

Managing Tension through Self-Improvement

Abstract

Stress is a fundamental factor of body and mind's disturbance. Pain, discomfort, weakness, anxieties, desire, nervousness, oppression, strain, diseases, madness, suicide and so many experiences associated with behavioural, biochemical and psychological changes refers to the term tension in understanding. It is very personal and is the acute problem of human society in time immemorial from the ancient to the contemporary world.

Keywords: Stress, Physical systems, Age of Tension, Biochemistry of Stress, Anxiety.

Introduction

Man is a supreme being in the manifestation systems of this universe among all living creatures, a superior mammal, having a conceptive life force in which so many subtle power of energies build up its physical, mental and vital forms what we call body, mind and self. Ordinarily activities like movement, or motions, breathing, eating, feeling, speaking, desire, beating of heart, nerve energy, sense, perception, experiences of pleasure and pain through the medium living body are some of the general understanding of life.

Scientists and biologists have a very different conception on life. They include merely subtotal of some processes like the act of breathing or digestion, acts of metabolism, anabolism, catabolism, or the constructive-destructive changes of the physical body, the act of thinking or act of procreation of studding the movement of the protoplasm in the unicellular organism in their definition of understating about life and its process. In Indian philosophy, life is known as nerve energy the Prana, present in all forms with sense and mind, secretly active in the material universe. In Taittiriya Upanishad, we find description on Prana in the Chapter 2/3, Brahmanada Valli that, the god lives and breathe under the dominion of Prana and men, all these that are beasts, for Prana is the life of created things and therefore they name it the life-stuff of the all. Pranamdevah Anuprananti Manusyah Pashabaccaje Prana hi Bhootanam Ayuh Tasmata Sarba Ayusham Uchyate Sarbameba ta Ayurjanti Je pranam Brahmhopasate Prana hi Bhootanam Ayuh

A famous seer, reformer and philosopher of India described life as the dynamic play of universal force, one cosmic energy, a current, a continual stream of stimulation, having positive and negative energies which creates a construct, various forms of this physical universe. Its basic foundation lies in components of earth and matter. [Chapter xix, Life, Life Divine, Page- 176]

The most secret power behind other than the mind, body, the life force is the true soul, the psychic being in us, who prepare the mind, the vital body, the thought, perception, emotion and action, everything in a conscious way in the function of inner and external nature of our physiology and psychology. We connote it as self. The self is subtler than subtle, greater than the great, is seated in the heart of each living being. He, who is free from desire, with his mind and sense composed, beholds the majesty of the self and becomes free from sorrow. "Anoraniyan Mahato Mahiyan Atmasya Jantor Nihito Guhayam Tam Kratuh Pasyati Bitas Shoko Dhatuh Prasadana Mahiman Matma Nah". [Katha Upanishad, 2/10, Page-154, Upanishad Prakash]

Objective of the Study

1. Tension can be lessened through self-improvement
2. Music can be used as a tool for managing stress

Review of Literature

Bundrant, Mike in his article "4 Scientific Studies that Show Music Decreasing Stress and Promoting Healing" studied that, music has long been considered to be one of humanity's greatest creative achievements;



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as it turns out, this creative force may have serious medical implications as well. He concluded that music not only helps to reduce psychological stress, it can improve physiological symptoms, aid in healing, and improve immune function as well.

(Source: <https://blogs.psychcentral.com/nlp/2015/04/5-scientific-studies-the-prove-music-decreases-stress-and-promotes-healing/>)

The neurochemistry of music (27/03/2013), in a article named as “Major health benefits of music uncovered” shown that playing and listening to music has clear benefits for both mental and physical health. In particular, music was found both to improve the body’s immune system function and to reduce levels of stress. The conclusion from that article that listening to music was also found to be more effective than prescription drugs in reducing anxiety prior to surgery.

(Source: <http://www.mcgill.ca/newsroom/channels/news/major-health-benefits-music-uncovered-225589>)

In a article “Releasing Stress through the Power of Music” research propounded the role of music in releasing stress. It confirms from research that Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert and concentrate better. Upbeat music can make you feel more optimistic and positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Music is effective for relaxation and stress management.

(Source: <https://www.unr.edu/counseling/virtual-relaxation-room/releasing-stress-through-the-power-of-music>)

Linnemann, A and et al. (2015) in their paper “The effects of music listening on pain and stress in the daily life of patients with fibromyalgia syndrome” studied that music listening has a stress-reducing effect both on subjective stress levels and markers of HPA and ANS activity. They concluded that mere music listening in daily life has beneficial effects on control over pain. It seems to be relevant why one listens to music, as in our study, listening to music for the reason of ‘activation’ or ‘relaxation’ predicted successful pain coping.

Vaajoki A (2013) in his paper “We have to take Pain Definition, Pain Management, and the Results of Non-pharmacological Studies Seriously” studied that Pain assessment and management is an inevitable part of the nursing care of patients. He concluded Incomplete relief of pain remains widespread despite decades of research. Studies indicate that lack of knowledge, skills, and inattentive attitudes toward patients are barriers to effective pain management. Non-pharmacological methods are one possibility and should be offered as an adjunct alternative to pharmacological pain relief in nursing practice.

Systems in the Physical Body

In this physical body, there are different organs having various systems like

1. The nervous system which includes brain, spinal cords, ganglia, plexuses and peripheral nerve fibres.

2. The circulatory systems, which include heart, blood vessels, blood itself, the lymphatic vessels and the lymph.
3. The endocrine system which includes pituitary gland, thyroid and parathyroid glands, adrenal glands, islets of Langerhans, ovaries and testes and pineal gland.
4. The digestive system which consist of liver, pancreas, and alimentary canal with its accessory glands.
5. The respiratory system which consists of lungs, bronchi, trachea, pharynx and nose.
6. The Excretory system which consists of kidneys, uterus, bladder and urethra.
7. The reproductive system, which consists of the testes, seminal vesicles, penis, urethra, prostate, and bulbourethral glands in the male; and the ovaries, fallopian tubes, uterus, vagina, and the vulva in the female.
8. The Skeletal system which includes bones, connective tissues and joints.
9. The Muscular system which consists of striated muscles and non-striated muscles.

All these systems play important role in the human being in its existence of physical body.

Stages of Conditional Health

Every individual has also three stages of conditional health, known as Mental, Physical and Emotional. Mental health, which is a chapter of the brain concerned to mind in which individual thinks, compares, creates, synthesises, describes, visualise, calculate etc. Another level of existence is man’s emotional plains, in which this level of existence acts as the defence mechanism receptors of emotional stimuli from the environment and also function as the vehicle of expression for feelings, actions and emotional disturbances occurring in individuals. It is very close to our daily life in which state of happiness and state of unhappiness occurs in the chapter of human mind and brain. Any disturbances of mental, physical and emotional function of the body constitute symptoms of illness, and creates various diseases in the name of somatic or psychosomatic in its character. Man should be healthy physically, mentally, emotionally, socially and spiritually and mere absence of disease is not health. [W.H.O, Life, Health and Disease, Chapter 8, Spirituality and Health, Page- 97 by Dr Mrs. Charanjeet Ghooi]

Stress in The Age of Tension

Tension or stress is a fundamental factor of body and mind’s disturbance. Pain, discomfort, weakness, anxieties, desire, nervousness, oppression, strain, diseases, madness, suicide and so many experiences associated with behavioural, biochemical and psychological changes refers to the term tension in understanding. It is very personal and is the acute problem of human society in time immemorial from the ancient to the present contemporary world. The present century has been called by the intellectual as the age of tension.

Dr. Hans Seyle, a physiologist and psychologist brought to notice at first to the world a few decades ago in 1936, cases of stress causing marked changes in the entire body in experimental

animals. He suggested that all nonspecific response of stress such as hypertrophy of adrenal cortex, lymphopenia and gastro intestinal ulceration occur in the body due to excessive stimulation of anterior pituitary gland which regulated the function of adrenal cortex through its secretion known as adrenocorticotrophic hormone.

So many thoughts and ideas have been codified and depicted on the literature of stress by the intellectuals of east and west to create awareness in the problematic society.

Exploring the literature on manifestation of stress, we find two hypotheses as

1. The stimulant factor of stress controlled in the brain chapter, i.e. role of hypothalamus with entire neuro-endocrine apparatus (the highest centre for producing all the bodily disturbances of stress).
2. Cerebral cortex (which regulated the all abnormal systems manifested in stress). [Stress and its management by Yoga, Page- 130, by K.N. Udappa]

In the Indian culture the term "Klesha" was used from the far ancient time in the Vedic period gets back to 1500bc. [Patanjali Yoga Pradipa, page- 282, Avidya, Asmita, Raga, Dwesabhinibeshha Klesha, Sadhanapada- 3] In the 19th century, it became a precise scientific term, employed and conceived as the basis of ill health, survived over the century became biological psychological circle refers to mental strain, unwelcome happening, harmful environmental agent, physiological disorder or factor called homeostasis.

According to Charaka Samhita (an ancient text of Ayurveda) formation of the human body is made of five gross elements (Pancha Maha Bhoota) i.e. Pruthivi, Vayu, Aap, Teja and Akash. Charaka says, Wellbeing of man does not consist in the maintenance of good physical health alone but also includes good mental and physical health. Life is never static. It continuously undergoes changes. It adopts environmental factors. The health (Swastya) is not only disease free body, but it is a combination of the strong body and positive mind. Charaka classified the diseases in three categories. i.e.

1. Psychological (mental disease)
2. Somatic (Physical disease)
3. Psychosomatic (Mental and physical disease)

There are so many factors described in the Ayurveda are the causes of misery, stress, tension, strain, distress or Klesha, created in the body due to the physiological imbalance of the body. Some of them are,

1. Imbalance of Tridosha, Bata, Pita, Kapha, constituents of the body.
2. State of consciousness which has lost its proper function
3. Desire, passion, unnecessary hesitation excitation in the body
4. Disturbance of the respiratory systems, disturbance of the digestive systems, disturbance of circulatory systems etc.

Much tension or stress occurs through emotion such as aggression, impatience, other mental

disorder related to psychological condition such as lust(kama), anger(krodha), greediness(lobha), arrogance(dambha), pride (mada), jealousy (matsarya), anxiety (udbega), phobia (bhaya), obsessions(chinta), grief (shoka) which indicates that individual state of mind is greatly influenced by his body and health status. When the human being became overambitious, it vitiates normal function of the mind like, thought, analysis, imagination, goal setting, judgement and determination and finally resulting to psychic disorder (manasika byadhi). If emotional factor uncontrollable Unmada (insanity), a disease is conditionally affected by the body.

These psycho stress factors influence the endocrinal functions and excess or less secretion of the GIT hormones and biochemical changes in the body.

1. Charaka Samhita Sutrasthana- 1.46
2. Charaka Samhita Sutrasthana- 1.46
3. Charaka Samhita Sutrasthana- 11.44
4. Charaka Samhita Sutrasthana- 1. 16-17
5. Charaka Samhita Nidanasthana 7.4
6. Charaka Samhita Sarirasthana 1.16
7. Charaka Samhita Nidanasthana 7.5]

Biochemistry of Stress

Human brain has taken a vital role in the physiology of the man to govern the whole systems of the body as human computer. The network of the brain is operated through nervous systems, the neurons or nerve cells, brain's excitable cells, send signals, a job of communication and information and the second one is its endocrine systems that send message relatively slowly by means of hormones through the blood stream. The endocrine system is a collection of ductless glands that secretes hormone. A gland is a collection of cells (those viscous globules which are the units of all tissues and organs) and the hormones are secretion of the glands set in motion carries signals that stimulate action in the body. Every gland is a chemical factory in which the cells are workers. The product of the gland work is secretion. These are blood circulating chemical substances and the real governors and arbiters of instinct and disposition of emotion, reactions, characters, temperaments, good and bad ideas of human nature's fundamental law. The primary glands like pituitary gland, pineal gland, thyroid gland, parathyroid gland, thymus gland, pancreas gland, adrenal glands and sex glands control the internal environment not only of each cell and organ, but also the entire body. These glands stimulate growth of bones and sexual development, monitors the functioning of other glands, regulates metabolism, controls depositing of calcium and phosphorus, set creates insulins, helps regulates blood sugar, influence skin colour, stimulates the development of cells in the immune system, involves in fight or flight response and regulate blood pressure.

The hypothalamus is the main command centre of the endocrine system and directs operation through the pituitary a pea-sized gland situated under the hypothalamus.

Tension, anxieties, worries, all mental reactions to outer events, create chemical reaction in

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the body, and hypothalamus signals and commands the release of hormones, the chemical discharges of the glands through the fastest hormonal message, to act immediately, to prepare the body to fight or flight, to balance the metabolic processes.

What is Anxiety

Anxiety is a state of emotional tension, characterised by apprehension, fearfulness, psychic pain, harmful thought, barrier in doing any constructive works due to indecisive decisions on ups and downs of thought processes of mind, that signals the feelings of danger associated with distressing thoughts etc. It increases bodily reactions like heart rate, sweating, dizziness, feeling faint, even it causes traumatic events like accidents, assaults etc. [Stress and coping, Page – 15 by D.M. Pestonzee]

In this anxiety world, everybody is in the quest of peace and happiness. Because hurry and worry has captured the sophisticated technological living styles of human being in its every activity in the horserace of life. The two panic diseases like high blood pressure and diabetics are the fatal contribution of hurry and worry.

In order to get peace and happiness, man blindly struggling to get something more, some money, some power, some position, some pleasure, which are all his mental attitude towards objects, which are perishable, evanescent, finite and conditioned in time, space and causation. If you are rich, but have no peace; you have most delicious food to be served, but you are ill and severely affected by fatal diseases in which delicious foods are prohibited for your body, or you have no appetite or pleasantness to eat; you have living home bungalow with all comforts, but you are uncomfortable in your sleep through insomnia or dementia; if there is no peace, no happiness, everything is darkness to you. There is tension, there is darkness, there is frustration, everything will be happened and the life will be miserable for us.

The worldly man finds no end for his desires, wants and enjoyments. They can end only with the man's death or the dissolution of the world. So they have no rest or peace of mind. In the holy Bhagvad Gita, chapter 2-66, "Ashantasya Kutah Sukham" (how can there be happiness without peace) and in Chapter- XVI,11, Chintam Aparimeyam Cha Pralayantam Upasratah, have been emphatically pointed out by the lord Krushna to his disciple Arjun,

on the consequence of misery of life. In order to get peace and happiness, to be free from tension, to free oneself from anxiety and worry, to be healthy with a sound body and sound mind, one has to take necessary steps to transform his self, lifestyle in the way of his thinking, his action, his dealing, his consciousness, his aims, his objectives, his outlook, his effort, his quest for truth, absolute freedom to maintain righteousness, virtuousness, unity, fraternity, equanimity in social living and above all his human value of living, which is known as the way of self-improvement or attainment of self-realisation.

Managing tension through self-improvement lies in two things of life. i.e. health and physical fitness having a general feeling of security and satisfaction with a goodwill in the vital, and a clear understanding, broadness by looking and raising positive thoughts towards attitude, affirmation on the problems of life. And the second is a change of consciousness by knowing the reflection of its command in its inner physical, vital, mental state by adopting the mechanism of the brain through thinking process. Good thoughts bring peace and evil thoughts result mental tension.

In each of the sense organ, abide attraction and repulsion for the objects of the senses. One shouldn't come under the sway, for they are man's enemies.

Indriyasye' ndriyasya' rthe raga dweso byabasthito (attachment and aversion) Chapter-3, Bhagvad Gita, Stanza-34

Positive thought processes transform life energy better and negative mode impacts the body and mind, suppress the activity of the cell, disorder the immunity system, resistance power of the body.

All major illness has been classified under two categories such as somatic diseases and psychosomatic. Diseases occur by emotional stress factors comes under psychosomatic disorder category with mind body connection manifested in the autonomous systems of the body. These diseases are correctly connoted as psychophysical diseases. Peptic ulcer, stomach upset, high blood pressure, lower back pain, vertigo, Parkinson includes some of the list of psychosomatic diseases.

A list of negative thoughts that encourages the body physically, psychologically and behaviourally to create certain diseases related to tension factor are mentioned below:

Psychological	Behavioural	Physical
Tense	Over eating	Headache/Migraine
Anxious	Over drinking	Back pain
Worried	Not eating	Stomach disorder
Depressed	Absence from work	Hives/ Other skin disorder
Panicky	Insomnia	Cough and cold
Tearful	Tacking tranquilisers	Gastric ulcers
Pressurised	Short tempered	High blood pressure
Unable to relax	Unusually aggressive	Heart disease
Overwhelmed	Unusually impatient	Asthma
Loss of confidence	Switching off	Fatigue exhaustion
Self-doubt	Opting out	Muscle tension

Dr. Selye, after his long research on stress, points out a statement that, stress is not a factor at all. Stress can't and shouldn't be avoided. Everybody is

always under some degree of stress. Even while quietly asleep our heart must continue to beat, our lungs to breathe. Even our brain works in the form of

dreams. Stress isn't a reaction. Stress isn't a deviation from homeostasis. Stress isn't identical with alarm reaction with GAS. Stress doesn't cause of secretion by the ACTH. Stress isn't an emergency discharge of hormones from the adrenal medulla. Stress can be avoided on dying. And at the last he gave a clear vision on the definition that,

"Stress is the state manifested by a specific syndrome which consist of all the non - specifically induced changes within a biological system. Thus stress has its own characteristics forms and compositions, but no particular cause. The elements of the forms are the visible changes due to stress, which are addictive indicators expressing the sum of all the different adjustments that are going on in the body at any time." [The nature of Stress by Dr. Hans Seyle, ICNR articles]

To handle tension with proper care, to free oneself from anxiety and worry, to release one's feelings of fear from distasting thoughts needs a self-improvement factor. Self-improvement knowledge is known as the essence of the potentialities of the human nature. It is considered as a divine aspect in which lies a conscious being, the individual, which controls three conditions of life on the body and mind, on three plains of living, i.e. known as Mental Physical and Vital. Condition of thinking process towards observance of activities in the outer and the inner part of the body and the environment is controlled by vibrating energy. It forms impression, fixed notions, awareness, habitual reactions and so many sympathetic factors in the mind, body and soul. These states of mind are known as Conscious, Sub-conscious and Unconscious in the field of managing of circumstances.

Conscious mind deals with everything with the realm of our awareness whereas unconscious mind deals with all those thoughts that is unaware which influence is behaviour in action. Conscious mind has unlimited capacity for thinking and analysing facts. Consciousness is a cosmic force created the world movement and its problems. In order to carry the world movement to the inevitable fulfilment of secret sense and evolving truth, it has capacity of solving the problems, created in this world. This is an absolute truth and the role of conscious mind has greatest capacity to free oneself from any types of bondage burden, tension, anxieties related to body and mind through the knowledge of truth. In Taittiriya Upanishad, it is described, He who knows the truth, the knowledge, the infinity, i.e. Brahman, shall enjoy with all wise Brahman, all objects of desire.

Truth is the basic law of life. Purity, righteousness, ahimsa, forgiveness, justice, fearlessness, impartiality, self-control, modesty, endurance, goodness, renunciation, meditation, dignity, fortitude, compassion are various forms of truth. "Satyam Gyanam Anatam Brahma" (the real, the conscious, the infinite is Brahma) [Taittiriya Upanishad II-1]

We must try to know the secret of life, its purpose and goal, what is right and wrong, what are minus and plus points in taking decision, what is negative and positive in thinking process, what is

good and what is bad for the individual or for the society or for the nation.

Due to ignorance of knowledge in proper sense or truth, tension, stress and so many emotional factors in our biochemical physical body is happening. Frustration, failure, confusion, any type of disturbance in the situation of life can be controlled by experience of process and problems of life through activity.

One must make use to activate the power of his mind, the hidden nature of the psychic being by improving his self-power to free him from tension and self-created problem. It is very easy to discover the truth. Our thinkers, philosophers, poets, literary persons, scientists, psychologists, intellectuals, saints, artists, musicians have contributed a lot of thoughts on truth in their ideology by their scholarly research through books on science of living in the scriptural heritage of humanity in India and abroad.

Principles in thinking and adoption in daily routine

Action, awareness and realisation, these three constitute human existence. If we want to save ourselves from going astray and follow and activate some of the principles in our thinking faculty and adopt it in our daily routine to get the truth, one can definitely get benefit which are as follows:

Plan Each Day

Organise each day. Learn what time of day you are at your best. Determine what has to be done today. What can be postponed till tomorrow or next week. Most important is what actually doesn't need to be done. Spend 10 minutes each day reviewing these. Ensure you eat breakfast, whether or not you feel like eat. This will energise your body and help you to cope physically and mentally throughout the day. Ensure you have regular rest period- however pressurised take 10 minutes' rest, a cut off from your work. Go for a walk, seat somewhere on your own and relax. Eat regularly and wisely.

1. Examining your lifestyle
2. Practice mental detachment:
Concentrate on yourself. Consciously make efforts to take all parts of your body and mind and think yourself into the most pleasant situation you can imagine. Don't worry about others comment. Your physical and mental health is very much important.
3. Ensure your balance nutritional diet. Keep the time factor of your food in breakfast, lunch and dinner.
4. Try to keep a regular sleeping pattern. At least 7 to 8 hours sleep to enable you become refresh and energetic.
5. Do certain relaxation exercise through Yoga, pranayama or breathing exercises, aerobics, walking, muscle relaxation, swimming etc. at least for half-an-hour. For mental problems, Patanjali in his treatise Yogasutra has narrated eight steps of application for maintenance of physical and mental health. They are Yama (control and discipline), Niyama (rules, methods and principles), Asanas (making body postures), Pranayama (Kriyas with air), Pratyahara

(avoidance of undesirables in taking action knowing the proper action), Dharana (concentration), Dhyana and Samadhi. In order to achieve full benefits for mental tension Udjayi pranayama five rounds, Surya Namaskar four rounds, Uttanapada two rounds, Paschimotan asana, Sarbanga asana, Matsya asana, Dhanur asana, Halasan followed by Sabasana can be adopted in methodological process through the guidelines of a Yogi.

6. Listen soothing music of your temperament.

Music is a product of sonorous sound which are used to be performed and played by the singers, musicians in various ways, in various forms using musical instruments and musical voice concerned to tone, tune and rhythm. For maintenance of good health, music is known as the best medicine of the mind and today in the tension world, music has taken a vital role in its application, through which one can become tension-free easily with relaxation. Some of the tips how to use music in listening for relaxation are mentioned below:

Sit comfortably at your leisure time in a lonely place where there is silence. It may be your personal room in the home or a riverside or a mountain hills or beach of the sea or a great veranda of temple corridor or in the jungle or near the string, tree. Close your eyes for five minutes. Listen the sound of the nature or some classical ragas of musicians with voice or instruments of your choice like Pilu, Pahadi, Shivaranjani, Ahir Bhairav, Bhairav, Malhar etc. or spiritual mantra like Om or Gayatri or name of any god or devotional songs or some western symphony orchestra for fifteen minutes. Increase the time of listening. Sooth your sense, your mind, your heart. Enjoy it. Be relaxed. Be cautious in listening. Slow sound with slow volumes is more effective.

7. Do meditation for certain period to feel and realise your own identity to free the mind from its turbulence stages of worries, tension and anxieties to make it thoughtless. Meditation causes free flow of vital force all over the body. It removes various diseases of the heart. It controls blood circulation. It improves memory. It controls sleep. It has highest benefits to discover the inherent nature and motives of our self, the psychic being, the seat of consciousness.
8. Always smile and be happy. Think at the most what you'll loss with the problem. There is nothing to loss. Tend to stop worry.
9. Culture your good qualities like affection, sacrifice, love, gratitude, sympathy, tolerance, forgiveness, truthfulness, humbleness etc.
10. Don't hurt anybody.
11. Serve and love.
12. Don't criticise others.
13. Keep yourself engaged in good work.
14. Avoid watching of nuisance scenes of serials, cinema and television, like fighting, murder, torture.
15. Be friendly and compassionate.

16. Avoid hesitated circumstances.

17. Be equal to praise and blame. Whenever you feel sad or depressed, just remember that there are good and bad things in everyone's life.

18. Feeling happiness in every action

It is found that when you laugh, all cells of our body are rejuvenated and if we are depressed, the cells get decade and disease sets in. therefore the greatest immunity for diseases is intense love for the whole creation and the feeling of happiness in every life.

By diverting the mind towards all powerful God, one can improve his self-power with possible solution.

The holy Gita advices "Na Kinchit Api Chintayet" (VI-25) keeping the mind quite established in the self, be quiet, don't think of anything. If worries and anxieties have come, think they are temporary, but not permanent and surely to go away. So just bear it up for a while more.

Way to release mind from tension and worries:

The best way to keep yourself to release your mind from tension and worries is always to keep yourself engaged in good works, like

1. Serving the poor, the downtrodden.
2. Reading good religious books
3. Doing charity
4. Worshipping with prayer
5. Listening music
6. Doing environmental activities like plantation, animal care, pollution free program, health advice and consciousness program, educating the illiterate, caring the old, orphans.

And so many works, which will impact your life in keeping you tension free.

Conclusion

We can conclude that, thought interpretation in the way of positive or negative is the cause of all sufferings. The whole crux and difficulties of human life lies in its mental, vital and physical state in the appearance of life. Beliefs, lack of self-confidence, faulty attitude in living and thinking process of the mind and body causes all troubles in our body consciousness. Peace and happiness lies in self-conscious improvement way of life. By understanding the mechanism of the mind body interaction, we know that body consciousness leads to fear, anger, tension and unsteady state of mind. Adopting improvement of self-culture through virtue, by understanding its truth through true identity, in the experience of the science of understanding the self, the present century problems of life, in the age of anxiety, tension and stress, can be solved. Saying as you think so shall be become can be better established, this truth as an ideal focus to transform you as a better tension free human being.

I would summarise the most important principles briefly, scientifically and clinically discovered from all thought and research of Dr. Hans Seyle which are guidelines as a code of ethics on management of tension or stress to be followed as follows.

1. Find your own stress level - the speed at which you can run toward your own goal. Make sure

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that both the stress level and the goal are really your own, and not imposed upon you by society, for only you yourself can know what you want and how fast you can accomplish it. There is no point in forcing a turtle to run like a racehorse or in preventing a racehorse from running faster than a turtle because of some "moral obligation." The same is true of people

2. Be an altruistic egoist. Do not try to suppress the natural instinct of all living beings to look after themselves first. Yet the wish to be of some use, to do some good to others, is also natural. We are social beings, and everybody wants somehow to earn respect and gratitude. You must be useful to others. This gives you the greatest degree of safety, because no one wishes to destroy a person who is useful.
3. Earn thy neighbour's love. This is a contemporary modification of the maxim "Love thy neighbour as thyself." It recognizes that not all neighbours are lovable and that it is impossible to love on command.

Two short lines from his research:

Fight for your highest attainable aim,

But do not put up resistance in vain. [The

nature of Stress by Dr. Hans Seyle, ICNR articles]

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