



## YOGA PRACTICES IN THE MANAGEMENT OF ANGER

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## ABSTRACT

Anger is an emotional reaction that varies in intensity from a mild irritated mind state to the extent of intense rage. Although it is a common emotional reaction, it leads to many physical as well as psychological disturbances. There are many causes of anger, like hereditary factors, home environment, social learning and cultural factors. Anger is completely normal, usually a healthy human emotion, but sometimes it creates many issues. Yoga practices in Asanas and Pranayama are effective methods for controlling anger reactions. As it is one of the Manasika Vikara, Yoga can be helpful in the management of Anger.

**Keywords:** Anger, Manasika Vikara , Asanas, Pranayama's, Yoga Management

## INTRODUCTION

Anger is an undesirable state of mind. Behaviour associated with anger can create problems for individuals and society. Both Biological and psychological changes occur in anger. If Anger reaction Persists for a longer time, it can lead to changes in various physiological functioning activities of our health. The goal of Anger Management with the help of yoga is to

reduce both emotional feelings and the physiological arousal that anger causes. Research activities have shown that family background plays a role. Generally, easily angered people come from disruptive, chaotic families and are not skilled at emotional expression.

### **Assessment and Formulation of Anger problems**

Comprehensive management is essential to deal with Anger and aggression problems.

A] Relaxation:-Deep breathing in the form of Pranayama like Anuloma viloma, Sheetali, and Brahmari can help calm down angry feelings.

B] Use of Self-Statement to Control Anger:-Remind yourself that getting angry is not going to fix anything and that it won't make you feel better.

C] Solving problems has to be skilful to cope with different kinds of issues because often it is a source of frustration and causes Anger.

D]Environment Change-Change in the environment is all modifying the Anger provoking situation, such as by giving a break to Oneself.

### **Analysis**

a) **One of the Manasika Vikara :-** Kama , Krodh , Lobha, Moha ,Irshya, Mad , Shoka , Chittodvega, Bhaya, Harsh. Krodh is a natural and universal emotion that everyone experiences at some point in their lives that varies from frustration, disappointment or perceived injustice.

b) **Biological changes occur during Anger:** - It includes increased heart rate, increased respiration, raised blood pressure, sudden increase in hormonal activities due to adrenaline and non-adrenaline, and it also leads to increased body temperature.

c) **Psychological changes occur during Anger:** - it includes loss of concentration, intolerance, impatience, suddenly increased restlessness, feeling tense, and also interferes with decision-making policy.

d) **Role of Yoga:** - yoga means union. [As Krodh is one of the Chittovritti and Yoga is said to oppose this Vritti by "Patanjali Yoga Darshan".]1 A Yoga practices will be simple, Organised, time efficient and practical remedy who struggle with Anger.

e) **Management of Anger by Yoga practices is the need of the hour:**

Anger is one of the primary human emotions as elementary as happiness, sadness, and anxiety. It is one of the most prevalent behaviours of all problems. If

one gets angry, it stimulates its sympathetic activity and releases adrenaline, resulting in imbalances in ANS heart rate, pulse rate, and respiration; the temperature rises, and skin perspires. If anger is not managed or suppressed, it can be an underlying factor for anxiety and depression. Therefore, there is a need to manage anger efficiently.

### **f) Problems linked with Anger as explained by various Granthas /Sambhita**

• [In Charak Chikitsa Sthana 24/87, it is said that Anger can be linked with issues such as alcohol, emotional, physical abuse, loss of concentration, poor sleeping.]2.

• [In Charak Chikitsa Sthana 8/ 11, acharya says Krodh, Yakshma, Jwara, and other diseases indicate misery .]3.

• [In Charak Chikitsa Sthana 4/8 said that Anger leads to betrayal.]4.

• [In Bhagavad Gita 2/ 63, it is written that from Anger, complete delusion arises and delusion bewilderment of memory. When memory is bewildered, intelligence is the lost one who falls again into the material pool.]5.

### **How Yoga, i.e.(Asana and Pranayama) helps in the Management of Anger:**

Yoga is restraining the mind of staff from taking any forms (Vrittis ). Yoga, which includes Asana and Pranayama, manages emotional dyscontrol and needs to be implemented in every aspect of life. Asanas like Uttanasana, Paschimottasana, Balasana, and Shavasana included in the Yoga regime include postures of head low and forward bending. These postures balance the aggravated pitta dosha to soothe and calm the body. [Not only Anger but it is explained in Sharangdhar Uttartantra, all the diseases related to the body can be well treated by properly performing Asana.]6 Also, Pranayama like Anuloma Viloma, Brahmari, and Sheetali is known to calm the mind and reduce excessive arousal. It is scientifically proven that meditation correlates to mindfulness and increases parasympathetic activity in an angry individual.

## DISCUSSION

Anger is one of the Manasika Vikara. It is a normal feeling that everyone experiences occasionally while losing control over Anger is undoubtedly unpleasant. Normal, day-to-day anger and issues with Anger management are two different things, and how we should approach them is also very distinctive. It affects 8% to 11% of the general population. According to the study from **INDIAN JOURNAL OF PSYCHOLOGICAL MEDICINE**, which was conducted in different states of India, 17.7% of adults experience anger, and 17% have physical aggression. Asanas, mainly head low and forward bending, increase blood circulation, thus helping to soothe and calm the mind. Deep breathing techniques in Pranayama increase parasympathetic activities, which helps to cope with anger.

## CONCLUSION

Ayurveda, “**The knowledge of life**”, is the ancient medical system of India. Yoga means union. Krodh is one of the “Manasika Vikara” and affects humanity of all ages. Yoga plays a vital role. Yoga can be easily implied for physical and mental balance and hence can be helpful in the management of anger. Many people seek professional help to manage their anger more effectively. Thus, yoga can be an inexpensive way to cope with anger. Not only anger but many

other health related issues can be easily solved by Yoga. This article explores the importance of Yoga in Manasika Vikara, especially in the field of “Anger management.

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