



INTEGRATED APPROACH OF YOGA THERAPY (IAYT) FOR THE MANAGEMENT OF STRESS AND SRESS INDUCED AILMENTS

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Article Received on
13 April 2018,

Revised on 03 May 2018,
Accepted on 23 May 2018

DOI: 10.20959/wjpps20186-11820

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ABSTRACT

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Stress is a natural physiological and psychological effort to cope up with the external and internal stimuli, which produces strain or disequilibria. A frequent occurrence of stress or a failure in coping up with stress will lead to stress induced ailments. The initial disturbances in mind such as restlessness, irritability, insomnia, fear etc will later on affect the functions and may lead to hypertension, palpitation asthma, coronary artery diseases, diabetes mellitus etc. So it is the need of the hour to develop an efficient method to manage with stress. An integrated approach to the management of stress and stress induced diseases on the basis of *Panchakosha* theory has been well recognized in the medical fraternity. A judicious blend of all yogic practices needs to be applied as therapeutic practices at various *kosha*.

KEYWORDS: Stress, coronary artery diseases, *Panchakosha*.