

## MANAGEMENT OF STRESS THROUGH KUNDALINI YOGA AND MEDITATION

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### ABSTRACT

Stress is nothing but a reaction to a stimulus which is supposed to disturb our physical and mental balance. When the circumstances are adverse or demanding in nature, the body and mind may not adjust with the situation which results in mental or emotional strain or tension and we say that we are stress affected. When our mind is pressurized in a circumstance or event, the feeling so generated because of such pressure may be termed as stress. When the event is stressful, our body's sympathetic nervous system reacts in a typical manner. Its response may be a fight or flight response. Now-a-day's varieties of diseases are created because of stress factors. Depending upon the severity of stress, the physical and mental illness are originated accordingly. Though modern medications have created a scope of relief from stress related health hazards, their side effects in the long run can never be ignored. The alternative system of medicines like yoga, pranayama, mudras, band has, chanting of mantras and meditation provide the ways of relief from many stress related disorders. In ancient India, Kundalini yoga or laya yoga was practiced which was influenced by Shaktism and Tantra school of Hinduism. Swami Swatmarama, Swami Sivananda and Swami Nigamananda were pioneers in exploring and educating this unique method of yoga and meditation to the students and seekers. Modern Yogi Bhajan also advocated in favour of kundalini practice. So by learning this yoga and meditation from experts under guidance one can get rid of stress related disorders and lead a happy and harmonious life.

**KEYWORDS:** Stress, Stressors, Stress Disorders, Stress Management, Fight or Flight Response, Laya Yoga, Tantra School, Kundalini, Kundalini Yoga, Shaktism, Kundalini Energy, Chakra, Shakti-Chala, Kunda, Kundali, 3 HO, Psycho-Somatic Disorders