

BIOLOGY OF STRESS

By Professor Dushyant Kumar Sharma

Department of Zoology, Govt. Model Science College, Gwalior, M.P.

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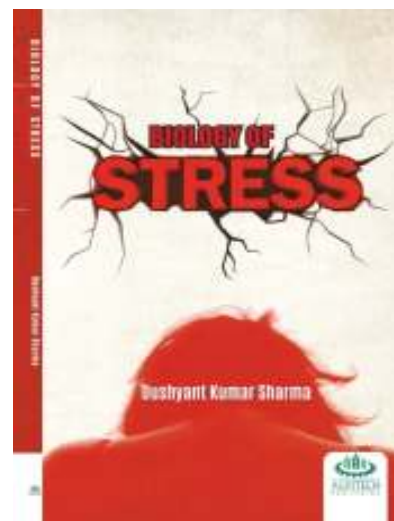
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Stress has become a major problem today. Most of the people can be seen in the state of stress. Even young children are not an exception. A large number of cases are there where a person commits suicide due to depression. Normally, when we feel nervous, anxious, and overwhelmed, we say we are under stress. Is this all about stress? Stress refers to a state of mental or emotional strain or tension, resulting from adverse or demanding circumstances. In medical context, stress is a physical, mental, or emotional factor that causes bodily or mental tension.

Stress management has become is a big challenge. But if we wish to manage stress, it is essential to understand the physiology of stress and how it affects the various systems of the body. The present book is a very simple way to understand stress and its management. The book is divided into eight chapters, dealing with the various aspects of stress. The main focus is on the physiology of the stress. A number of simple illustrations have also been used to explain the mechanism of stress. Stress is a multidimensional process which involves both nervous as well as endocrine systems. Stress response is the outcome of the interaction between nervous and endocrine systems. It also involves some metabolic changes and pro- and anti-inflammatory components of the immune defense system. The book explains different aspects of stress in a very simple and understandable manner. At the end of each chapter is given 'Important points to remember' which highlights main theme of the chapter. Last chapter deals with the stress management. The author has suggested twelve simple ways to deal with the stress. But as the author has suggested, a holistic approach is required to control the stress. A approach which requires a balanced diet, good social network, physical exercise, proper time management, and above all a positive attitude.

'Biology of stress' is a very easy way not only to understand the stress but also to deal with the stress.

The cover of the book is attractive one and print and paper qualities are also very good. The price of the book is very low which makes it affordable to everyone. In my views everybody should read this book and must have a copy of it in his house and library.



Dr. Gyanendra Kumar
Assistant Professor and Head,
Department of Zoology,
National P.G. College, Lucknow,
U.P., India