

# A STUDY ON THE EFFECT OF YOGA PRACTICES (AYUSH'S MANTRALAYA) ON THE HAPPINESS SCALE OF ADULTS

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## Abstract

**Background:** Happiness is identical with subjective wellbeing and is defined as an evaluation of life, a mental state, a psychological condition, and a good health indicator. **Objectives:** The objective of the present investigation is to study the "A study on the effect of yoga practices (Ayush's mantralaya) on the Happiness scale of adults." **Methods:** At Dev Sanskriti Vishwavidyalaya there is a one-month yoga program designed by Ministry of AYUSH beginning from 10th February to 10th March 2024. It was a one month yoga program in which 18 to 35 age group people joined and practiced yoga for 2 hours regularly. The strength of the program was of 116, out of which 55 were women and 61 were men. We started the yoga practice regularly for 2 hours. Twice in week the time for yoga practice was 90 minutes and the rest 30 minutes were utilized for the practice of Shat-karma. The research method adopted for the study was a quantitative research approach. The research design was a "pre-post experimental group design". **Results:** Data were statistically analysed by using student t-test. Clinically significant results show that yogic practices have significant effect on level of happiness scale of adults. **Conclusion:** Yoga practices also regulate emotion as the brain gets activated & release chemical (dopamine, oxytocin, serotonin etc.). These happy hormones help an individual to stay happy by increasing the feeling of relaxation. Improve self-confidence, improve body image, improve efficiency, better interpersonal relationships, increase attentiveness, lowers irritability, & encourage an optimistic out on life.

**Keywords:** Adults, Happiness, Yoga practices.

## INTRODUCTION

Happiness ranks among the most significant life values. Longevity and healthy lifestyle choices are linked to happiness. There are several definitions for happiness, making it a multifaceted term. "The degree to which an individual judges the overall quality of his/her life as a whole favourably" is a widely accepted definition of happiness, or in another context, how much one likes the life one lives. (Allarakha, 2022) "Happiness is the meaning and the purpose of life, the whole aim, and the end of human existence." The ancient Greek philosopher Aristotle said these words more than 2000 years ago, and they still ring true today. Happiness is defined as the human good that we all pursue for its own sake in Aristotle's Ethics, while Freud stressed that happiness is something we work for, wish to achieve, and sustain throughout our lives. All men have the right to "the pursuit of happiness," according to the 1776 U.S. Declaration of Independence, where happiness is defined as achieving a good life. Scientific research has revealed happiness as a crucial psychological component for healthy human functioning that makes life worthwhile since the discipline of positive psychology was established in the late 1990s. Happiness is identical with subjective wellbeing and is defined as an evaluation of life, a mental state, a psychological condition, and a good health indicator. Overall, there are numerous ways to describe happiness. Happiness as general life satisfaction: Happiness has been defined in a number of ways, including an assessment of life, general life satisfaction and overall life quality.

## NEED OF THE STUDY

Generally speaking, unhappiness is a condition of dissatisfaction, pain, or unfulfilled expectations in one's life. It can show itself as a variety of emotions, including sadness, anxiety, frustration, or unfulfillment. Both internal and external factors, such as negative thought patterns or unfulfilled needs and desires can lead to unhappiness. External elements that might cause unhappiness include stressful situations, loss, and conflict. It's crucial to remember that experiencing sadness is common and might be an indication that something in our lives needs to be fixed or attended to. In order to improve one's well-being and life satisfaction, addressing the root reasons of dissatisfaction usually requires self-reflection, asking for help from others, and making improvements. (Allarakha, 2022)

## CAUSES OF UNHAPPINESS

Numerous internal and external causes can lead to unhappiness. The following are a few typical causes of unhappiness: -

- **Unfulfilled Expectations:** We can become disappointed and unhappy when our expectations aren't met by reality. Expectations regarding relationships, professional success, or personal accomplishments may fall under this category.
- **Comparison:** It can lead to feelings of inferiority and dissatisfaction to constantly compare oneself to others, particularly on social media where individuals frequently post idealised versions of their life.
- **Stress and Pressure:** Feelings of despair can be increased by high levels of stress from work, school, or personal life, particularly if there are no appropriate coping strategies in place.
- **Loss and Grief:** Feelings of despair and sorrow might be triggered by losing a loved one, your job, or a major life change.
- **Absence of Meaning and Purpose:** Existential distress can result from feeling aimless or without a sense of purpose in life.
- **Health Issues:** Physical discomfort, mental illness, or chronic health issues can all have a big influence on a person's general happiness and wellbeing.
- **Financial Strain:** Financial issues can lead to a great deal of stress and suffering, including debt, poverty, and unstable finances.
- **Relationship Problems:** Unhappiness can result from dissatisfaction poor communication or frustration in personal relationships.
- **Loneliness:** Having no supportive network of friends or feeling cut off from others may worsen emotions of loneliness.
- **Negative Thought Patterns:** Chronically negative thought patterns, such as self-criticism, negativity or focusing on previous mistakes, can worsen depressive symptoms. These are a few explanations for why someone could feel a sense of discontent. These are some surveys which define the level of happiness and unhappiness among people and explain the reasons of unhappiness.

**According to The Global Rise of Unhappiness:** In 2006, A global research conducted on happiness. The symptoms were found that anger, stress, sadness, physical pain and worry are the reasons of unhappiness. One reason of people is unhappy is wellbeing inequality through a survey called Wellbeing survey. In this survey they asked people to imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top ladder represents the best possible life for you and the bottom of the ladder represents the worst possible life for you. (Clifton, 2024) In 2006, 3.4% people lives were a 10- the best possible life. And only 1.6% people lives were a 0-the worst possible life. In 2021, 7.4% people lives were a 10- the best possible life. (Doubled) And 7.6% people lives were a 0-the worst possible life. (Quadrupled) Year Best possible life Worst possible life 2006 3.4% 1.6%, 2021 7.4% 7.6%.

## OBJECTIVES OF THE STUDY

- **Stress Reduction:** Yoga activates the parasympathetic nervous system, which promotes relaxation and lowers stress levels. It also combines breathing exercises, meditation, and relaxation techniques. Adults can be happier overall by adopting better stress management.
- **Improved Mental Health:** Research has indicated that yoga can reduce the signs and symptoms of sadness, anxiety, and other mood disorders. Frequent yoga practice can improve emotional health, strengthen psychological resilience, and reduce negative thought patterns that lead to sadness.
- **Enhanced Mindfulness:** Yoga promotes mindfulness and present-moment awareness, which helps people develop a stronger connection with their thoughts, sentiments, and experiences in life. This increased awareness can lead to more pleasure and happiness in the current moment by reducing rumination on regrets from the past or anxieties about the future.
- **Physical Well-Being:** Strength, flexibility, balance, and coordination are all incorporated into yoga's comprehensive approach to physical fitness. Regular yoga practice can increase vitality, enhance sleep, and reduce chronic pain or discomfort. These benefits all add to a person's overall sense of satisfaction and well-being.
- **Self-compassion and Acceptance:** Yoga encourages practitioners to accept their bodies' limitations and accept imperfection without passing judgement, which in turn promotes self-compassion and self-acceptance. Greater happiness and self-esteem can be developed by adopting this accepting and loving attitude towards oneself, which can counteract feelings of inadequacy or self-criticism.
- **Social Connection:** Attending yoga sessions can offer chances for community support and social connection, both of which are essential for happiness and general well-being. Creating supportive connections with like-minded people and exchanging experiences might improve one's sense of fulfilment and belonging.

- Emotional Balance: By practicing mindful movement and breath awareness, yoga helps people learn how to control their emotions. Adults can become more emotionally resilient and less reactive to pressures by learning to respond to difficult situations with equanimity and calmness. This will lead to a more balanced and contented life. All things considered, yoga provides a comprehensive approach to happiness by addressing mental, emotional, and physical well-being. Adults can develop increased resilience, inner peace, and happiness via consistent practice, which will improve their quality of life in general.

## STATEMENT OF PROBLEM

How yoga practices help in increasing the Happiness scale of adults.

## LITERATURE REVIEW

- **Harsora & Nanduri, 2022:-** A quantitative research study of the effects of Yoga Prana Vidya healing intervention on fatigue and subjective happiness of a sample of university students. The study design is pre-test and post-test method, with a sample of 25 participants. Quantitative data was collected using the Modified Fatigue Impact Scale (MFIS), and subjective happiness scale (SHS) and scoring the responses of the participants. An YPV healer was asked to give energy healing intervention to the participants through 5 sessions every alternate day over a period of 10 days. The healing consisted of sessions of 15 minutes of divine healing and few other supportive techniques. Data analysis was done using statistical techniques. Data analysis revealed significant reduction in the total fatigue levels. The physical and the psycho-social components were affected significantly, but the affect in cognitive component was not significant. In case of the subjective happiness level measured using SHS scale, analysis showed no change for the group, with 48% participants showing 16% increase and 52% participants showing 13.3% decrease. YPV healing techniques caused significant reduction in the fatigue levels of the college student sample. In case of subjective happiness there was no significant change. One limitation of this study was small sample size.
- **Sloan et al., 2021:-** The Association of Sudarshan Kriya Yoga with Happiness: A Case-Control Observational Study from Singapore. This study investigated the association between Sudarshan Kriya Yoga (SKY) and subjective happiness in Singapore. Subjective happiness data were collected from a convenience sample (N = 733) comprised of 2 groups: SKY (n = 385) and non-SKY (n = 348) practitioners. SKY was categorized into non-, monthly, weekly, and daily practitioners and happiness was categorized into lower, middle and higher textile groups. Confounding variables included age, gender, ethnicity, marital status, education level, Body mass index (BMI) smoking status, alcohol consumption and self-reported health. Daily SKY participation was positively associated with a 2-fold higher likelihood of being happier in a multivariate regression analysis. The trend analysis showed that as SKY frequency increases, the odds of being happier increases. These findings help generate the hypothesis that yogic breathing may promote happiness. Further experimental and prospective investigations are warranted.

## RESEARCH METHODOLOGY

**Variables used for this study:** Independent variables: In our study independent variable is yoga protocol prescribed by Ministry of AYUSH.

**Dependent variable:** In our study dependent variable is Happiness Scale of Adults.



**One month Yoga protocol** (Name of practices Days Duration)

Prayer Om Chanting, Gayatri Mantra, Guru Mantra-  
30 days 2 hours daily

- **Asana:** Yogic Sukshma Vyayama, sthulvyama, suryanamaskar, padmasana, vajrasana, Tadasana, Katichakrasana, Trikonasana, Ardha chakrasana, Padhastasana, Bhadrasana, Mandukasana, Ustrasana,

Paschimottanasana, Uttanmandukasana, Purvottanasana, simhasana, Gomukasana, ardhmatsyendrasana, Bhujangasana, Shalabhasana, Dhanurasana,uttanapadasana, pawanmuktasana, sarvangasana, ardhahalasana, halasana,makrasana,shavasana.

- **Pranayama:**Nadishodhan pranayama, Bharmari pranayama(without kumbhaka)
- **Dhyana:**Antarmounadhyana
- **Mudra:**Gyan mudra, Dhyana mudra
- **Shatkarma:**Jalaneti, Rubber neti, Sutra neti, Kapalbhata, Vamandhuati, agnisara
- **Theory classes** (2 days in a week 1.5 hours) : Meaning and definition of yoga, Shatkarmas: benefits and precautions, Sukshma and sthul-vyama: its significance and benefits Asana: benefits, precautions, Yogic diet andDincharya of yogis, Concept of pranayama, Role 4 days in a week 0.5 hours of yoga in stress management, Manta and meditation for well-being, Concept of bandhasand mudras its benefits in diseases and precautions, Concept of mind and practices for yogic health, Concept of mind and practices for yogic attitude.

### Research Design

We use Pre and Post experimental group research design. A pre-test is an assessment measure given to participants before they have undergone some type of treatment as part of a research study, while a post-test is an assessment measure given to participants after they have received treatment as part of a research study. (APA Dictionary of Psychology)

### Sample and Sampling

When we decide to study a population, most often we are unable to look at all the individuals in the population. Real-life issues like the lack of time, limited amount of money and inconvenience to the individuals under study disallow us to include the entire population in our study. Instead, we choose a sample from the population, which reflects its structure and nature. We want our results to be reliable and dependable, and for those reasons our sample must represent the entire population. (McCoombes, 2023)

(I) Subject: Age Range 16-35 Years Sample (Subject) Adults

(II) Sampling:Sampling Size 116 subjects

Sampling Technique: Purposive Sampling technique

Total samples- 116 (Girls-55 &Boys-61)

**Null Hypothesis :**In this research, we have two null hypotheses -

- 1. Null Hypothesis (H<sub>0</sub>)** -I There is no significant relationship between yoga and happinesslevel of girls.
- 2. Null Hypothesis (H<sub>0</sub>)** -II There is no significant relationship between yoga and happinesslevel of boys.

### Inclusion criteria -

- Age between 16-35 years.
- Students were included.

### Exclusion criteria -

- Subjects above 35 years of age were not taken.
- Subjects suffering from any other chronic disease were not taken.

**Informed Consent:** A signed informed consent form in Hindi and English was obtained from the participants before they were accepted into this study.

### Tools of assessment

For the measurement of happiness scale, we use Happiness Scale (H- Scale) of Dr. R.LBharadwaj and Dr.Poonam R. Das. This scale has twenty-eight items relating to the issue of happiness and holds the property to evoke response correctly. a) Administration: The scale of happiness can be administered in both individual and group testing situations. Administrator and tester were asked to form a good rapport with the subjects. An emphasis has also to be laid that each item of the scale should be given responses very quickly as possible with a check mark at only one alternative out of five after understanding clear instruction. However the tester is not supposed to say the actual purpose of scale. b) Scoring: The scoring of happiness scale is very easy the quantitative analysis is based on the credit score given to each item on the basis Likert's scale. Scale has both positive and negative items. Positive item shall be provided the credit score as 5,4,3,2 and 1 from upper to lower. The scoring of item number 6,9,10 and 14 will be in reversed order from upper to lower in the form of 1,2,3,4 and 5.The sum of all the credit score achieved on each item of the scale will be the score on happiness scale.

## PROCEDURES

At DevSanskritiVishwavidyalaya there is a one-month yoga program designed by Ministry of AYUSH beginning from 10th February to 10th March 2024. It was a one month yoga program in which several people joined and practiced yoga for 2 hours regularly. The strength of the program was of 116, out of which 55 were women and 61 were men. Before initiating the practice of yoga, we gave them a questionnaire and asked them to read all the instructions carefully and select one appropriate option out of the 5 options given, without much thought and then we collected the entire questionnaire from them. And then we separated the questionnaire of men and women and did the scoring as the pre-test according to the manual of happiness scale by Dr. R.L. Bharadwaj and Dr. Poonam R. Das. From then we started the yoga practice regularly for 2 hours. Twice in a week the time for yoga practice was 90 minutes and the rest 30 minutes were utilized for the practice of Shatkarma. We did not focus merely on the practical aspect of yoga but also on making them aware about the deeper concepts of yoga via theoretical classes four times a week in the evening. This continued for a month. On the 30th day of practice we gave them the same questionnaire to refill it. And similarly collected and separated the questionnaire. And then we did the scoring as the post-test according to the manual of happiness scale by Dr. R.L. Bharadwaj and Dr. Poonam R. Das.

## DATA COLLECTION & STATISTICAL ANALYSIS

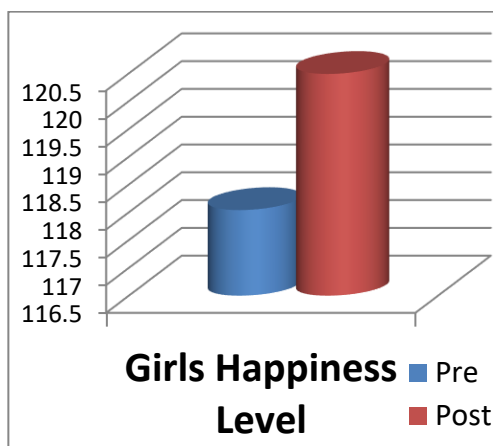
Data was collected after participants signed a consent form. The objectives of the study were explained to participants. The paired t - test and SPSS software used to analysis data.

## RESULT

**Result table-1** for Girls:

Null hypothesis- there is no significant relationship between yoga and happiness level of girls.

Girls Happiness level					
Group	Mean	SD	r	t-value	S.L.
Pre Experiment	118.04	8.878	.005	1.461	0.05
Post Experiment	120.49	8.787			
N=55, df= 54, Significant at 0.05 level					



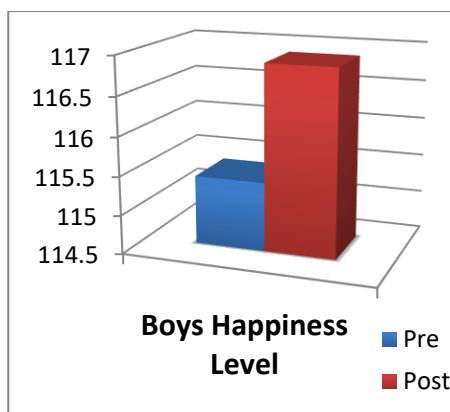
The null hypothesis has been rejected at 0.05 levels.

From Table -1 it is clear that practicing yoga protocol increases the happiness level of mean is 118.04 to 120.49 of women, and the t-value obtained is significant at 0.05 levels. Result can be concluded that the effect of yoga protocol has resulted in increases the Happiness level of women.

### Interpretation of Result Table-1:

In this we take the two types of data i.e. pre data and post data. The mean of pre data is 118.04 and after the practices of yoga protocol the mean of post data is 120.49. So we can see that the happiness level of girls is increased by 97.96%.

**Result table-2** for Boys



Null hypothesis- there is no significant relationship between yoga and happiness level of boys.

Boys Happiness level					
Group	Mean	SD	r	t-value	S.L.
Pre Experiment	115.39	11.516	0.178	0.728	0.01
Post Experiment	116.89	13.364			
N=61, df= 60, Significant at 0.01 level					

The null hypothesis has been rejected at 0.01 levels.

From Table –2 it is clear that practicing yoga protocol increases the happiness level of mean is 115.39 to 116.89 of women, and the t-value obtained is significant at 0.01 levels.

Result can be concluded that the effect of yoga protocol has resulted in increases the happiness level of men.

#### Interpretation of Result Table-2:

In this we take the two types of data i.e. pre data and post data. The mean of pre data is 115.39 and after the practices of yoga protocol the mean of post data is 116.89. So we can see that the happiness level of boys is increased by 98.71%.

#### Result table-2

### INTERPRETATION & DISCUSSION

Prior to this study, many researchers has been conducted on that how a part of yoga effect the level of individuals. But how a proper yoga protocol which includes asana, pranayama, dhyana, mudra, shatkarma affects the happiness level of adults. Happiness depends upon various factors of individuals whether it is financial stability, peer pressure, family situations and relationships with our loved one and many more. So there is not only one factor that is effect our happiness level but there is a one factor i.e. Yoga which helps us in controlling these all factors and helps us to grow in life. Researchers are only beginning to understand how disciplines such as yoga promote personal growth, health and well-being. By acknowledging the unity of mind, body and spirit, mind-body fitness programs (i.e. yoga) can assist people in their pursuit of peace, calmness, and greater wholeness and integration in their lives. Yoga is a psycho-somatic-spiritual discipline for achieving union and harmony between our mind, body, and soul and the ultimate union of our individual consciousness with the universal consciousness.

When we practice shatkriyas play important role in balancing tridosha, according to ayurveda imbalance between tridosha may be the cause of many disorders. Shatkriya help to purify energy channels, as well as remove toxins from the body as well as reduce organ ailments, improve peristalsis movement, strengthen heart and respiratory system help in eliminating excess mucus, strengthen internal organ & help them to work with their full potential. The toxins in the body which cross the blood brain barrier irritate the brain tissues that disturb regular cognitive activities. This result in emotional disturbance. Shatkriyas like sahanhkaprakshalana, basti, etc. wash out large intestine completely, thus avoid the bad effect of toxins on the brain. Helps to improve the alertness. The blood supply is more towards nervous system after finishing the cleansing successfully. Thus, subtle practices like meditation are more effective after shatkriyas. Shatkriyas calm down our nervous ailments by providing shooting effect towards nervous system, shatkriyas play crucial role in reducing stress clam down mind & body & bring about a sense of inner peace. Improve nerve functioning, improve cognition & attention & also promote slow wave sleep. (Padmavathi et al., 2023)

- **Asana:** Asana play important role in increasing blood supply towards vital organs of the body. Asana decrease the activity of Sympathetic nervous system & activate parasympathetic nervous system (PNS). PNS is the state of rest & digest, a state with calmness of body and mind. Generally in stressful situation HPA axis

activate and prepare the body to fight or flight against stressful situation. So asana can be a great practice which reduces stress by reducing stress and promoting parasympathetic nervous system. Muscular relaxation, development and improved blood supply to muscles might enhance insulin receptor expression on muscles causing increased glucose uptake by muscles and thus reducing blood sugar, postures can lead to improvement in the sensitivity of the b-Cells of the pancreas to the glucose signal and also the improvement in insulin sensitivity in turn can be due to the cumulative effect of performing the postures. The improvement in the lipid levels after yoga could be due to increased hepatic lipase and lipoprotein lipase at cellular level, which affects the metabolism of lipoprotein and thus increase uptake of triglycerides by adipose tissues. (Balaji&Varne, 2017)

- **Pranayama:** Pranayama is all about creating balance in breathing pattern, balanced breathing means balanced mind, imbalanced mind refers to imbalanced breath pattern, so by harmonizing breathing (prana) one can manage stressful situation. Different forms of pranayama activate different branches of the autonomic nervous system effecting oxygen consumption, metabolism and skin resistance. Pranayama breathing, characterized by brief breath retention, caused significant increases in oxygen consumption and metabolic rate while pranayamic breathing, characterized by long breath retention, caused lowering of oxygen consumption and metabolic rate. Pranayama also plays important role in produces an improvement of neural function at both central & peripheral levels of the nervous system & also produce balance between the sympathetic & parasympathetic aspects of the autonomic nervous system. (Jerath et al., 2006)

Meditation A study on the effect of meditation on the executive attention network found that meditators were faster on all tasks. With aging, the brain cortical thickness (grey matter, which contains neurons) decreases, whereas meditation experience is associated with an increase in grey matter in the brain. Meditation, as described in the ancient Vedic texts, is an exercise of consciousness that results in the expansion of consciousness beyond the day-to-day experience of duality. It is an experience of unity, which reduces stress and brings increased creativity and efficiency to the functioning of the inner faculty. This is an exercise that occurs without the mind directing the process. In physical exercise, the mind does not tell the muscles to get stronger; rather, the muscles are strengthened automatically by the exercise process. Likewise, in this exercise of consciousness, that is, meditation, the results are achieved automatically, not by controlling the mind or any other mental manipulation. The process of meditation goes beyond the mind to the deepest level of the inner Self. (Husain&Bhushan, 2010b)

- **Mantra chanting (Aum chanting):** Aum is a one-word mantra and yet the most powerful mantra. It is the essence of all mantras. As a rule, every mantra begins with Aum otherwise it is considered as incomplete. Aum is a symbol or emblem of God. It is the representative of the divine consciousness (Ishwar). So wherever there is Aum, there is God. Therefore, it is eternal. It is a sacred symbol or emblem. Aum welcomes God. Therefore, we find Aum written on every temple. By reciting Aum (Omkar) we welcome God and through this medium we can realize the existence of the lord Brahma, the divine creator. Aum is the evidence of the existence of God. That is why Omkarsadhana is considered as the supreme spiritual practice. Jain (Aumnaparihanaya...) and Bauddha (Aummanipadme hum...) religions also recognize and respect the divine nature of Aum. (Gore, 2008)

Yoga Vashishtha, a great yoga scripture says that we cannot separate mind and the speed of thoughts easily by ordinary methods. Mind and prana (force of life) are deeply connected with and controlled by each other. Different urittis (tendencies, activities) arise in chitta that stimulate prana and therefore the mental thoughts. So, if we control prana, we shall be able to control mind and hence the thought process. This is possible by practicing pranayama as well as Aum chanting. (Gore, 2012) According to Mantra yoga, whosoever listens, sees, chants Aum, will become one with the divine consciousness which is beyond wakeful, dream and sleep states of consciousness. Atharva-Shikhopanihad right in the beginning asks "On which object we should meditate?" and gives the answer, "on Aum". Therefore, no yogasadhana will be complete without Aum recitation. (Sheshadri, 2021) According to Mandukya Upanishad Aum represents past, present and future and also that exist beyond time and space. Aum has no beginning or end. It is beyond the gross subtle and causal bodies because it is an expression by God. Aum brings equilibrium in every aspect of our body and destroys our ego, desires and suspicion. (Paramananda, 2020) Hatha yoga says "Pranav recitation is like nadanusandhan" (Hathapradipika IV: 81-89, 105, and 106). It increases concentration of mind and therefore can lead you to dhyana and samadhi. (Svātmārāma, 1998)

## CONCLUSION

Yoga, a form of mind-body exercise, has become an increasingly widespread therapy used to maintain wellness, and alleviate a range of health problems and ailments. Yoga improves physical, mental, intellectual and spiritual health. Yoga offers an effective method of managing and reducing stress, anxiety and depression and numerous studies demonstrate the efficacy of yoga on mood related disorders. The discipline of yoga offers individuals a timeless and holistic model of health and healing. In the situation of stress certain type of stress hormone release from the body, these hormones are playing major role in managing stress response but over

secretion or secretion of stress hormone for a long time decay our body & may causes diseased condition. Stress hormone also lowers the secretion of happy hormone like dopamine, serotonin, oxytocin etc. Practicing of yoga, buster stress it promotes secretion of happy hormone like endorphin & beat stress. Yogic practices decrease cortisol level and effectively improve our mood. Yoga also regulates emotion as the brain gets activated & release chemical (dopamine, oxytocin, serotonin etc.). These happy hormones help an individual to stay happy by increasing the feeling of relaxation. Improve self-confidence, improve body image, improve efficiency, better interpersonal relationships, increase attentiveness, lowers irritability, & encourage an optimistic out on life.

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## ETHICAL CLEARANCE

No ethical clearance is required.

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Nil.

## CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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