

Complementary and Alternative Therapies for Relaxation of Stress

Dr Balaji Deekshitulu P.V

Guest Lecturer in Psychology & Counseling Psychologist and Alt. Medicine(Homeo) Practitioner, Tirupati, India

Abstract

The purpose of this study was to assess the efficacy of alternative and complementary therapies in decreasing stress and increasing relaxation levels in government employees and private employees. Sixty (60) Employees were divided into two groups those who government employees (n=30) and a private employees (n=30). Tirupati. Were assessed as to job stress levels before and after the followed a acupressure ,aromatherapy, color , yoga, meditation ,nutrition, massage, positive thinking to conduct on each subject every day 2 hours weekly two subjects on both groups, after 3 months to assess the working stress among same employees. Before therapies job stress scores measured government employees and private employees were statistically compared, with significance level $p<0.01$ private employees job

stress high among government employees job stress, after therapies showed a job stress scores significant level $p<0.01$ high decrease in private employees of job stress levels, but both groups of employees job stress high decrees in after using therapies , alternative and complementary therapies thus proved decreased on job stress automatically increased relaxation.

Key words:

Stress, Relaxation, Alternative methods

Introduction

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give

people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. This class will discuss different causes of stress, how stress affects you, the difference between 'good' or 'positive' stress and 'bad' or 'negative' stress, and some common facts about how stress affects people today.

Swami Satyananda Saraswati (1972), asked seven chakras which are normally depicted as a sort of "spinal column" with three channels called nadis (ida, pingala and sushumna) which interweave, In western terms this can be readily understood as the central nervous system (sushumna) in the spinal cord around which, on either side, runs the autonomic nervous system which has two aspects, the parasympathetic which can be readily correlated with ida, and the sympathetic with pingala, the sympathetic and pingala being the activating aspect of the system and the parasympathetic and ida the relaxing.

Zarghuna Naseem et al.(2010)report that to reduce their

clients' negativity by inducing positive thinking in them. Community members can change negative perceptions of the people into positive ones to make them healthy and productive citizens of Pakistan.

Moraska A, et al. (2010) reported that improvement has been demonstrated following massage therapy, the general research body on this topic lacks the necessary scientific rigor to provide a definitive understanding of the effect massage therapy has on many physiological variables associated with stress.

Sofie G Lemmens, et al. (2011) reported that decreased subsequent 'wanting' and energy intake during rest; this effect disappeared under stress. Acute stress overruled effects of consumption of high-protein foods.

Jennifer (2011) says that Natural Stress Remedies 101 – eat your veggies and jettison the junk from your diet. The following post tells you more about leveraging certain foods for effective natural stress relief.

Natalie Rumbaugh(2011)shows that lavender aromatherapy provides a significant decrease both stress and pain,

Williams, A.L(2011) indicates that improvements in well-being at the 8-week follow-up. In particular, the combined intervention group showed improvement in function, interpersonal well-being, and spiritual well-being. These benefits seemed to persist at the longest follow-up (68 weeks). Both the meditation-only and massage-only groups maintained or improved function, while the standard-care control group showed a decline.

Hartfiel et al. (2011) results shows that even a short program of yoga is effective for enhancing emotional well-being and resilience to stress in the workplace.

Sao, Akhileshwar et al. (2011) reported that significant has . It has various gentle asanas, pranayama, and relaxation techniques. Two groups of experimental and control subjects Yogic management programme consist of regulated breathing, physical postures (asanas) and relaxation for intervene Significant reductions were shown for stress, depression, anxiety , and in

fatigue was observed in the experimental group (yoga group).

Sangeetha Vinod, et al. (2011) reported that Karma Yoga is useful in changing the outcome orientation to effort orientation, and in reducing the managers' expectations from the job. Attitude of acceptance of all situations results in lesser friction and the resultant lesser job burnout.

Cutshall, Susanne M, et al.(2011) reported that computer-guided meditation program, and found significant improvement from baseline in stress management.

Balakrishnan Vandana et al.(2011) reported that The Integrated Amrita Meditation (IAM) technique is an efficient tool in reducing stress as measured by Life Changes Questionnaire (LCQ).

Songli9360 (2011) asked that Positive thinking improved my mental toughness and physical toughness and have equipped me with deeper capacity to cope with stress.

Geoffrey W. Melville, et al. (2012) reported that meditation performed in the office can acutely improve several physiological and

psychological markers of stress. These effects may be at least partially mediated by reduced respiration rate.

Revati C. Deshpande (2012) shows that Meditation techniques and humor techniques of stress management, where even on any one technique the research can be done. And in to days stress prone environment, these techniques will be highly effective for enhancing the effectiveness, efficiency, performance and cultivating right attitude among employees and reducing workplace stress. Performed. Meditation training may effect positive changes in the multitasking practices of computer-based knowledge workers.

Nozomi Kaneai(2012) reported that reactive oxygen species generated by oxidative stress are detrimental to neurons, resulting in the oxidation of SNARE proteins, thereby disrupting neurotransmission. Additionally, vitamin E is capable of protecting against such neuro degeneration.

Streeter CC, et al. (2012) shows that stress-related disorders can be corrected by yoga practices resulting in amelioration of disease symptoms. This has far-reaching implications for the

integration of yoga-based practices in the treatment of a broad array of disorders exacerbated by stress.

Hector W. H. Tsang.et.al (2013) results provided preliminary support to the multi-component stress management programme (cognitive behavioural therapy, self-management, relaxation techniques (diaphragmatic breathing and progressive muscle relaxation), mindful exercises (qigong and yoga), aromatherapy and acupressure) in relieving affective symptoms of teachers. The programme may be considered as an initial strategy to empower teachers with the abilities to cope with their affective symptoms.

Objective:

- To study the effects of complementary and alternative therapies in reducing the job stress among government employees and private employees.

Hypotheses:

- (1) There would be significant impact of before and after complementary and alternative

therapies on job stress among government employees.

- (2) There would be significant impact of before after complementary and alternative therapies on job stress among private employees.

Alternative and complementary Methods and Tools

There are numerous alternative therapies that are widely employed to mitigate stress. A few popular ones are discussed in the section below.

- Acupressure-SUJOK
- Aromatherapy
- Color Therapy and Visualization
- Yoga Therapy
- Meditation
- Nutrition
- Massage Therapy
- Positive thinking

Acupressure:

In acupressure therapy, by pressing various points in the body located in hands, feet, face, spine the energies in the body balanced. Stress often builds up at the neck, shoulders and lower abdomen. **Neck** is the main meridian that connects the head and other body parts. It is, therefore, a very

sensitive body part, which can easily be affected by stress. To relieve tension in the neck area, gentle pressure can be given to the two points located at the bottom of the skull. Along with this one can practice neck exercises, also known as Brahma Mudra. Just kneading the **shoulder** area will ease the tension. Pressing specific points located at the top of the shoulder muscle can also release tension between two eyebrows also needs to be stimulated to alleviate stress. One can simply place two palms on the third eye chakra and direct the divine energy to that area to relieve tension.

Aromatherapy:

Aromatherapy is the therapeutic use of plant-derived, aromatic essential oils to promote physical and psychological well-being. It is sometimes used in combination with massage and other therapeutic techniques as part of a holistic treatment approach.

Flowers such as rose and jasmine and herbs, like basil, emit special scents, which help to relieve mental and physical stress. Placing fragrant flowers in vases in the drawing, as well as bedrooms, will do the trick. Flowers and

herbs need to be changed every day. Burning incense sticks of mild, natural fragrance creates a healthy mood. Same is true of the sandalwood incense sticks and sandalwood paste.

Bathing in the water mixed with the extract of fragrant flowers and plants help immensely in relieving the stress. Along with this therapy one can consume ginger paste mixed with honey or essence of basil leaves and cinnamon mixed with honey to hasten the healing process. The idea is to heal inside and outside.

Color Therapy and Visualization:

Colors affect moods and emotions. Color therapy uses this sensitivity to color to identify and correct any imbalances in the body's internal energy patterns that might lead to emotional or physical ill health. Therapists believe that each organ and body system has its own characteristic vibrational energy, and disorders can be healed by applying color of the corresponding vibrational energy, either to the whole body or to the organ concerned. Seven 'chakras' in our body are associated with the seven colours of the rainbow. By internally visualizing

these colors, one can burst the stress - related problems. Following are the

colors related to each **chakra**

Root or Muladhara Chakra ---->Red

Swadishtana or Hara Chakra---->Orange

Manipura or Solar Plexes-----

>Yellow

Heart or Anahata Chakra----->Green

Throat or Vishuddhi Chakra---->Blue

Third Eye or Ajna Chakra----->Indigo

Sahasrara or Crown Chakra---->Violet

The following Meditation method works for stress relief. It is part of **Color Visualization or Rainbow meditation or Reiki Meditation**

Yoga Therapy:

Yoga is most Recognized form of Exercise, Stretching, Aerobic exercise and Meditation. The definition of yoga is "to yoke or joint together" (Tylor2003) it integrates the Mind and Body focusing on Balance posture, deep breathing, stretching and relaxation. Yoga evolved from of the Hindu, Jaina, and Buddhist religious traditions in india. Yoga alters stress response and person's attitude, towards stress along with improving self confidence, increasing one's sense of well being, and creating a feeling of relaxation and

calmness (Malathi Damodaran, 1999). It includes

Pranayama, Meditation and Yogasanas Pranayama and Meditation Technique.

These asanas provide a comfortable and stable position of the body to make the mind more and more steady for the process of meditation. Shavasana and Makarasana, Vajrasana, Bhujangasana, Trikonasana, Virabhadrasana, and are few relaxative asanas.

Meditation:

Meditation guides the mind to focus on the **rhythm** of inhalation and exhalation. In due course of time the irregularity is corrected to one of deep and regularized breathing. This brings back peace to a person

These asanas provide a comfortable and stable position of the body to make the mind more and more steady for the process of meditation. Padmasana, Siddhasana and Swastikasana are few relaxative asanas.

Nutrition:

Diet and Nutrition has a great influence on mind by eating satwik food, prana flows properly in the body

and mind also remains quiet, and under control, Examples of such foods are fruits, vegetables, milk, honey, lemon, yoghurt, dry fruits, whole grain cereals etc.... One needs forty to sixty nutrients to live healthy. Vitamins, minerals, proteins fatty acids and carbohydrates are day-to-day requirements. Vitamin B and Calcium are needed to encounter stress effectively. Avoiding sugar and fast foods will help in overcoming insomnia (sleeplessness) whenever somebody is in stress.

Massage Therapy:

This therapy by gradual pressing and releasing the muscles, muscles get loosened which lead to physical relaxation. The therapy includes the use of herbal oils like

Coconut, Jaborandi, Arnica, Camphor, Aswagandha, Brahmi, Bringaraj and sandal wood etc... lotions are easily relief to stress and stimulate pressure points. The philosophy in this form of therapy is a '**sound mind in a sound body**'. If the body feels good, then the mind automatically relaxes. This therapy while applying pressure during a massage. This pain continues to

decrease with time. During a massage, a person is asked to close the eyes and feel the tension release. **Massage therapy tunes-up the body muscles and in turn the mind.**

Positive Thinking:

It is a proven fact that a positive attitude promotes good health and triggers the 'happy hormones'. Every aspect of our life has different perspectives to it. It depends on us to take the best and leave the rest. When events occur that upsets us, we should learn to sieve the good from the bad and stay confident of the good results.

Following steps will help developing positive attitude

- Each one is special or unique
- No two persons are alike
- Remember the successes and forget defeats
- Do not give in to other's demands
- Remain free from superiority and inferiority complexes

Job Stress defined as Physical or psychological disorder associated with an occupational environment and manifested in symptoms such as

extreme anxiety, or tension, or cramps, headaches, or digestion problems.

Job Stress Index developed by Dr.B.V.Pattabhiram & P.V.B.Deekshit and S.Nomusankar (2009) was used. It consists of 55 items, It provide measures on 6 factors. For each statement there are five response categories i.e. 1 = 'strongly disagree', 2 = 'Disagree', 3 = 'Undecided', 4 = 'Agree', 5 = 'Strongly Agree'. High score indicates more Job stress and least score indicates less job stress. It measures stress in 6 dimensions Workload, Long hours, Responsibility & powerlessness, Pressures, Poor relations, Financial & family problems.

Sample and Procedure: The investigator personally contacted government employees and private employees in tirupati, chittoor district, andhra Pradesh. Sixty (60) Employees were divided into two groups those who government employees (n=30) and a private

employees (n=30) after establishing rapport with the employees, the following job stress questionnaire and compare before stress results on government –private employees were

administered with using necessary instructions. after to fallow alternative therapies like acupressure ,aromatherapy, color , yoga, meditation ,nutrition, massage, positive thinking on each subject every day 2 hours weekly two subjects on both groups after three

(3) months to assess the working stress on same employees. Compare with results before & after therapies of government employees group and private employees group separately.

GOVERNAMENT EMPLOYEES		PRIVATE EMPLOYEES	
Before	After	Before	After
30	30	30	30

Statistical Analysis

Data was analyzed using Means, SD'S and t values.

Results and Discussion:

Table 1: Job stress scores of government employees before and after therapies.

Stress Factors	Government Employees (n=30)				't' Value
	Before		After		
	Mean	SD	Mean	SD	
Workload	15.05	1.02	19.01	1.02	15.03**
Long hours	5.75	1.30	11.75	1.20	18.57**
Responsibility & powerlessness	6.16	0.96	10.06	1.96	9.78**
Pressures	3.6	1.02	9.8	1.01	23.65**
Poor relations	4.25	1.32	11.20	1.09	22.23**
Financial & family problems	7.96	1.09	10.01	1.03	7.48**

**p < 0.0

The above table 1 shows that there is significant clearly indicate that to decrease job stress on after complementary and alternative therapies of government employees. The results of 't' values 15.03, 18.57, 9.78, 23.65, 22.23 and 7.48 which are related Significant impact on job stress factors that is Workload, Long hours, Responsibility & powerlessness, Pressures, Poor relations, Financial & family problems. Hence **Hypothesis 1 accepted** there would be significant impact of before and after complementary and alternative therapies on job stress among government employees.

The results of the present study corroborating with the results of the Studies conducted by The results of the present study corroborating with the results of the Studies conducted by Swami Satyananda Saraswati (1972) the seven chakras parasympathetic which can be readily correlated with ida, and the sympathetic with pingala, the sympathetic and pingala being the activating aspect of the system and the parasympathetic and ida the relaxing. Zarghuna Naseem et al.(2010),

Songli9360 (2011) asked that Positive thinking improved my mental and physical toughness cope with stress. Moraska A, et al. (2010), Williams, A.L (2011) reported that improvement has relaxation job with stress. Jennifer (2011), Sofie G Lemmens, et al. (2011), Nozomi Kaneai(2012) reported that reactive, vitamins, protines, minarales are capable of protecting against stress, Natalie Rumbaugh(2011) shows that lavender aromatherapy provides a significant decrease both stress and pain, Sao, Akhileshwar et al. (2011), Sangeetha Vinod, et al. (2011), Hartfiel et al. (2011), Streeter CC, et al. (2012) , results shows that even a short program of yoga is effective for enhancing emotional well-being and resilience to stress in the workplace. Cutshall, Susanne M, et al.(2011), Balakrishnan Vandana et al.(2011), Geoffrey W. Melville, et al. (2012), Revati C. Deshpande (2012) shows that Meditation techniques reducing employees stress, Hector W. H. Tsang.et.al (2013) results provided preliminary support to the multi-component stress management programme (cognitive behavioural therapy, self-management, relaxation techniques (diaphragmatic breathing and

progressive muscle relaxation), mindful exercises (qigong and yoga), aromatherapy and acupressure) in relieving affective symptoms of teachers.

The programme may be considered as an initial strategy to empower teachers with the abilities to cope with their affective symptoms.

Table 2: Job stress scores of private employees before and after therapies

Stress Factors	Private Employees (n=30)				't' Value
	Before		After		
	Mean	SD	Mean	SD	
Workload	19.76	1.40	23.06	1.42	8.51**
Long hours	9.05	1.03	11.02	1.07	7.26**
Responsibility & powerlessness	10.3	1.04	13.1	1.01	11.59**
Pressures	8.71	1.43	10.07	1.43	3.68**
Poor relations	9.33	1.07	12.03	1.02	10.00**
Financial & family problems	16.55	0.96	18.55	1.09	7.54**

**p < 0.0

The above table 2 shows that there is significant clearly indicate that to decreased job stress on after complementary and alternative therapies of government employees. The results of

't' values 8.51,7.26,11.59,3.68,10.00 and 7.54 which are related Significant impact on job stress factors that is Workload, Long hours, Responsibility & powerlessness, Pressures, Poor relations,

Financial & family problems. Hence **Hypothesis 2 accepted** there would be significant impact of before and after complementary and alternative therapies on job stress among Private employees.

The results of the present study corroborating with the results of the Studies conducted by Swami Satyananda Saraswati (1972) the seven chakras parasympathetic which can be readily correlated with ida, and the sympathetic with pingala, the sympathetic and pingala being the activating aspect of the system and the parasympathetic and ida the relaxing. Zarghuna Naseem et al.(2010), Songli9360 (2011) asked that Positive thinking improved my mental and physical toughness cope with stress. Moraska A, et al. (2010), Williams, A.L (2011) reported that improvement has relaxation job with stress. Jennifer (2011), Sofie G Lemmens, et al. (2011), Nozomi Kaneai(2012) reported that reactive, vitamins, protines, minarales are capable of protecting against stress, Natalie Rumbaugh(2011)shows that lavender aromatherapy provides a significant decrease both stress and pain, Sao, Akhileshwar et al. (2011), Sangeetha Vinod, et al. (2011), Hartfiel et al. (2011), Streeter CC, et al. (2012) ,

results shows that even a short program of yoga is effective for enhancing emotional well-being and resilience to stress in the workplace. Cutshall, Susanne M, et al.(2011), Balakrishnan Vandana et al.(2011), Geoffrey W. Melville, et al. (2012), Revati C. Deshpande (2012) shows that Meditation techniques reducing employees stress, Hector W. H. Tsang.et.al (2013) results provided preliminary support to the multi-component stress management programme (cognitive behavioural therapy, self-management, relaxation techniques (diaphragmatic breathing and progressive muscle relaxation), mindful exercises (qigong and yoga), aromatherapy and acupressure) in relieving affective symptoms of teachers. The programme may be considered as an initial strategy to empower teachers with the abilities to cope with their affective symptoms.

Discussion:

The results clearly show the immediate positive effect of complementary and alternative therapies on the job stress levels on the government and private employees before and after therapy to collect job stress levels are decreased to

fallow acupressure ,aromatherapy, color , yoga, meditation ,nutrition, massage, positive thinking of alternative therapies are reducing job stress and strategy needs to be considered.

Conclusion:

Complementary and alternative therapies (CAT) are best remedies for stress management of employees. Studies have described positive outcomes resulting from the use of dietary modification, nutraceuticals, with physical therapy and color, yoga, meditation, massage programs, acupressure ,aromatherapy, positive thinking. There is a need for randomized, controlled trials utilizing CAT to establish the efficacy and reliability of stress management with a positive thinking to assure stable mental health during the all stages of Stress approach.

References

Balakrishnan Vandana, Lakshmiammal Saraswathy, Gowrikutty Krishna Pillai Suseeladevi, Karimassery Ramaiyer Sunadaram, Harish Kumar(2011)” Meditation induces a positive response during stress events in young Indian adults”,IJOY, Volume : 4 | Issue : 2 | Page : 64-70.

Chang, K. K. P., Wong, T. K. S., Wong, T. H. K., Leung, A. W. N., & Chung, J. W. Y. (2011). Effect of acupressure in treating urodynamic stress incontinence: A randomized controlled trial. *The American Journal of Chinese Medicine*, 39(6), 1139-1159.

Cooper, C.L. & Marshall, J., (1976), Occupational sources of stress: a review of the literature relating to coronary heart disease and mental ill-health, *Journal of Occupational Psychology*, 49, pp. 11-28.

Cutshall SM, Wentworth LJ, Wahner-Roedler DL, Vincent A, Schmidt JE, Loehrer LL, Cha SS, Bauer BA.(2011) Evaluation of a biofeedback-assisted meditation program as a stress management tool for hospital nurses: a pilot study. *Explore (NY)*. ;7(2):110-2.

Gahlawat, Mrs. Savita. "Effect of Yogic Practices on Anxiety and Feeling of Well-Being amongst Parents of Mentally Challenged Adolescents." *International Journal of Research* 1.6 (2014): 635-641.

Geoffrey W. Melville,Dennis Chang,Ben Colagiuri, Paul W. Marshall,and Birinder S. Cheema,(2012) Fifteen Minutes of Chair-Based Yoga Postures or Guided Meditation Performed in the Office Can Elicit a Relaxation Response, Evidence-Based Complementary and Alternative

- Medicine, Volume 2012, Article ID 501986, 9 p.
- Hartfiel N, Havenhand J, Khalsa SB, Clarke G, Krayner A(2011) "The Effectiveness of yoga for the improvement of well-being and resilience to stress in The workplace", *Scand J Work Environ Health*, 37(1):70-76, 16
- Hector W. H. Tsang, W. M. Cheung, Alan H. L. Chan, Kelvin M. T. Fung, Ada Y. Leung, Doreen W.H. Au (2013) "A Pilot Evaluation on a Stress Management Programme Using a Combined Approach of Cognitive Behavioural Therapy (CBT) and Complementary and Alternative Medicine (CAM) for Elementary School Teachers", *Stress and Health*,
- Iyengar, B. K. S. (2001). *Yoga: The Path to Holistic Health*. London, England: Dorling Kindersley.
- Pattabhiram B.V, Deekshit P.V.B, Nomusankar.S(2009) *Stress among industrial employees :A pragmatic Approach*, S.V. University.
- Malathi, A. and A. Damodaran (1999). *Stress due to exams in medical students—role of yoga*. *Indian Journal of Physiology and Pharmacology*, 43, (2), 218-224.
- Manocha, D. Black, J. Sarris, and C. Stough (2011) *A Randomized, Controlled Trial of Meditation for Work Stress, Anxiety and Depressed Mood in Full-Time Workers*. *Evidence-Based Complementary and Alternative Medicine*, Article ID 960583, 8 pages.
- Manoj Sharma(2013) *Yoga as an Alternative and Complementary Approach for Stress Management*, *Journal of Evidence-Based Complementary & Alternative Medicine*, 10.1177/215658721350334.
- Moraska A, Pollini RA, Boulanger K, Brooks MZ, Teitlebaum L.(2010), "Physiological adjustments to stress measures following massage therapy", *Complement Alternat Med.*;7(4):409-18.
- Natalie Rumbaugh(2011), *Lavender Aromatherapy Reduces Stress and Pain*, <http://www.essentialelementmassage.com>.
- Nozomi Kaneai, Masaya Arai, Hirokatsu Takatsu, Koji Fukui and Shiro Urano(2012), "Vitamin E Inhibits Oxidative Stress-Induced Denaturation of Nerve Terminal Proteins Involved in Neurotransmission", Pages 183-189, <http://www.j-alz.com/issues/28/vol28-1.html>.
- Revati C. Deshpande (2012) "A healthy way to handle Work place stress through Yoga, Meditation and Soothing Humor", *International Journal*

- of Environmental Science,
Volume 2, No 4, ISSN 0976 –
4402.
- Thompson, H. L. (2010). The stress effect:
Why smart leaders make dumb
decisions – and what to do about
it. San Francisco: Jossey-Bass.
- Taylor.MJ (2003) "Yoga Therapeutics: an
Ancient Dynamic Systems
Theory" Techniques in
orthopedics, Lippincott,
Williams & Wilkins;18(1),115-
125.
- Sangeetha Vinod,Sudhakar B(2011) "A
Literature Review on the
Impact of Yoga Way of Life on
the Reduction of Job Burnout
of Managers", International
Conference on Technology and
Business Management.
- Sao, Akhileshwar,Sao, Arun Kumar,
Sao, Gargi(2011) Yogic
Management of psychological
Disorders Related to BPO
Sector. Applied Research
Development Institute
Journal,2(4);P(32)-40.
- Satyananda, Swami Saraswati. (1972).
Kundalini Yoga. Bihar School
of Yoga, Bihar, India.
- Sofie G Lemmens, Eveline A Martens,
Jurriaan M Born, Mieke J
Martens and Margriet S
Westerterp-Plantenga
(2011)"Lack of effect of high-
protein vs. high-carbohydrate
meal intake on stress-related
mood and eating behavior";
Nutrition Journal,
doi:10.1186/1475-2891-10-
136.
- Songli9360 (2011) Positive Thinking
and Stress Management,
www.studymode.com
- Streeter CC, Gerbarg PL, Saper RB,
Ciraulo DA, Brown RP.(2012)
"Effects of yoga on the
autonomic nervous system,
gamma-aminobutyric-acid, and
allostasis in epilepsy,
depression, and post-traumatic
stress disorder", *Med
Hypotheses*.78(5):571-9. Epub
2012 Feb 24.
- Williams, A.L., Selwyn, P.A., Liberti,
L., Molde, S., Njike, V.Y.,
McCorkle, R., Zelterman, D.,
& Katz, D.L.(2011) A
Randomized Controlled Trial
of Meditation and Massage
Effects on Quality of Life in
People with Late-Stage
Disease: A Pilot Study,*Journal
of Palliative Medicine*, 5, 939-
952.
- YU S , Feng Y, Shen Z, Li M,(2011)
Diet supplementation with
iron augments brain
oxidative stress status in a rat
model of psychological
stress. *7(10):1048-52*. Epub.
- Upadhyay, Dr. Devanand. "An
Approach to Healthy Life
through Yoga in Ayurveda."
*International Journal of
Research* 1.3 (2014): 40-44.
- Zarghuna Naseem & Ruhi Khalid(2010)
Positive Thinking in Coping
with Stress and Health
outcomes, *Journal of Research
and Reflections in Education*,
Vol.4, No.1, pp 42 -61.