Bio-well Based Stress Management

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ABSTRACT

Chronic stress has become a common phenomenon in today's world. Modern life can be incredibly demanding, and one often feels overwhelmed by the multiple responsibilities and never-ending demands on several fronts. Balancing work, family, relationships, health, and personal interests can be resource intensive, challenging, and at times difficult to manage that can exacerbate the stress and mount undue pressure. The first and foremost victim of this stress is health. When health dwindles, that affects other aspects of life including work and relationship. The human body has its own way to respond to anv psychophysical demand or challenge. When faced with a stressor, be it physical, mental, or emotional, the body reacts with a "fight or flight" response. The modern lifestyle induces unique stressors. The digital age, with its constant connectivity, has blurred the lines between work and personal life, "always-on-culture". leading to an Additionally, social media, economic pressures, and societal expectations significantly to contribute the stress experienced by the individuals. In order to measure and monitor the overall

health and level of stress, we use a device Bio-well coupled with trusted and reliable software GDV. Bio-Well GDV, a Gas-Discharged Visualization (GDV) camera and software systems, using Electro-Photonic Imaging (EPI) technique to

quickly capture and assess a person's psycho-somatic & physiological state, stress level, energy reserve and balance involving left vs. right body. Chronic Stress is one of the key contributors to illness, resulting in compromised immunity, and cardio-vascular diseases. Stress management is an art but based on science and its management must be an integral part of the modern life. Stress management not only helps mentally but also provides physical fitness. It can lower blood pressure, reduce the risk of heart disease, improve sleep quality, and boost the immune system. By understanding the causes of stress and employing effective management techniques, individuals can improve their quality of life and maintain better mental and physical health. In this paper, the Chakras and stress level of the participants was assessed using Bio-well GDV camera as high, moderate and optimal stress. Hence, timely recognition of stress and consequential management planned accordingly. Details of the Bio-well are given in this chapter along with its functioning. Notwithstanding the information enclosed herein based on the Bio-well, it should be noted that there are other devices that should be taken into consideration to uncover the psychosomatic profile of the patient to draw a meaningful conclusion. Finally, the all-time tried and tested mantra encompassing early to bed and early to rise makes a person healthy wealthy and wise is still valid and should be practiced remaining close to nature.

Keywords: Stress management, Well-being, Lifestyle, Stress level, Chakras, and Bio-well Camera GDV.

INTRODUCTION

Stress is the body's natural and normal reaction to any change or challenge that occurs in our life. It affects people in different ways, to varying degrees and can be experienced physically, mentally and emotionally. Short-term stress is essential for survival. It makes a person more alert to environment and gives them the energy to make necessary changes. On the other hand, long-term or chronic stress drains the body's vital energy resources, and it can lead to serious health issues [1].

Stress is a complex and multifaceted concept that can manifest in various ways as discussed here.

Acute stress is a short-term response to a specific situation, while chronic stress is an on-going and can lead to long-term physical and mental health issues. On the other hand, positive stress (eustress) motivates and energizes, while negative stress (distress) can lead to anxiety and Burnout [2]. Physical stress affects the body (e.g., injury, illness), while emotional stress affects mental wellbeing (e.g., relationships, work-related issues). Internal stress comes from within that includes self-doubt and perfectionism, while external one comes from outside factors (e.g., work demands and financial pressures). Traumatic stress results from experiencing or witnessing a traumatic event, leading to long-term psychological and emotional impacts. Similarly, we have Secondary trauma experienced indirectly through someone else's experiences (e.g., supporting a loved one who has experienced trauma). We live in a society with the happy assumption that the society will remain in harmony. However, one experiences cultural and societal stress that may be caused due to societal pressures, and systemic injustices prevalent in the society. Another very difficult type of stress is that generational stress passed on through generations due to historical trauma, cultural heritage, or family

dynamics. Work-related stress is caused by job demands, work-life imbalance balance, and organizational failure. This happens largely due to an inefficient person who occupies higher position and takes invariably wrong decision. This incorrect decision percolates down through the ladder affecting large number of people for no fault of their own. In such a scenario, undue tension is mounted resulting in stress. It may be noted that too much work-related stress felt consistently will spoil the health, take away the confidence and affect the overall working of a person. One experiences lifestyle stress resulting from daily habits, routines, and choices (e.g., lack of sleep, poor nutrition, tense and unhealthy Stress interpretation). management is possible only when we know the causative factors. Since stress has many types and reasons, it is implied that management will also have varying approaches. In order to recognize and scientifically diagnose the stress, we report in our study conducted on stress management employing bio-well tool coupled with health-related powerful algorithm.

Impact of Stress on Human Health

Stress can have a profound impact on human health, affecting both physical and mental well-being. Chronic stress lead to several physical health related issues such as hypertension, cardiovascular disease, and weakened immune function. Similarly. acute stress or short-term stress can cause headaches, digestive issues, muscle tension, and sleep disturbances. As per 'American Psychological Association (APA) Report', Chronic stress contributes to various physical including health problems, digestive headaches. issues. and autoimmune diseases. It emphasizes the physiological response to stress, including the release of cortisol, which can have widespread effects on the body [3].

Stress showed a significant impact on physical health, suppressing immune system, hence making individuals more susceptible to infections [4]. Chronic stress can lead to increased blood pressure, which can contribute to cardiovascular disease [5].

Chronic stress can also contribute to mental health issues like anxiety, depression, and burnout.

A study examined the effects of chronic stress on mental health in a community sample found that prolonged stress exposure is associated with higher rates of anxiety and depressive disorders [6].

"Stress can take a serious toll on health and wellbeing. It can make existing problems worse and even lead to serious conditions like depression, anxiety, and heart disease" [7].

Stress can significantly impact emotional resilience, which is the ability to cope with and recover from adversity. This ultimately leads to burnout, mental health disorders, relationship issues and poor physical health. One supportive study proved the given statement.

They found that chronic stress can lead to anxiety and depression, emphasizing the link between prolonged stress exposure and the onset of mood disorders. The research highlighted that individuals with high stress levels often report decreased emotional well-being [8].

In a review, it was highlighted how stress affects the brain's emotional centers, leading to heightened feelings of anxiety and decreased resilience. The findings suggest that stress management techniques can improve emotional health outcomes [9].

Stress can also influence behaviour, leading to changes in eating habits, sleep patterns, or substance use. Chronic stress can lead to changes in appetite and metabolism, resulting in weight gain or loss [10]. Stress can also disrupt sleep patterns, leading to insomnia, daytime fatigue, and other sleeprelated problems [11].

Remedial Measures

Strategies that effectively manage stress and improve well-being are problem-solving, seeking social support, or engaging in physical activity. This is what we call adaptive coping. On the other hand, ineffective strategies that may temporarily alleviate stress but ultimately worsen the situation, like avoidance, substance abuse, or aggressive behaviour is *maladaptive* coping. Effective stress management often involves leveraging our social support networks. One research explored the role of social support in buffering the effects of stress. It showed that individuals with strong social networks tend to experience less negative impact on their mental health from stressors [12].

Understanding these nuances can help in identifying the most effective ways to manage and mitigate stress, tailored to individual needs and circumstances.Stress and well-being are intricately connected, and how one manages stress can significantly impact their overall well-being and peace of mind.

Strategies for Balancing Stress and Well-Being

Some effective strategies for balancing stress and promoting overall wellbeing are engaging oneself in regular physical activity to boost mood, reduce anxiety, and improve overall health. Similarly, eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins to support ones body's, ensuring 7-9 hours of quality sleep each night enabling body and mind to recover is the way to manage stress response. In a study researcher emphasized the relationship between social networks and management. They found stress that individuals with extensive social networks reported lower levels of perceived stress and better emotional well-being [13].

Practicing mindfulness or meditation helped in calming mind and using deep breathing techniques to manage immediate stress and promote relaxation.

In another study, researcher examined the effectiveness of mindfulness meditation as a stress-reduction technique. Participants reported significant decrease in perceived stress and improvements in emotional wellbeing after participating in a mindfulness program.

Proper time management by prioritizing reduce feelings of being tasks to overwhelmed and setting boundaries like learning to say no to protect time and energy is also an effective way to maintain balance between stress and wellbeing. Developing coping strategies, such healthy as journaling, talking with friends, or engaging in hobbies also plays a pivotal role in combatting stress thereby nurturing positive relationships and enhancing wellbeing [14].

Yet another study explored the effectiveness of cognitive-behavioral strategies for stress management. They found that individuals who employed cognitive restructuring techniques reported lower stress levels and improved emotional well-being [15].

A study focused on the importance of recovery experiences after work-related stress. The authors identified strategies like psychological detachment and relaxation, which were associated with lower stress levels and enhanced well-being. Hence, this is proven that nurturing a positive relationship is crucial for effective stress management and emotional well- being [16].

Henceforth, by integrating these strategies in daily life, one can better manage stress and enhance their overall well-being. It's important to recognize that maintaining balance is an ongoing process and that seeking help when needed is a sign of strength.

Aim of the Study

To investigate the effectiveness of Bio-well GDV device in assessing the stress level of the participants strengthening the holistic health practices.

Objectives of the study

1. To assess the stress level (high, moderate & optimal) and chakras alignment of the participants employing Bio-well GDV device.

- 2. To correlate overall wellness of the individuals with the data obtained from Bio-well.
- 3. To explore stress management based on data obtained from Bio-well device.

MATERIALS & METHODS

The present study based on qualitative research using Bio -well GDV device to assess the stress level and their impact on chakras. Bio-well wellbeing and stress level data of 60 participants between the ages of 18to 60 years were used in this study. Out of 60 cases, 20 were from high stress level, 20 were moderate and the rest 20 were optimal stress level cases.

Inclusion criteria

This study includes participants aged 18 to 60 years.

Exclusion criteria

Those who were below the age of 18 or above 60 years were excluded from this study.

"Bio-well" is a tool used for assessing stress through and overall wellness the person's biomeasurement of a electrographic field. Bio-Well utilizes Gas Discharge Visualization (GDV) technology, developed by Dr. Konstantin Korotkov, to capture and analyze the energy field around a person's fingers. In terms of stress management, Bio-Well can be used as a holistic approach to understand one's stress levels and overall well-being. By capturing and analyzing the bio-electrographic field, it provides insights into the balance of energy in the body and highlights areas of potential stress or imbalance. Based on the Bio-well GDV Camera, the cutoff ranges for high, moderate, and low stress levels were: High Stress > or equal to 4

Moderate Stress 2 to 3.9

Low Stress < or equal to 1.9 [17].

The Bio-Well GDV Camera analyzes the alignment of the 7 Chakras by measuring energy levels of each chakra, balance and harmony among chakras and energy flow between chakras. Chakras alignment refers to the harmonious functioning of the seven energy centers in the human body. When aligned, the Chakras facilitate the free flow of energy, promoting physical, emotional, mental, and spiritual well-being. Stress can significantly impact the balance of our Chakras resulting energy blockages, overactive or underactive chakras, and chakra dominance. The most important in evaluation of Chakras is Chakras distribution. Ideally, they should be aligned along central line of a spinal cord. Based on the Bio-well GDV Camera, the cutoff ranges for Chakras alignment were- Aligned > or equal to 80%, partially Aligned 50-79% and misaligned < or equal to 49%. [18].

Impact of stress on the seven Chakras was discussed here. Root Chakra stress induced

imbalance causes feelings of instability, insecurity, and fear. Sacral Chakra imbalance affects creativity, emotions, and relationships. Solar Plexus Chakra imbalance impacts self-esteem, confidence, and personal power. Similarly, Heart Chakra imbalance leads to emotional turmoil, anxiety, and relationship issues. Throat Chakra imbalance affects communication, self-expression, and authenticity. Third Eye Chakra imbalance impairs intuition, insight, and mental clarity. Crown Chakra imbalance disconnects one from spiritual guidance and purpose. Hence, balance and harmony among Chakras are crucial for overall wellbeing. So, to achieve balance of chakras regular self-care, mindful living, spiritual practices, healthy relationships, gratitude and positivity are highly recommended.





Figure 1. Bio-well based analysis of seven chakras. (Ai) showing imbalance and (Aii) showing balanced ones. Seven different colors correspond to these chakras. Figure 2. Bio-well based comparison of healthy and unhealthy person. Bi shows aura and energy field of an unhealthy person whereas Bii shows aura and energy field of a healthy person. Biii shows chakras of smaller size that are not aligned. Biv represents aura and energy field of a healthy person. Please note that Chakras of ideal size that are aligned with vertical center line in Biv.

Thus, a person can be diagnosed for chakras Bio-well GDV device. through This approach would enhance the overall awareness improving emotional, physical, physiological, psychosomatic and intellectual wellbeing. Clearly, Bio-well based intervention has no side effect unlike many medicines and is non-invasive, least time consuming and reliable. Constant monitoring of the energy level of all the chakras following a patient's treatment in a hospital set up would augment the health care system adding one more dimension to painless diagnosis. This technology combines scientific measurements with holistic approaches to create effective stress management strategies.

We used Bio-well based analysis to measure energy levels and chakras following the above mentioned approaches. The results are given hereunder.

RESULTS

While specific case studies using the Biowell GDV camera might not be widely published, here's a summary of the present study showing the stress levels based on GDV assessments. It may be noted that high score of numerical values from Bio-well corresponds to high stress level.

Accordingly, relatively low scores represent moderate stress and least ones are related to optimal stress.

High Stress Cases

Characteristics: In case of high stress, GDV readings often show significant energy disruptions, particularly in areas associated with emotional processing (e.g., the heart and head). Individuals experiencing workplace burnout or experiencing personal crises frequently exhibit low energy readings and high variability in energy patterns. A representative picture of a participant showing chakras misalignment corresponding to high stress levels is shown here (Figure 2).

		Details of Seven Chakras with their scores								
S.	Stress	Crown	Third	Throat	Heart	Solar	Sacral	Root	Overall	
Ν	scores	Chakra	Eye	Chakra	Chakra	Plexus	Chakra	Chakra	%	
			Chakra			chakra				
1	5.16	66%	85%	83%	77%	83%	78%	82%	79%	
2	5.09	70%	83%	80%	67%	80%	82%	81%	78%	
3	4.89	62%	80%	81%	60%	74%	73%	82%	73%	
4	4.95	58%	77%	85%	52%	81%	80%	85%	74%	
5	4.54	69%	81%	80%	59%	79%	80%	79%	75%	
6	6.25	51%	76%	70%	48%	58%	68%	60%	62%	
7	4.29	73%	81%	84%	49%	83%	78%	70%	74%	
8	4.18	79%	81%	84%	69%	89%	78%	80%	80%	
9	5.26	79%	69%	78%	49%	69%	80%	75%	71%	
10	5.59	48%	80%	81%	46%	85%	85%	79%	72%	
11	5.32	69%	85%	80%	66%	68%	78%	65%	73%	
12	4.80	72%	90%	89%	65%	72%	73%	86%	78%	
13	4.25	84%	80%	89%	72%	84%	85%	83%	82 %	
14	4.60	68%	84%	80%	70%	82%	80%	86%	78%	
15	5.91	50%	74%	85%	43%	87%	80%	52%	67%	
16	6.05	40%	64%	85%	53%	64%	78%	70%	65%	
17	4.14	69%	85%	80%	67%	85%	80%	77%	77%	
18	4.36	65%	86%	81%	79%	82%	80%	78%	79%	
19	6.35	41%	64%	70%	45%	65%	72%	71%	61%	
20	6.50	49%	62%	61%	47%	77%	66%	55%	59%	

Table 1 represents the number of cases showing High Stress and their Chakras alignment based on Biowell Analysis

Moderate Stress Cases

Characteristics: These cases show moderate fluctuations in energy levels, indicating stress without severe imbalances. Individuals facing on going stress from daily life (e.g., balancing work and family) may display some energy disturbances, but not as pronounced as that of high-stress cases.

 Table 2 represents the number of cases showing Moderate Stress and their Chakras alignment based on Bio-well Analysis

	Details of Seven Chakras with their scores								
S. N	Stress	Crown	Third	Throat	Heart	Solar	Sacral	Root	Overall
	Scores	Chakra	Eye	Chakra	Chakra	Plexus	Chakra	Chakra	%
			Chakra			chakra			
1	3.13	99%	94%	93%	88%	92%	91%	94%	93%
2	3.44	94%	94%	93%	83%	94%	94%	91%	92%
3	3.17	82%	95%	94%	97%	87%	81%	90%	90%
4	3.18	97%	93%	86%	98%	99%	99%	96%	96%
5	3.08	88%	94%	97%	95%	95%	98%	99%	95%
6	3.65	98%	96%	95%	95%	94%	97%	80%	94%
7	3.22	97%	89%	83%	92%	97%	99%	99%	94%
8	3.16	85%	91%	94%	96%	87%	85%	98%	91%
9	3.02	89%	99%	99%	82%	79%	91%	96%	91%
10	3.47	99%	96%	91%	84%	94%	97%	86%	92%
11	3.10	99%	96%	88%	95%	91%	99%	89%	94%
12	3.86	99%	89%	88%	97%	98%	95%	99%	95%
13	3.28	94%	94%	90%	96%	93%	94%	94%	94%
14	3.27	99%	96%	95%	93%	96%	99%	98%	96%
15	3.81	93%	93%	89%	74%	96%	88%	94%	89%
16	3.84	99%	85%	86%	75%	95%	99%	86%	89%
17	3.18	97%	99%	98%	91%	89%	93%	88%	94%
18	3.10	84%	52%	69%	93%	93%	99%	96%	84%
19	3.65	98%	97%	97%	87%	68%	89%	95%	90%
20	3.46	91%	89%	82%	84%	99%	90%	90%	89%

Low Stress Cases

Characteristics: GDV readings indicate stable energy patterns with minimal fluctuations, reflecting a balanced emotional state. Individuals engaged in regular relaxation practices, such as yoga or meditation, typically show consistent energy emissions and high coherence in their GDV readings.

 Table 3. This represents the number of cases showing Optimal Stress and their Chakras alignment based on Bio-well Analysis

		Details of Seven Chakras with their scores								
S. N	Stress Scores	Crown Chakra	Third Eye Chakra	Throat Chakra	Heart Chakra	Solar Plexus chakra	Sacral Chakra	Root Chakra	Overall %	
1	2.97	92%	91%	97%	99%	98%	78%	95%	93%	
2	2.91	88%	99%	98%	99%	93%	87%	75%	91%	
3	2.85	98%	96%	93%	89%	94%	99%	76%	92%	
4	2.77	91%	82%	81%	93%	98%	95%	90%	90%	
5	2.93	93%	97%	90%	90%	98%	91%	95%	93%	
6	3.00	86%	95%	94%	81%	92%	92%	97%	91%	
7	3.00	94%	96%	95%	86%	96%	92%	99%	94%	
8	2.77	98%	96%	90%	99%	89%	98%	95%	95%	
9	2.89	97%	89%	85%	88%	91%	91%	81%	91%	
10	2.86	86%	90%	86%	91%	96%	94%	88%	90%	
11	2.98	95%	94%	98%	95%	95%	93%	98%	96%	

12	2.99	92%	89%	87%	98%	97%	86%	99%	93%
13	2.92	87%	94%	92%	96%	86%	80%	92%	90%
14	2.87	98%	97%	85%	96%	98%	94%	95%	95%
15	2.87	96%	95%	96%	95%	96%	97%	99%	96%
16	2.88	96%	89%	94%	94%	95%	98%	86%	93%
17	2.81	91%	99%	99%	85%	84%	97%	95%	93%
18	2.89	84%	96%	98%	92%	97%	92%	98%	94%
19	2.93	95%	97%	98%	90%	97%	94%	99%	96%
20	2.96	95%	98%	97%	97%	94%	89%	90%	94%

Findings of Bio-Well-based intervention studies were associated with significant reductions in stress levels, as evidenced by changes in electro-photonic parameters, measures, self-reported stress and physiological markers such as heart rate variability and cortisol levels [19]. Additionally, qualitative findings highlighted improvements in subjective well-being, mood, and resilience following **Bio-Well** interventions. Mechanisms underlying these effects may involve modulation of the autonomic nervous bio energetic system, balance, and psychophysiological coherence.

DISCUSSION

The present study aimed to determine the effectiveness of Bio-well GDV device in assessing the stress level and Chakras alignment of the participants and to correlate overall wellness of the data obtained by the device called Bio-well GDV Camera. Stress levels and emotional states are closely interconnected. When we experience stress, body's natural response is triggered releasing hormones like adrenaline and cortisol. This can affect our emotional state, leading to feelings of anxiety, irritability, and even depression. The detrimental effects of stress on health and productivity have prompted a growing interest in innovative stress management strategies. Bio-Well offers insights into individuals' stress levels and overall well-being. It is envisaged that with the help of Bio-well, a major part of the health related issues can be addressed and in the process, several diseases may be ameliorated without major medical or medicinal intervention simply by timely counseling and readjustment of the life style. As per the inventor of GDV technology, Dr. Konstantin Korotkov, "The Bio-well GDV Camera is a valuable tool for assessing Chakras alignment and stress levels". The Bio-well GDV Camera uses this technology to assess the energy level of each Chakras and stress. Energy levels can depending fluctuate upon individual circumstances. Balance and harmony among Chakras are crucial for overall well-being. Each Chakra should have a balanced energy level, neither too high nor too low. Chakras should work together harmoniously, without conflict or dominance. Stress can restrict energy flow between Chakras causing imbalances in individual Chakras. Hence, this results energy blockages, disharmony, conflict between Chakras, leading to emotional, mental, or physical issues. In the current investigation, results clearly showed higher stress correlate with decreased energy levels in the Chakras. GDV readings showed imbalanced Chakras and energy disruptions, particularly in areas associated with emotional processing (e.g. the heart Chakra and head or crown Chakra). Table 1 clearly shows that the higher the stress the lower the energy level in Chakras. Imbalance Crown (Head) Chakra disconnects an individual from spiritual guidance and purpose. The lowest Crown Chakra in the table 1 were the cases scoring 40%, 41%, 48% and 49% respectively, showing misaligned crown chakra and an imbalanced state. This means that they felt lost or disconnected, lack inspiration or creativity, faced difficulty in making decisions, feeling uncertain about life direction and often suffered from headaches or migraines. Imbalance Heart Chakra led to emotional turmoil, anxiety, and relationship issues. The cases scoring

low heart chakra in the table 1 were those who scored 43%, 45%, 46%, 47%, 48%, and again similar score 49% 49% respectively. This indicates past emotional pain, heartbreak, or trauma, lack of self-love, issues relationship such as conflict, separation, or loss, depression, hypertension and cardiovascular problems. Our findings are in support of what Korotkov found in his research which reflected that stress can disrupt the balance and alignment of the Chakras, leading to changes in the biofield. Thus, research suggests that higher stress levels can contribute to imbalances in the Chakras [19].

In comparison, moderate (Table 2) and optimal stress levels (Table 3) are associated with lower imbalances of the Chakras. Tables 2 and 3 clearly showed low imbalance of chakras as overall percentage of almost all cases were very high i.e. above 90%. This indicates a state of balance and harmony in the body's energy system. Therefore, we can say that reduced stress improves energy flow between Chakras. According to Korotkov, GDV analysis predicts stress levels. Bio-well GDV camera analysis has been used to predict stress levels in individuals, with changes in the biofield reflecting stress-induced changes in the body [20]. Stress related Chakras imbalances can be reduced by practicing meditation, mindfulness, yoga, breath work, energy healing, herbal remedies, adopting healthy lifestyle habits (exercise, nutrition, and good sleep) and spiritual practices i.e. prayer, gratitude, connection with nature. Research by Rubik has demonstrated that energy healing modalities, such as Reiki, can positively impact chakra alignment and balance, as measured by the Bio-well GDV camera. Hence, energy healing affects Chakra alignment [21].

Bio-well GDV camera-based studies suggest a connection between stress, chakras alignment, and energy fields. However, more research is needed to fully understand the relationship and address the limitations and possible controversies surrounding this technology.

The findings suggest that Bio-Well-based stress management techniques hold promise as adjunctive or standalone interventions for reduction. However. several stress methodological limitations and research gaps warrant consideration. These include small sample sizes, lack of long-term followup, heterogeneity in intervention protocols, and limited generalizability of findings. Future research should employ rigorous study designs, larger sample sizes, and intervention protocols standardized to elucidate the mechanisms of action and optimize the effectiveness of Bio-Well-based interventions. Furthermore, studies exploring the integration of Bio-Well with other modalities. such as mindfulness-based practices. biofeedback. lifestyle and interventions may enhance its therapeutic potential and applicability across diverse populations.

CONCLUSION

Bio-Well-based stress management represents a novel approach to assessing and addressing stress-related imbalances in the human energy field. While preliminary evidence suggests its efficacy in reducing stress and promoting well-being, further research is needed to validate these findings elucidate underlying mechanisms. and Integrating Bio-Well into holistic stress management programs mav offer personalized interventions for enhancing resilience and optimizing health outcomes in clinical and non-clinical settings.

Overall, Bio-Well represents a blend of technology and alternative medicine principles aimed at providing insights into human bioenergetics. Its use continues to evolve, with ongoing debates about its scientific basis and practical applications in health and wellness.

Declaration by Authors

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