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BENEFITS OF YOGA: A RESEARCH REVIEW

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****SUMANT BATISH**

ABSTRACT

In the world of yoga there is an eight limb path that helps in different aspects such as the coordination of the body and the mind and helps to create positivity of the mind and helps the body to be healthy and fit, thus improving the functioning of the Body. In today's modern life, various kinds of diseases and deformities occur, most things happen due to unbalanced food, etc. The mind always wonders and rebels, never concentrates on the moment. Many people who practice yoga do it to maintain their health and well-being, improve their physical condition, relieve stress and improve the quality of life. Additionally, they may be addressing specific health conditions, such as back pain, neck pain, arthritis, and anxiety. Having established the benefits of yoga for physical and mental health, it is ethically questionable to assign participants to inactive control groups. Shorter sessions should be investigated to determine profitability.

KEYWORDS: Benefits, Yoga

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INTRODUCTION

Yoga is a philosophical system of exercise and meditation that originated in what is now India 2000-4000 years ago. There are many forms of yoga that differ in specific practices, while maintaining the purpose of directing the mind and body. Common elements of many forms include postures (asanas), which are held for a certain period of time, controlled breathing exercises (pranayama), and meditation. The practice of yoga has the general objective of facilitating the development and integration of the body, mind and breath to produce structural, physiological and psychological effects. Specifically, the development of a strong, flexible and pain-free body, a balanced autonomic nervous system that allows all physiological systems to function optimally, and a calm, clear and calm mind. The science of Yoga is a psychology of a philosophical nature.

The very introduction of the Yoga system by Patanjali is an instruction that the mind should be controlled: *Yogahs-chitta-vrittinirodhah*. Patanjali does not go into the details of the philosophical background of the need to control the mind, the background that comes in Samkhya and Vedanta. Yoga is an experiential science. The most important benefit of yoga is that it balances our physical and mental conditions.

Regular yoga practice improves mind and body awareness, which is necessary in self-control of diet and exercise plan in diabetes. According to Patanjali, yoga consists of eight steps or limbs, all equally important and related as parts of a whole.

1. Yama: Codes of restraint, abstinences, self regulations
2. Niyama: Observances, practices, self-training
3. Asana: Meditation posture
4. Pranayama: Expansion of breath and prana, regulation, control
5. Pratyahara: Withdrawal of the senses, bringing inward
6. Dharana: Concentration
7. Dhyana: Meditation
8. Samadhi: Deep absorption, meditation in its higher state, the state of perfected concentration.

AIM OF THE STYDY

Today, yoga is widely practiced for fitness and wellness in health clubs, community centres, yoga studios, and schools. This popularity has created the need for research and well-controlled clinical trials to evaluate its efficacy in improving general health and preventing disease, and to evaluate its role as adjunctive or complementary therapy for the treatment of pain or chronic diseases.

The aim of the review study was to search the scientific literature, primarily for systematic reviews, critical reviews, and narrative reviews that have included studies with a focus on the health benefits of yoga in healthy individuals and clinical populations.

RELATIVE VIEWS ABOUT HEALTH BENEFITS OF EXERCISE AND YOGA

1. HEALTH BENEFITS OF EXERCISE

Evidence for the use of exercise for maintaining optimal health and rehabilitation dates back to ancient cultures. As early as the 9th century BC, the ancient Indian system of medicine (Ayurveda) recommended exercise and massage for the treatment of rheumatism and the Greek philosopher Hippocrates ('the father of medicine') recognized the virtues of exercise for the Physical and mental health in the fourth century BC. In more recent times, a body of epidemiological research has shown inverse associations of varying strength between habitual exercise and the risk of several chronic diseases, including coronary heart disease, thromboembolic stroke, hypertension, diabetes type 2 mellitus, osteoporosis, obesity, anxiety and depression.

2. HEALTH BENEFITS OF YOGA

The relative health benefits of yoga in relation to disease risk and its role in treating chronic diseases are less clearly established. Studies have investigated the physiological responses evoked by yoga practice compared to those elicited by more conventional forms of exercise. In some studies, the heart rate response to typical yoga sessions in healthy adults at normal ambient temperatures has been shown to be equivalent to low intensity walking exercise. Exercise at this intensity does not meet the currently recommended level of physical activity necessary to promote cardiovascular fitness and health.

ROLE OF YOGA IN MAINTAINING THE PHYSICAL HEALTH

Yoga plays a more important role in the management of physical - mental health (Chen, K.-M. et. al. 2010). Yogic intervention has been shown to have a significant effect on general well-being; (Kumar K 2012). Yoga can play a role as a safety measure. Another study also conducted in Toronto, Canada, clearly establishes that physically active people are less likely to develop hypertension than sedentary people (Shephard, R.J. 2001). Kumar K (2013) reported in their study that yoga cleansing practice (Shatkarma) reduces serum glucose and serum cholesterol level in human subjects. Another study has shown that there is an effect of yogic intervention on the general body weight of the subjects (Kumar

Kamakhya 2015). In various parameters of general health factors, the practice of Yoga shows a positive impact towards Physical Health.

YOGA IS HELPFUL IN MANAGING COMMON DISORDERS

Diabetes, hypertension, obesity, and joint-related problems are very common today. According to Kumar (2012) there is a significant effect of yogic intervention on the serum glucose level in diabetics. In another study it has been observed that there is a significant effect of yogic intervention on blood uric acid level in gout patients (Kumar 2013).

YOGA BALANCES AUTONOMIC NERVOUS SYSTEM

The autonomic nervous system consists of two parts; sympathetic nervous system and parasympathetic nervous system. Although the individual practices of asanas and pranayam can selectively affect the sympathetic or parasympathetic nervous system, the general effect of yoga practice is to bring a state of parasympathetic dominance. Vempati and Telles (2002) evaluated the effect of yoga-based guided relaxation on autonomous variables and found that the power of the low-frequency component of the heart rate variability spectrum was reduced, while the power of the high-frequency component was reduced. Frequency increased, suggesting reduced sympathetic activity.

CONCLUSION

Public interest in yoga and meditation is increasing day by day due to its beneficial effects on physical and mental health. Since ancient times, yoga has been used as a holistic relaxation practice that is effective against hypertension, obesity, anxiety, insomnia, and aging. The weight of available evidence suggests that the practice of yoga is safe and has many health benefits for practitioners, whether they are young, old, healthy, recovering from illness or seeking a therapeutic option to help control a chronic illness. It is important to note the fact that the majority of positive evidence to date has come from studies that are considered to have only poor to moderate methodological quality, e.g. non-randomized controlled trials and single group uncontrolled studies. Modern medical science focuses solely on the body as something that is separate from the mind. However, psychosomatic links have now acquired due importance both by practitioners of modern medicine and by therapists of the Indian tradition. Now it has been a scientific research proven beyond any doubt that yoga practices provide a better balance in autonomic function and metabolic rate on one hand and neurohumoral functions on the other, so that the state of physical well-being is achieved. This itself reflects that

physiological and psychological conditioning go hand in hand and operate simultaneously.

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