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At the outset of outbreak of pandemic COVID 19, the people are facing more difficulties regarding the anxiety and stress. The basic reason of anger or irritability is the fear for disease. The people are staying at home, many of them doing their work from home but the fear of getting infected is affecting the performances of the human beings. The outcome is the increased irritability turning into high temper or anger. The stability, at the level of mind, if maintained, the fear may get alleviated. The mental stability may be achieved from the various yogic exercises explained in Ayurveda.

Various yoga techniques and postures, if exercised exactly and accurately as explained in the Ayurveda, seems to be beneficial in the management of stress and anxiety disorders. Yoga deals with various techniques called Asanas, Pranayama and their accurate exercising seems to be very useful, if learned slowly and performed daily.

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