



Effect of Yoga on Health: A Current Reviews on Human Mankind

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ABSTRACT

The goal of this research is to evaluate the findings of chosen articles on the effects of yoga and to provide a full overview of the advantages of regular yoga practice. Yoga can have a significant impact on our lives, thus it is critical for health care practitioners to understand the nature of yoga and the significance of its numerous consequences. As a result, this publication aids in focusing on the current state of yoga and its consequences, as well as yoga meditation. It has been investigated in a variety of research and development contexts. Yoga is a well-known physical (physiological), mental (emotional), and spiritual activity that has benefited people all over the world since ancient times. Yoga is defined as the use of yoga postures and practices to the treatment of health disorders, as well as instruction in yogic practices and teachings to avoid or relieve structural, physiological, emotional, and spiritual pain, suffering, or limitations. According to the findings, yogic practices improve muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, regulated breathing, meditation, and relaxation, as well as lowering the prevalence of medical emergencies such as psychological, neurological, and metabolic disorders. Yoga has developed and improved a number of highly effective healing and health models and techniques, several of which are detailed in this article.

Keywords: Therapy, depression, pain, quality of life, mental stress, and yoga practice are some of the terms used in this article.

INTRODUCTION

The word "yoga" is derived from the Sanskrit root "yuj," which signifies "union" or "yoke," as well as "directing and concentrating one's attention." [1,2] Yoga is an ancient health and well-being concept and practice. When Yoga was first developed and practiced, it was thousands of years ago. Yoga practice that cultivates a sense of peace and well-being while promoting strength, endurance, and flexibility, as well as kindness, compassion, and increased self-control. Yoga is a type of mind-body exercise that combines muscular exertion with an internally directed focused concentration on self-awareness, breath, and energy. [3,4] It aids in the reduction of tension and stress, as well as the enhancement of strength and energy. It can have a significant impact on our lives by regulating the functions of our minds, such as ego, desire, and intellect. Yoga is a well-known physical, mental, and spiritual activity that has benefited people all over the world since ancient times. [5] Continuous practice also leads to crucial consequences such as a shift in perspective, increased self-awareness, and more energy to live life fully and with genuine pleasure. [6–8]

The expanding popularity of yoga, as well as its increasing socialization, drew a large number of researchers to study the science of yoga. It's fascinating to note that the popularity of yoga has skyrocketed in recent decades, particularly in Western countries. Yoga is becoming more popular in the United States. Growing urbanization and industrial development in Western countries have resulted in varied degrees of social strife, mental tension, and stressful conditions, which have led to the acceptance of yoga science. As a result, psychosomatic disorders such as hypertension, ischemic heart disease, bronchial asthma, diabetes, peptic ulcer, and ulcerative colitis are becoming more common. [9] Although contemporary science has failed to prevent such illnesses, yoga has the ability to bring anxiety and stress alleviation. Yoga, as previously said, does not treat specific diseases or symptoms; rather, it treats the individual and his or her entire human system, including the physical body, breathing body, mind, personality, and emotions. [10] The ideas and practices of yoga are based on four fundamental principles: i) The human system is an integrated whole. It is made up of various dimensions that are interconnected and inextricably linked to one another. Any one dimension's health or illness has an impact on the others, and vice versa. ii) Each person is unique. As a result, each person's difficulties must be treated in a way that is tailored to their specific needs. iii) Yoga is a self-empowering practice in which the student is the healer. The teacher can provide guidance and demonstrate a healing technique, but it is up to the learner to put the technique into practice. Yoga empowers and requires the student to participate in his or her own recovery. iv) Healing is dependent on the quality and state of a person's or individual mind. Healing occurs more swiftly when the person or individual is in a favorable frame of mind. Healing may take longer if the mind-state is negative. [11]

Patanjali initially articulated yoga philosophy and practice in the Yoga Sutras, a classic literature widely regarded as the canonical text on yoga. [1] Today, many people associate yoga solely with asana, or physical practice of yoga; however, asana is only one of many tools used to heal an individual;

only three of the 196 sutras mention asana, and the rest of the text discusses other aspects of yoga, such as conscious breathing (pranayama) and awareness of the yoga sutras (principles) that govern the mind. Yoga practice on a regular basis improves mind-body awareness, which is important in diabetes self-management of nutrition and exercise. [6] Yoga, according to Patanjali, consists of eight steps or limbs, each of which is equally vital and connected as a whole. The goal of these eight limbs is discriminative enlightenment or self-development from a scientific perspective in yoga. However, the focus will be on the health benefits. The following are the eight steps or limbs of yoga: (1) Yama: Self-control, abstention, and self-control; (2) Niyama: Observances, practices, and self-training; (3) Asana: Meditation posture (4) Pranayama: Breath and prana expansion, regulation, and control; (5) Pratyahara: Sense withdrawal and internal focus; Dharana (concentration) is the sixth step. (7) Dhyana: Dhyana is the Sanskrit word for meditation. (8) Samadhi: Perfected focus, deep absorption, meditation in its highest stage. Figure 1: A variety of popular asanas (postures) that are beneficial to both physical and mental health. a. Tadasana; b. Padmasana; c. Vajrasana; d. Shavasana; e. Bhujangasana; f. Sarvangasana; g. Trikonasana; h. Paschimottasana; i. Pawanmuktasana [12]

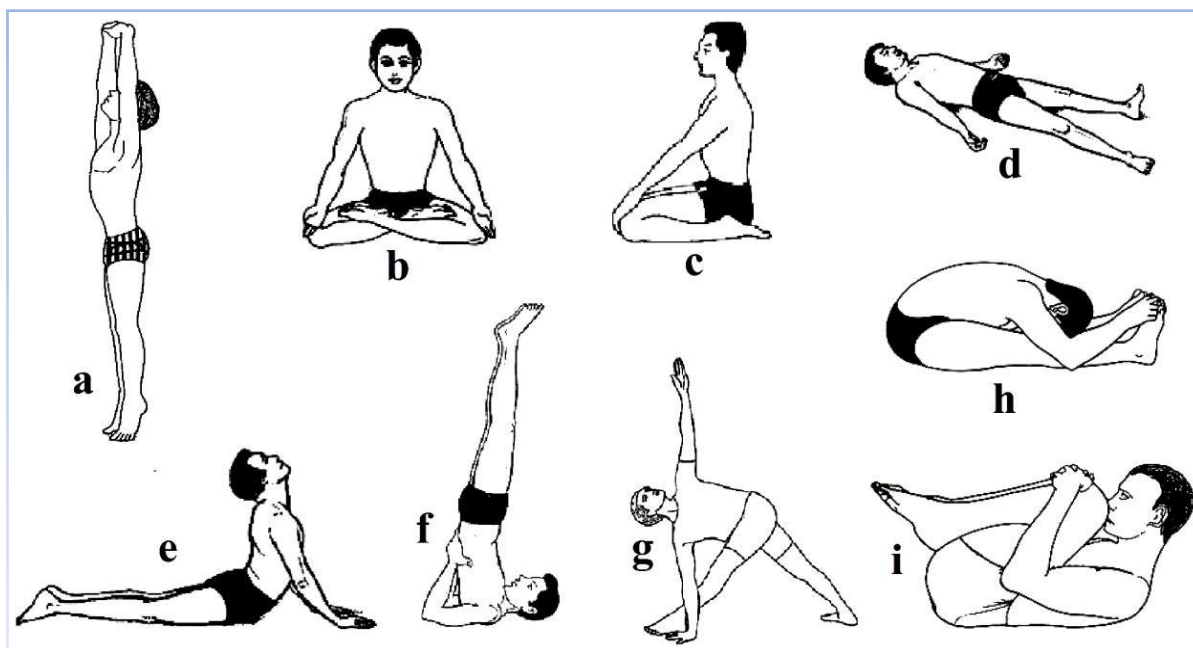


Figure 1

MATERIAL AND METHOD

The most recent research and literature-based studies on the effect of yoga on human health, specifically on psychological disorders (e.g. mental stress, anxiety, etc.), endocrine disorders (e.g. thyroidism, gigantism, etc.), metabolic disorders (e.g. diabetes, hyperlipidemia, cancers, etc.), neurological disorders (e.g. Alzheimer's disease, etc.), stress, anxiety, depression, pain, and chronic disease, were thoroughly reviewed. All databases and literature were accessed using a university computer browser using four prominent search engines: PubMed, Scopus, Web of Science, and Google Scholar.

The papers from journals were used to include studies in which the researches/articles required to be peer evaluated, and the current review focused mostly on clinical trials. The following criteria were used to determine which studies should be included in this manuscript: There were various steps taken. After reading the title and deciding that the paper was relevant to the research of yoga's effects, it was stored to a folder. The studies that showed interventions that used yoga as a tool to attain some health outcome were chosen for further review. After then, each of the papers was properly read and reviewed.

Yoga as a Complimentary Medicine

According to many scientific research, yoga and meditation play a substantial effect in lowering anxiety and increasing mood in HIV-positive patients [13], chronically ill patients [14], pregnant women [15], and orphaned youngsters. [16] Yoga is also referred to as a complementary treatment for the majority of serious illnesses, and several research conducted throughout the world back up its efficiency in treating a variety of maladies. Since the last few decades, yoga has been used for the treatment of diseases such as depression, mental stress, obesity, diabetes, hypertension, coronary heart disease, and chronic obstructive pulmonary disease. A number of studies have found that yoga has a therapeutic effect on various illnesses, implying that it can be utilized as a non-pharmaceutical measure or complementary therapy in the event of medication side effects, lack of response, or simply a preference for the complementary method. [17-20]. Yoga provides balanced energy, which is necessary for the immune system to function properly. In conclusion, stress has a deleterious effect on the immune system, and long-term exposure increases disease susceptibility and causes physical and mental health issues such as anxiety and depression. [21]

Yoga and Cancer

Although there is no scientific evidence that yoga has a curative or definitive manner of preventing cancer, there is a growing body of data that it does. Yoga promotes physical, emotional, and spiritual well-being, as well as a sense of calm that many cancer patients need. Because stress exacerbates the growth of tumors and other cancer markers, it is extremely vital for persons with cancer to successfully minimize and manage stress. [22] Yoga, breathing exercises, and meditation can help cancer patients reduce stress, promote healing, increase energy, lessen side effects from treatment, and improve quality of life. Results reveal a reduction in post-chemotherapy-induced nausea frequency, intensity, intensity of anticipatory nausea, and anticipatory vomiting in cancer patients who practice yoga. In addition, as compared to the controls, yoga participants reported less anxiety, despair, and distressing symptoms, as well as considerably lower toxicity scores. Another study found that after participating in a yoga intervention, patients experienced considerably decreased levels of pain and exhaustion, as well as higher degrees of invigoration, acceptance, and calm. [23,24].

However, just a few studies have shown that yoga can benefit cancer patients with sleep problems and anxiety. Yoga, according to Smith and Pukall, can help cancer patients reduce anxiety, despair, exhaustion, and stress while also improving sleep quality, mood, and spiritual well-being. [25 and 26] Peppone et al. discovered that yoga lowers musculoskeletal complaints such as general pain, muscular pains, and overall physical discomfort in breast cancer survivors on hormone therapy from pre- to post-intervention. [27] Furthermore, practicing yoga and meditation for at least 12 weeks can be deemed a safe and beneficial supplemental strategy for breast cancer survivors experiencing menopausal symptoms. [28] Yoga also improves cancer survivors' health, physical function, role function, emotional function, cognitive function, and social function by alleviating cancer-related symptoms such as fatigue, pain, sleeplessness, constipation, anxiety, and depression. [29,30] Flexibility is one of the earliest and most important benefits of yoga, and it is one of the first and most important benefits of yoga. Yoga is supposed to be connected with reduced aches and pains because of the gradual relaxing of the muscles and connective tissues surrounding the bones and joints with sustained practice. Yoga assists in the development and/or maintenance of muscular mass, which protects against ailments such as osteoporosis, arthritis, and back discomfort. Numerous studies have demonstrated that asana, meditation, or a combination of the two reduces pain in persons with arthritis, Carpel Tunnel Syndrome, back pain, heart attack risk, and other chronic diseases. [31-35] Furthermore, yoga therapy for a short length of time improves the clients' quality of life and can aid in the treatment of psychosomatic problems. [36]

In India, a lot of studies are being conducted to determine the effect of yoga in physical and mental wellness. The Government of India's Ministry of Ayush is funding research in different sectors of yoga science. To promote yoga research, the Department of Science and Technology (DST) recently developed a program named Science and Technology of Yoga and Meditation (SATYAM). Research Because of the importance of yoga in human wellness, the United Nations General Assembly recognized June 21 as International Yoga Day on December 11, 2014, which was observed for the first time in 2015 by 192 countries, making it the largest such event. Yoga is usually utilized for therapeutic purposes in the form of asana, pranayama, or short periods of meditation. Furthermore, the prevalent perception of yoga is the same, which is incorrect. Yoga actually refers to the merging of individual consciousness with the divine awareness. Yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, and samadhi are the eight rungs or limbs of yoga. Self-realization, which is the primary purpose of yoga, is attained by intense practice of these. An examination of yoga's rungs and aim reveals that it is a holistic way of living that leads to a state of complete bodily, social, mental, and spiritual well-being as well as harmony with nature. According to a recent investigation on the impact of mindfulness meditation on stress and anxiety in college students, it efficiently reduces anxiety and stress while increasing awareness, although its effect on physiological stress was shown to be inconsistent. [37] This is in contrast to modern civilization's solely economic and material development goals, which have resulted in social turmoil and environmental catastrophe. [38] Yoga is being tested for its benefits not only in India, where it has a long history, but also in the United States, the United Kingdom, and Australia. Long-term studies with support for yoga practice and follow-up are required, and this needs a collaborative effort on the part of the researcher, government, society, and the funding agency, given the benefits indicated in short-term studies. [39]

Yoga exercises for prevention, rehabilitation, and immunity building.

During the COVID -19 pandemic, a safe set of Yoga practices based on known scientific evidence will be offered to beginners from all walks of life as a service to humanity. This is in addition to all of the other precautions that have been implemented. The following aims are offered for yoga-based life style modules that can be applied for various strata of society in the current context. Safe ways to promote the population's physical, mental, emotional, and spiritual health. Immune resilience can be improved by practicing on an empty stomach on a regular basis. Yoga for children, adults, youths, and the elderly should be done twice a day for a total of twenty and ten minutes (morning and evening).

10 MINUTES YOGA :

COMMON YOGA PROTOCOL - 10 MINUTES			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (Sukṣma Vyāyāma /CālanaKriyā)	Neck Bending	2 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanās performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		ArdhaChakrāsana (The Half wheel posture)	1 minute
	Āsana performed in sitting posture	Sasakāsana (The Hare posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Pranayama	(Anuloma Viloma /Nadiswhodhana Pranayama) The Alternate nostril breathing (2 rounds)	1 minutes
E	Dhyāna	The Meditation	1 minutes
	Closing	Sankalpa/ Shanti patha	30 seconds
	TOTAL DURATION		10 minutes

20 MINUTES YOGA :

COMMON YOGA PROTOCOL - 20 MINUTES			
II	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (Sukṣma Vyāyāma / CālanaKriyā)	Neck Bending	2.5 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanās performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		PadaHatasana(The Hands to the feet posture)/ArdhaChakrāsana (The Half wheel posture)	2 minutes
		Trikonāsana (The Triangle posture)	1 minute
	Āsanās performed in sitting posture	Bhadrāsana (The Firm/Auspicious posture)	1 minute
		ArdhaUshtrāsana (The Half camel posture)	1 minute
		Sasakāsana (The Hare posture)	1 minute
		Vakrāsana (The Seated twist posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
	D	Kriya	Kaphalabhati (The Shining skull practice) 1 rounds,30 cycles each
E	Pranayama	Anuloma Viloma Pranayama (The Alternate nostril breathing) (5 rounds)	2 minutes
		Bhramari Pranayama(BhramariRechaka) (The Bee sound breathing) (3 rounds)	1.5 minutes
F	Dhyāna	The Meditation	2 minutes
	Closing	Sankalpa/ Shanti patha	30 seconds
	TOTAL DURATION		20 minutes

RESULTS & DISCUSSION

Yoga has been shown in the literature to be useful not only in improving one's lifestyle, but also in treating a variety of health and mental conditions. Depression, anxiety, stress, and insomnia are some of the most prevalent mental health issues that people seek therapy for using alternative therapies like yoga. [41] In recent years, its effects on diabetes, hyperthyroidism, obesity, respiratory difficulties, mental stress, and oxidative stress have been thoroughly investigated. Furthermore, breathing exercises such as anuloma viloma, kapalbhathi, and bhrumari of pranayama, which are the main components of yoga, have been found to be the most effective treatments for respiratory illnesses caused by air pollution and other naturally occurring respiratory ailments. [42] Yoga is a behavioral practice that combines physical movement, breathing, and meditation to improve one's health. It also causes hematological and biochemical changes in people. [43] The study's main findings were that the yoga program was safe, doable, and pleasurable. Yoga enhances physical, mental, intellectual, and spiritual wellbeing in the Western culture. Yoga is not only a great way to relieve stress, but it's also a great way to stay fit and healthy. Yoga has been found in a number of studies to assist people cope with stress and anxiety. It can also improve your mood and general well-being. Yoga can help you get better balance, flexibility, range of motion, and strength. Yoga can currently aid in the reduction of chronic disease risk factors such as heart disease and high blood pressure. Yoga may also aid in the treatment of chronic diseases like depression, pain, anxiety, and sleeplessness. Yoga can benefit people with chronic conditions including heart disease and high blood pressure by lowering their risk factors. Yoga may also aid in the treatment of chronic diseases like depression, pain, anxiety, and sleeplessness. Controlling your breathing, according to yoga, can help you manage your body and calm your mind. Researchers are only now beginning to grasp how practices like yoga promote personal development, health, and happiness. Mind-body fitness programs (such as yoga) can help people achieve peace, calmness, and better completeness and integration in their life by recognising the interconnectedness of mind, body, and spirit. Yoga's potential as a significant component of a personal wellness plan should be recognized by health care professionals, health educators, and others. While contemporary medicine has the power to heal physical diseases and alleviate psychological issues in many circumstances, it is suggested that a strictly medical approach is significantly less efficient in healing the human entity's emotional, intellectual, and personality aspects. Yoga is a timeless and holistic paradigm of health and healing for individuals, and while it may not completely eliminate physical ailments and/or unpleasant circumstances from the body, it does provide a holistic path to restoration.

CONCLUSIONS

Yoga and meditation are gaining popularity among the general population as a result of their positive impact on physical, mental, intellectual, and spiritual health. Yoga has been utilized as a holistic relaxation activity that is useful against hypertension, obesity, anxiety, sleeplessness, and aging since ancient times. [44] Despite several studies confirming yoga's beneficial effect in a variety of life-threatening diseases, such as diabetes and cancer, its usefulness as a supplement to normal treatment remains a major obstacle due to a lack of understanding of the underlying molecular pathways. As a result, evidence-based research is needed to assess the physiological, biochemical, and hematological impacts of various yogic practices in order to establish their scientific basis so that they can be used to address specific mental and physical health issues.

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