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EFFECTS OF YOGA ON PHYSICAL AND MENTAL HEALTH

Dr. Madhu Gaur

Associate Professor, Shri J.N.M.P.G. College, Lucknow

The most important pieces of equipment you need for doing yoga are your body and your mind.

Rodney Yee

Abstract

We are living in uncertain times; social, environmental, and financial instability is rocking most of our worlds right now, majorly due to the consequences of the ongoing Covid crisis. Amid such global scenarios of doom and gloom, practicing Yoga can be our 'secret key' to achieving holistic well-being, as it can assist us in bringing our minds, souls, and bodies back to a state of natural calm, rest, and balance. Undoubtedly, Yoga is the link that connects the mind and body of an individual and helps one stay connected with the greater sense of community and the universe. Even though Yoga is an ancient practice that originated thousands of years ago in India, it is considered highly relevant and beneficial in today's day and age since the practice comprehensively addresses a diverse range of physical, psychological, emotional, and spiritual health issues. Yoga seems to have this powerful combination of physical movement combined with deep breathing, meditation, and mindfulness aspect," Yoga's mind-body practice dates back thousands of years and has dozens of different types. But its basic premise seeks relaxation through breathing and meditation combined with stretching and strengthening poses. Regular practitioners tout yoga's ability to help them with everything from mood and emotions to muscle tone, endurance, and strength. Yoga is practiced by more than 36 million Americans and by many millions more worldwide. A discipline that is thousands of years old, yoga has spiritual and philosophical roots. Many who practice it, especially in the U.S., seek physical benefits. There are also powerful benefits of Yoga is practiced by more than 36 million Americans and by many millions more worldwide. A discipline that is thousands of years old, yoga has spiritual and philosophical roots. Many who practice it, especially in the U.S., seek physical benefits. There are also powerful benefits of yoga for your mental health.

Keywords: Physical, Mental, Psychological, Emotional, and Spiritual health

Introduction

techniques (pranayama), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (asanas) may be conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types of yoga (i.e., Iyengar, Viniyoga, Sivananda, etc.), each having its own distinct emphasis regarding the relative content of physical postures and exercises (asanas), breathing techniques (pranayama), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (asanas) may

The conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types of yoga (i.e., Iyengar, Viniyoga, Sivananda, etc.) each having its own distinct emphasis on the relative content of physical postures and exercises (*asana*), breathing techniques (*pranayama*), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (*asanas*) may increase the patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety, thus resulting in a higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation. Yoga originated in India several thousand years ago as a system of physical and spiritual practices. It was formalized in the second century BC in the form of the Yoga Sutras, attributed to the scholar Patanjali. The word 'yoga' means 'union' or 'yoke' or 'joining'. Originally, yoga was a method for joining a regular imperfect human being with the divine principle of God. It is aimed at uniting the mind, the body, and the spirit. Through the practice of yoga, the mind can be trained to relax through deep breathing and become focused while holding its breath. This practice will lead to control of the mind. Doing yoga, not just the physical portion, but also immersing oneself in the mental aspect of it can help improve mental health. Yogis (those who do yoga) believe that yoga can reduce, and eventually prevent, the build-up of repressed emotions in the mind. The process is gradual but the effects, if yoga continues to be practiced, are lasting. "Yoga is a very effective stress reduction and relaxation tool. Performance of various postures requires the tensing and stretching and then relaxing of muscle groups and joints, which effectively produces relaxation in much the same way that a massage does. Yoga practice also draws attention towards breathing, which produces a meditative and soothing state of mind", says Mark Dombeck, Ph.D

Physical benefits of yoga

1. Helps reduce chronic pain: Yoga may help reduce existing pain and prevent the development of chronic pain. As people age, it's common for them to develop joint pain and lower back pain. Research suggests yoga may help alleviate some of this pain. Multiple studies show that certain types of yoga, like asana, Vinyasa, and Iyengar help to reduce pain while increasing flexibility and range of motion to help correct movement problems. This means that over time, yoga may help to correct the underlying cause of your chronic pain.

2. Improves range of motion and flexibility: Your range of motion and mobility play a big role in healthy aging and preventing injury. Poor posture and incorrect form when lifting objects increase your risk for pain and developing an injury. Over time, poor posture may affect your bone, ligament, and muscle health. Forms of yoga that focus on alignment, range of motion, and posture may help to increase flexibility and prevent injury.

3. Reduces inflammation: Chronic inflammation has been associated with an increased risk of developing multiple chronic diseases and autoimmune diseases. Inflammation is a normal body response to injury or illness. The problem comes when inflammation lingers in the body, adding unhealthy stress to the body. A 2019 review of research found that yoga may help to reduce chronic inflammation. They included studies with multiple yoga styles and found that blood inflammation biomarkers decreased after going through a yoga program. What's more, a more significant amount of time spent practicing yoga was shown to have an even greater impact on reducing inflammatory markers.

4. May improve heart health: Yoga may help multiple factors that impact your cardiovascular health, like blood pressure, heart rate, cholesterol levels, and triglycerides. High blood pressure is a risk factor for many cardiovascular conditions such as heart attack and stroke, and it even affects your kidney health. It's believed the combination of exercise and relaxation techniques in yoga provides a large benefit to blood pressure. Research shows yoga significantly helps reduce blood pressure levels and heart rate. When combined with a healthy diet and other positive lifestyle changes, yoga has also been shown to help to lower "bad" cholesterol levels while increasing "good" cholesterol

5. Helps you sleep better: Yoga helps people of all ages get a better night's rest. Research shows yoga helps make sleep patterns more regular and improves sleep quality. We can use more intense yoga workouts during the day to boost physical activity and exercise time, which is known to help improve sleep quality. Or, you can complete a relaxing yoga routine close to bedtime to promote relaxation, reduce anxiety, and help you wind down. Yoga is even useful for helping young children sleep better. Research shows yoga breathing techniques may help distract toddlers from temper tantrums and help them fall asleep quicker.

6. Improves balance: Any type of yoga that focuses on alignment and postures can help you build muscle strength, flexibility, muscle tone, and balance (Stephens, 2017). Balance is essential at any age, but this especially helps older adults. As people age, there is a higher risk of falling and breaking a bone. Exercises that improve balance and strength are

important for decreasing the risk of falling.

7. Strengthens lung health: Nearly all yoga practices incorporate breathing techniques into the practice. Regularly practicing yoga can improve the health of the respiratory system and lung capacity. Yoga may help with specific lung conditions, such as asthma. One study found that yoga may slightly improve the quality of life for people with asthma and help improve the symptoms.

8. Reduces migraines: Migraines are a common problem in the U.S., affecting about one out of every seven adults each year. Around 14% of people in the U.S. have experienced at least one migraine within a 3-month period.

Mental benefits of yoga

1. Helps with stress management: Practicing yoga promotes relaxation in the body. Some research suggests it has the opposite effect of the “fight-or-flight” response to stress. Regular yoga practice helps to lower cortisol levels (the stress hormone). One study suggests that yoga is more effective than some other relaxation methods at reducing stress and improving mental health.

2. Reduces anxiety and depression symptoms: Many people may benefit from using yoga to help cope with mental health conditions like depression and anxiety. There are a lot of studies to support the beneficial effects of yoga on anxiety symptoms. A 2018 study with 52 women found that yoga effectively reduced anxiety and depression symptoms after just 12 sessions. Another study found that yoga helps reduce depressive symptoms in people with other mental health conditions, such as schizophrenia, bipolar disorder, and post-traumatic stress disorder. The more yoga sessions completed each week, the greater improvements in symptoms.

3. Improves quality of life: Because of the physical and mental health benefits of regular yoga practice, yoga helps to improve people’s overall quality of life. A 2020 meta-analysis found that yoga, ideally 150 minutes or more per week, increases older adults’ health-related quality of life and mental well-being. Yoga may also boost the quality of life in people with serious medical conditions. One study showed yoga was valuable in helping breast cancer patients relax, decrease stress, and improve their overall quality of life.

Conclusion

Yoga affects every body cell. It brings about improved contact between neuron-effectors, improves body energy, increases the optimum functioning of all organ systems, increases resistance to stress and disease, and brings tranquillity, balance; positive attitude, and equanimity in the practitioner which makes him lead a purposeful and healthier life. The effects of enhanced calming feelings, enhanced self-confidence and body image, improved performance, stronger interpersonal interactions, and increased attentiveness to yoga and meditation as a way of life promote a positive perspective on existence. Yoga brings into account not only physical well-being but also emotional wellness. Yoga, which stresses the

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essential, is a great complement to certain human practices that glorify the specific and have constant motivation and happiness base. The "yoga seed" finds fertile land, ideas of good can evolve naturally, taking root gradually but steadily in every part of existence. Using meditation, we learn how to "unwind" through the various calming methods found in meditation science to offset the tremendous amount of tension and pressure that is part and parcel of everyday life. Meditation allows one to be open to one's own bio-rhythms, and one's own mental and emotional bodily periods. "The ideal state of harmonious wellbeing in harmony with the world. This gives us numerous realistic day-to-day modes of intervention to become mindful of one's self because psychosomatic conditions cannot be treated without knowledge. The most significant aspect is life satisfaction; the feeling that one's own existence is pleasant, which coincides with traits such as self-esteem, stamina, confidence, self-reliance, healthier behaviors, and pro-social behavior, which is for the most part the hectic life routine of today. Yoga Asana not only controls or redirects bodily actions and actions but also activates various organs, muscles, and body parts relevant to emotional reactivity or mental condition. The nervous system can be triggered or stimulated by asana, wind, and pose metaphors. Having glanced at the emerging battle for cutthroat, teens face a number of issues. We don't have time to focus on them because of a hectic routine from morning to evening until bedtime. We can quickly maintain healthy mental and physical well-being with the help of practicing Super Brain yoga. Super Brain Yoga is a method that goes on early for anyone. If you sit, you will get a clear mind and a strong frame.

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