MEDITATION (10 minutes): Pranava-(12), 4. RELAXATION TECHNIQUE (30 minutes): Yoga Nidra.

BENEFITS OF PRACTICING

Yoga poses help to keep muscles of diaphragm and anterior abdominal wall strong and elastic. It gives an additional, forced and vigorous internal massage to the abdominal organs so as to improve their efficiency. It is proved beyond doubt that muscles, if subjected regularly to the stretching and contraction, can maintain their elasticity.

During Bhujangasana, Shalabhasana and Dhanurasana there is a good amount of stretching of anterior abdominal muscles and contraction of back muscles. Similarly, Yoga Mudra, Paschimottasana and Halasana cause contraction of anterior abdominal wall and back muscles through an effective stretch. Vakrasana & Ardha-Matsyendrasana have similar effect on the muscles of both the sides of the abdomen. Shalabhasana gives vigorous exercise to the diaphragm. Due To Uddiyana all intestines get a vertical massage. They slip up and down behind the anterior abdominal wall. In Nauli, the contracted recti roll from side to side giving a vigorous massage to all organs, thus improving their efficiency.

When all muscles of anterior abdominal wall and diaphragm are strong and elastic, they give a continuous massage to all internal organs. It also gives them a proper support to keep them in proper position and do not allow them to get displaced, so as to achieve a good functioning of the digestive system. Good, smooth and efficient functioning of the digestive system help to give a sufficient supply of all nutrients required by the body.

The nutrients derived from good digestion should reach to all organs of body which is done by Circulatory System which consists of Heart, Artery (Blood vessel carrying oxygenated blood) and veins (those carrying impure blood) and capillaries.

Bhujangasana, Shalabhasana and Dhanurasana gives more pressure on the heart and help to improve the strength of the heart muscles. An improved strength of the heart muscles helps to pump the blood effectively so as to get proper blood supply and nutrients to all organs, this helps to maintain the health of all organs of the body.

Transport of all nutrients depends upon the effective functional arterio-venous arcade in the body. Veins have a weak wall in comparison to that of artery. Veins have to carry all impure blood to heart for purification

against the gravity. This is a difficult task and in the process they become weak. If the total blood stock is not sent to the heart, then there is a deficiency in supply, leading to dysfunctioning of organs. Through Shirsasana, Sarvangasana, Viparita karani the blood can be sent to heart without a much effort. So, veins can relax for some time and become fresh to work continuously and efficiently.

Oxygen supply, which is the most important, is done by the Respiratory System. Functioning of this system depends upon 1. Good Capacity of alveoli in lungs. 2. Efficiency of the muscles of respiration. 3. Patency of the respiratory passages. During Shalabhasana, first breathe in air and then perform the asana so the air pressure in alveoli increases which, in turn, helps to open up more and more alveoli. This helps to improve the elasticity of the alveoli as they open up as per the need whenever we want to breathe-in and breathe out more air. In Shalabhasana, diaphragm is pushed in upward and downward direction so as to improve its elasticity. Due to deep breathing in Bhujangasana and full exhalation in Uddiyana the tone of all the muscles of respiratory system improves. This helps to breathe in more air when needed and avoid breathlessness. All organs in the body get a proper blood supply so as to function properly.

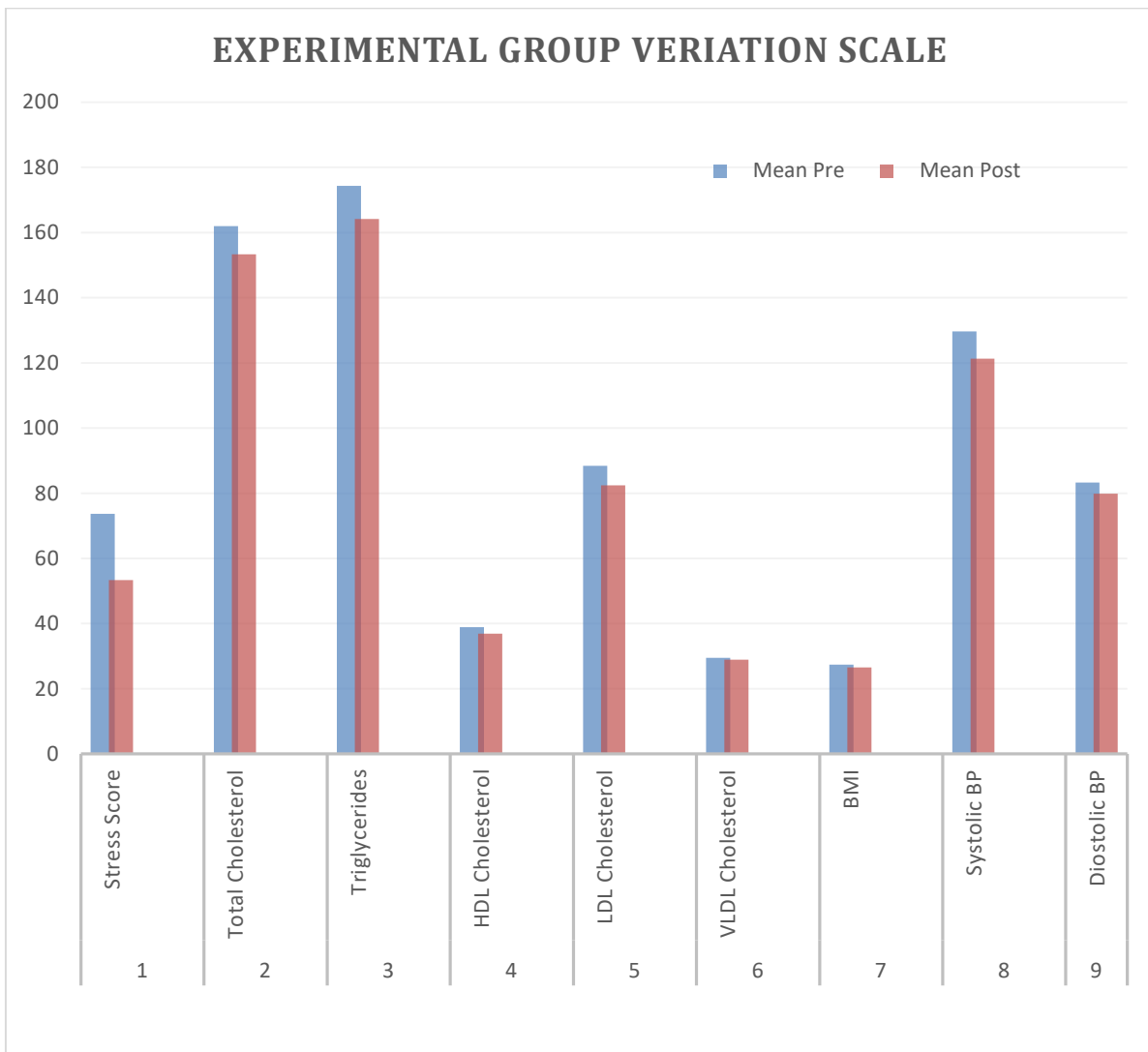
For effective respiratory functions the air passage should be clear so that the air can be breathed in the alveoli easily. Obstruction can, generally, be due to- Tonsils, Pharyngeal Adenoids, Deviated septum in nose (DNS)), or nasal polyp. Nasal Catarrh i. e. secretions from the nasal mucosa, due to infection.

Tonsils and nasal catarrh can be relieved through practicing *Sarvangasana*, *Viparita Karani*, *Matsyasana*, *Simha Mudra*, *Jihva Bandha*, *Kapalabhati* and *Ujjayi*. This will also help to relieve obstruction due to DNS or Adenoids. Polyp, however, should be treated by surgery. In summary, asanas help to improve the efficiency of Respiratory and Cardiovascular System so as to get proper supply of necessary nutrients to all organs of body for their better work.

Sarvangasana, *Viparita Karani*, *Matsyasana*, *Simha Mudra*, *Jihva Bandha* will help in improving Pituitary and Pineal gland functions. *Bhujangasana*, *Dhanurasana*, *Uddiyana* and *Nauli* will help in a better Adrenal gland functioning. Asanas also help to throw out waste material of all sorts out of the body. Asanas also help to have a good health of all nerves along with brain and spinal cord, so as to maintain the required vigor in the functions efficiently, producing a perfect harmony and thus ensures health and also yields the highest vigor.

1.Result of Statistical Analysis of Experimental Group

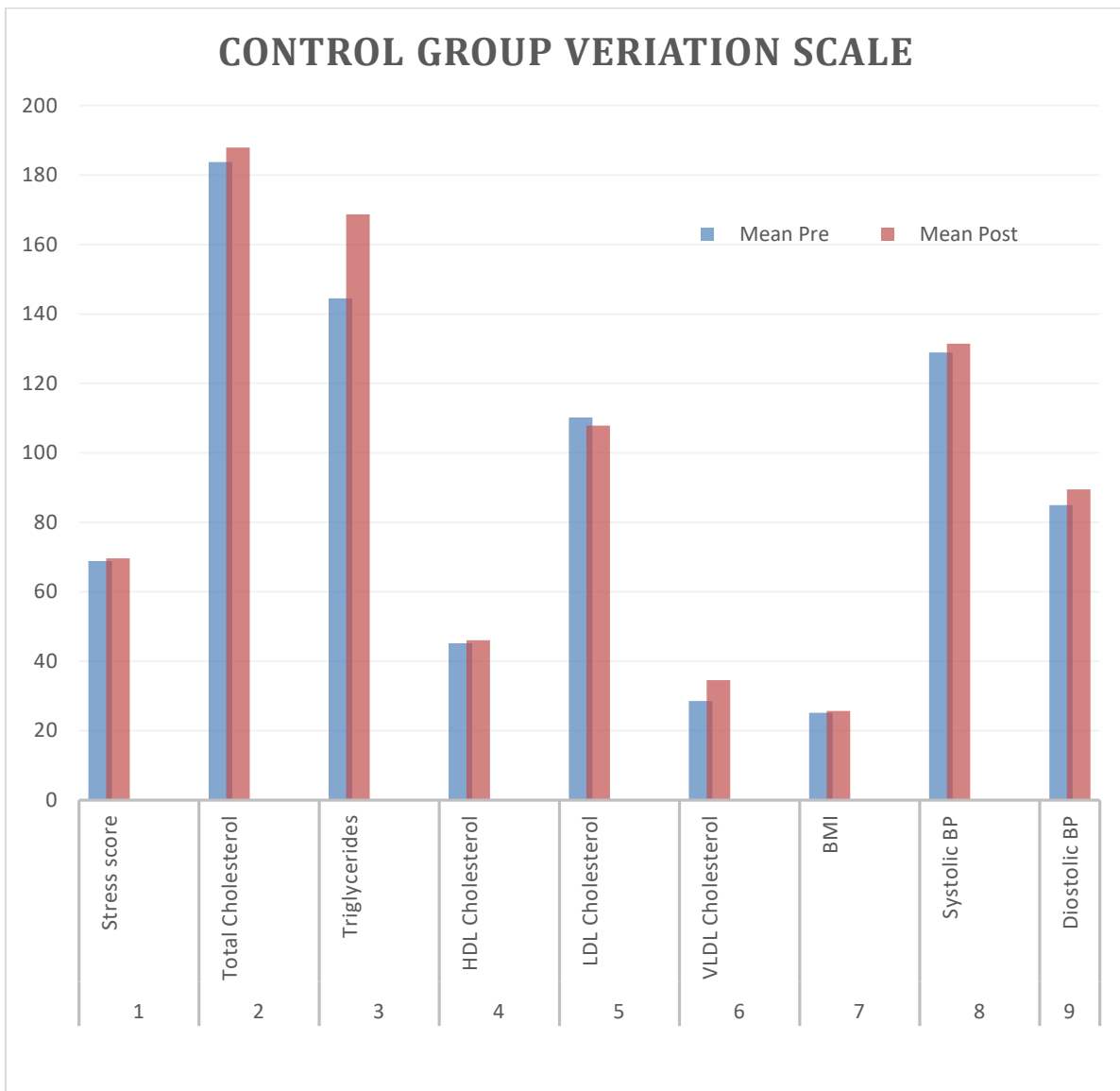
S. N	Parameters	Mean		SD		t-value	p-value	Significance
		Pre	Post	Pre	Post			
1.	Stress Score	73.72727	53.36364	8.945288	10.3853	1.812461	4.27E-07	H.S
2.	Total Cholesterol	162	153.2727	25.17141	17.47049	1.812461	0.029153	S
3.	Triglycerides	174.2727	164.1818	118.1009	84.00455	1.812461	0.230775	S
4.	HDL Cholesterol	38.90909	36.90909	6.655142	4.482288	1.812461	0.043376	S
5.	LDL Cholesterol	88.45455	82.45455	25.31151	22.13759	1.812461	0.036941	S
6.	VLDL Cholesterol	29.45455	28.90909	9.114424	6.729852	1.812461	0.379069	S
7.	BMI	27.41818	26.53636	2.57131	2.667311	1.812461	9.39E-05	H.S
8.	Systolic BP	129.6364	121.2727	8.13969	4.314879	1.812461	0.001843	H.S
9.	Diastolic BP	83.27273	79.81818	9.349769	2.272364	1.812461	0.118911	S



Stress Scale Highly significant improvement with $p=4.27E-07$, Total Cholesterol $p=0.029153$ HDL with $p=0.043376$, LDL with 0.036941 , BMI highly significance with $p=9.39E-05$, Systolic BP Highly Significans with $p=0.001843$, Diastolic BP with $p=0.118911$, Triglycerides with $p=0.230775$... As $p < 0.05$ the result is significant. This study depicts that yogic practices are helpful in managing Stress and Hypertension.

2. Result of Statistical Analysis of Control Group

S.N	Parameters	Mean		SD		t-value	p-value	Significance
		Pre	Post	Pre	Post			
1.	Stress score	8.81818	9.63636	0.054335	6.903227	0.228139	0.278584	N.S
2.	Total Cholesterol	83.7273	87.9091	0.99707	26.25054	0.812461	0.130214	N.S
3.	Triglycerides	44.4545	68.7273	1.70604	29.17907	0.812461	0.051539	N.S
4.	HDL Cholesterol	5.18182	6	0.769404	6.913754	0.812461	0.300016	N.S
5.	LDL Cholesterol	10.1818	07.8182	9.45157	7.44602	0.812461	0.345348	N.S
6.	VLDL Cholesterol	8.54545	4.54545	5.424385	7.005193	0.812461	0.01729	N.S
7.	BMI	5.15455	5.7	2.664344	6.046637	0.812461	0.028292	N.S
8.	Systolic BP	28.9091	31.4545	0.89454	6.266796	0.812461	0.376676	N.S
9.	Diastolic BP	4.90909	9.45455	0.689732	9.96357	0.812461	0.056446	N.S



DISCUSSION PART:

Hypertension leads to heart attack, stroke, and other cardiovascular events. Which is the condition, the pressure of the blood vessel walls is high. It increases the work load of the heart and it leads to hardening of the arteries, rupture of the vessel walls, and ailments of heart. Stress is a major reason for hypertension and modern-day life, sedentary life, poor diet, can also induce HTN individually. Hypertension is commonly called as '*silent killer*' because it doesn't show any symptoms and signs in earlier stage. When the blood pressure is high the feedback system cannot maintain homeostasis because the heart is sending signals to the brain that it needs more oxygen, there for the heart beats faster and harder to get the extra oxygen needed possibly causing higher blood pressure and this unable the heart's homeostasis.

We suggested treatment for this disease include yoga, life style modification, dietary changes, withdrawal of alcohol& smoking and stress management. Many proved studies show that yoga can reduce the blood pressure by effective and non-invasive way. It will achieve a balance between mind, body, and soul and also it improves the

energy levels of the body. In yoga which includes asana, Pranayama, meditation are also plays an important role in reducing blood pressure. Apart from yoga other vigorous exercise puts over action on muscles and it will lead to stress on the whole cardiovascular system include heart pumping rate, pressure of the blood vessels. In Sanskrit Pranayama meant '*Art and science of breath*'. Ours vital energy will controls by Pranayama. Pranayama can revitalize, reenergize, and restore the functions of the body.

Stress Scale Highly significant improvement with $p=4.27E-07$, Total Cholesterol $p=0.029153$ HDL with $p=0.043376$, LDL with 0.036941 , BMI highly significance with $p=9.39E-05$, Systolic BP Highly Significans with $p=0.001843$, Diostolic BP with $p=0.118911$, Triglycerides with $p=0.230775$... As $p < 0.05$ the result is significant.

This study depicts that yogic practices are helpful in managing Stress and Hypertension.

Control group Compare to Experimental group, Control group have non signipikent Result show that Control group Scale 2.

OBSERVATION:

The subject was undertaken with the view that Yogic practices strengthen the muscles, relax the body systems. From the observation it was seen that many symptoms of the stress and hypertension. There was an improvement in the hunger levels, sleeping pattern. Most of the subjects were more relaxed and out of the stress symptoms. Just by performing, the systematic practices of Asanas, Pranayama, and Relaxation techniques made them a feeling of relaxation and comfort.

The result obtained from the present study can be concluded as below:

1. Regular practice of selected yogic techniques can work as a therapeutic tool in the treatment of Stress & Hypertension by bringing down the Weight.
2. The practice of yoga offers improvement of overall health. This implies, subjects were improved in their behavior, attitude and were able to sleep well.
3. In yoga there is long-term benefit compared to other therapies.

CONCLUSION:

As per the result of present study, it can be concluded that yoga practices can improve the sleep level and reduced the Stress response. So, on this basis yoga practices can be useful at curative, promotive and preventive aspect irrespective to age, sex, religion, region and profession. It works at alllover personality of an individual and brings

an optimistic attitude at every level of life to take problems as a challenge and deals with them confidentially. If proper lifestyle and food habits included in this kind of study. The much better results can be obtained.

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SINHA'S COMPREHENSIVE ANXIETY TEST (SCAT)

Kindly give the following information:

NAME:

AGE:

INSTRUCTIONS:

Some questionnaire given in the following and they are concerned with your behaviour and temperament. Against each question two alternate responses are provided in 'Yes' or 'No'. You have to read each question and put your views by writing "Tick Mark" in 'Yes' or 'No' columns. Please reply the entire question without hesitation as your response will be kept confidential. Although there is no time limit, still be quick in your work.

QUESTIONS:

No	Questions	Yes	No
	Do you feel that you are punished without any crime?		

	o you loose the balance of your mind even under ordinary pressure of circumstances?		
	o you generally have unsteady mind?		
	o you generally stutter while talking to strangers?		
	o you sometimes feel that your life is useless?		
	o you weep very easily?		
	o you have the conflict of sin and righteousness in your mind?		
	o you very much excite of the just remembrance of the bitter experiences of your life?		
	o you generally feel that you would loose your presence of mind?		
0	o you feel to scared that your tongue gets dried up?		
1	o you think yourself to be the sinner without any reason?		
2	o you constantly have the strain in your nervous system?		
3	o you occasionally have fear while going out that you may miss your train?		
4	o you feel the lack of sleep?		
5	o you always get yourself busy in some work or other just in forgets your problems?		
5	o you want to run away to some distant place having got tired of your problems?		
7	o you generally commit such errors, which are difficult to correct?		
3	o you think that you have committed certain error because of which you are very restless?		
9	re you afraid of going to high places?		
0	o you generally feel physical weakness?		

1	o you generally think that life will remain sad?		
2	o you shed tears at the time of your troubles by the little sympathy of others?		
3	o you generally feel that you are helpless?		
4	o you generally get lost in yourself?		

5	o you generally work under the condition of strain?		
5	o you generally remain in anxiety?		
7	o you generally have mental tensions?		
3	o you generally feel suffocation because of fear?		
9	o you become very sad by the contradiction of your own statement?		
0	o you feel that your life is dark?		
1	o you have the fear of unsuccessful even after thorough reparations?		
2	o you generally feel so that you are going to loose everything?		
3	o you get very much confused under such conditions in which you ave earlier encountered great loss?		
4	o you thing that life is full of despair?		
5	o you get very much confused when you see somebody in fainting senselessness?		
5	re you generally restless because of some troubles?		
7	o you generally think over the past events?		
3	o you become restless by the erroneous presumption of others about ou?		
9	o you feel physically tired?		
0	o you feel that even small things become problems for you?		
1	o you generally have the fear of beingcaught by epidemic disease?		
2	o you generally do such works, which make you repeated very uch?		
3	o you become afraid of even by the imagination of failure?		
4	re you very often restless even by useless talks?		
5	o you generally get disturbed by imaginary evils?		
5	o you generally have the complaints of constipation?		
7	o you feel that your fortune does not favor you?		
3	o you generally get involved in such matters, which may make you forget yourself?		

9	Are you unpleasing by nature?		
0	Do you generally feel difficulty in making decisions?		
1	Do you get touched even by short time waiting?		
2	Do you generally have the fear that your life may not be doomed because of conspiracy of others?		
3	Do you generally have the fear of something or others?		
4	Do you think yourself to be more unfortunate than others?		
5	Do you feel that others generally misunderstand by you?		
5	Do you generally get so restless that it is difficult for you to sit in one place?		
7	Do you generally feel yourself inferior because of your own failures?		
3	Do you generally have the feeling of loss rather than of gains?		
9	Do you lose the presence of your mind even by ordinary bad events?		
0	Do you have the feeling of excitation in every work?		

1	Do you generally get so much trouble in any work that you have to leave it incomplete?		
2	Are there things, the recollection of which makes you extremely excited?		
3	Do you generally have the feeling of heaviness in your head?		
4	Do you feel that people taunt at your talks?		
5	Do you get annoyed even by ordinary opposition?		
5	Do you think that death might have been somehow better?		
7	Do you generally forget even the recent talks?		
3	Do you constantly have the fear of your defeat?		
9	Do you generally get restless and excited?		
0	Do you generally get lost in daydreaming?		
1	Do you generally get angry with yourself?		
2	Do you generally have the feeling of heart failure?		
3	Do you generally afraid of seeing a crowd?		

4	do you have difficulty in concentrating in a certain object?		
5	do you have the possibilities of committing errors even after having done it with full care?		
5	do you ever the feeling that you lack in sex potency?		
7	do you have conflicting thoughts?		
3	do you get excited very quickly?		
9	do you generally have the anxiety of your own failure?		
9	does ordinary criticism of yourself make your restless?		
1	do you generally have the feeling of urination or latrine when you have to undertake some important work?		
2	do you sometime get angry or become pleased with others generally without any reason?		
3	are you generally in high tension when your work is not completed?		
4	do you generally sad because of unknown reasons?		
5	do you have anxiety on account of sex matters?		
5	do you feel restless?		
7	do you have more anxiety than others?		
3	do you have such thoughts in your mind that you do not like?		
9	do you have difficulty in respiration?		
9	do you get disturbed even by the imaginary sadness?		