



## Yoga Asanas as Spiritual Healing Boost Immunity: A Review

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### ABSTRACT

Today, the citizens of the world are facing huge problems in various aspects of human life due to the problem caused by the COVID-19 pandemic. The COVID-19 pandemic has negatively affected all sectors of Indonesians life One sector significantly affected was health care. The main factor that can prevent, the spread of COVID-19, which can harm our body, is the introduction of a clean and healthy lifestyle and keeps our immune system stable and good. One way to maintain physical and mental health during COVID-19 pandemic is to do mental healing that can affect balanced thinking, mental flexibility and strong immune system. One example of the application of spiritual healing is yoga. There are different types of yoga and one of them is yoga asanas. By doing *yoga asanas*, the skeleton of the body can be rejuvenated, grow appetite, and this technique also helps to heal all digestive organs and can reduce mental tension or stress that can weaken the immune power (immunity) of the body in dealing with microbes that interfere with the functioning of our body. *Yoga asana* movements are *Tadasana* (Mountain Pose), *Vrikshasana* (Tree Pose), *Adho Mukho Svanasana* (Downward Facing Dog Pose), *Trikonasana* (Triangle Pose), *Kursiasana* (Chair Pose), *Naukasana* (Boat Pose), *Bhujangasana* (Cobra Pose), *Paschimottanasana* (forward squat pose), *Balasana* (child's pose) and *Sukhasana* (happy pose). *Yoga* practice can activate the immune system by activating the thymus gland, located in the area between the heart and the heart. sternum the thymus produces T cells, a heterogeneous group of cells that is important against the invasion of foreign organisms. Various benefits described, concept of spiritual healing, especially the application of *yoga asanas*, is very suitable for use during the COVID-19 pandemic so that improves the physical and mental condition, which affects the growth of the body's resistance prevents the entry of viruses or other antigens that can cause infections.

**Keywords:** COVID-19 Pandemic, Body Immunity, Physical and Mental Health, Spiritual Healing, *Yoga Asanas*.

### 1.Introduction

From 2019, world citizens will meet important problems in various fields of human life to the COVID-19 pandemic. According to the world Health Organization (WHO), COVID-19 is a disease caused by severe acute COPD (chronic ob Corona virus 2 (SARS-CoV-2) causes diseases more severe than the flu, including MERS-CoV and SARS-CoV.

[1]. The number of COVID-19 cases continued to rise with infections increasing quite rapidly exponentially until it reached the death rate (CFR) 2.3%. Quoted from a WHO briefing on 10 June, in 2021, there were 175,185,477 confirmed cases COVID-19 and 3,777,348 deaths. COVID-19 spread to more than 185 countries, prompting the WHO to issue an international statement a public health emergency and this disease has been declared a pandemic disease The COVID-19 pandemic has had a has a negative impact on all sectors of Indonesians life, starting from health, economy, tourism, social field and other fields.

[2]. One of the fields that were, the health sector was severely affected. health the field has an important responsibility and at the same time time faces serious problems in dealing with this case. The most important factor that can prevent the spread of the disease The spread of COVID-19, which can harm our bodies, has ended introducing and maintaining a clean and healthy lifestyle our immune system is stable and good. With this in mind, the government advises people to wear masks, wash hold hands or observe personal hygiene and keep your distance in public places to prevent the spread of the disease.

About COVID-19. In addition, the community can increase immunity (immune strength) through prevention Entry of the COVID-19 virus keeping mental and physical health Community advice for maintaining mental health and physical health, including a balanced diet eat, drink enough, sleep enough, Exercise regularly and avoid stress.

A way to relieve the physical, mental and spiritual fatigue is to do mental healing that can have an effect in the form of a balanced mindset, a strong mind flexibility and strong body stability. It could be clinically because spiritual healing can balance work of the glands and also relaxes the muscles. Same

with the nervous system, through stimulation concentration of blood circulation and mind that causes the body and the mind should be in harmony and one example an application of spiritual healing is *yoga*.

*Yoga* is one habit or activity that can be beneficial in removing physical, mental and emotional fatigue. This action is one example of spiritual healing, which is good popular in the world. There are different types of *yoga* one of them is *yoga asanas*. *Yoga asanas* have an effect in all areas of the human body, not just balance gland function, but also muscle relaxation, improves the nervous system, stimulates blood circulation, and concentration of the mind. By performing these movements, the body remains in a relaxed and efficient state, and the deep breathing that accompanies these positions allows the blood to absorb more oxygen. During *yoga asanas*, more energy is gathered than expended [3]. Some people have a misconception about *yoga asanas*. Several concepts claim that *yoga asanas* are only physical exercises and have nothing to do with providing a path to spiritual awareness. This opinion is certainly wrong because although *yoga asanas* cannot provide spiritual awareness, *yoga asanas* are one of the stages of the spiritual path. *Yoga asanas* can strengthen the mind and withstand pain. Practicing *yoga asanas* after performing *yoga asanas* can be beneficial, namely, the mind is balanced and the vitality of the body is dynamic. In addition to the previous one's benefits, there are other benefits we can do *yoga asanas*, namely that doing *asanas* requires good discipline and vigilance to win. *Yoga asanas* it can be practiced by everyone, depending on age, health, and illness. *Yoga asanas* are the best way to preserve and maintain the flexibility of the spine and relieve the curvature of the spine. In addition, *yoga asanas* can also improve postural ailments such as back, shoulders, joints and stiffness.

*Yoga asanas* can also be useful for building, helping, repairing muscle tissue, improving the nervous system, removing fatigue, restoring lost energy and keeping the body and mind healthy [3].

This method of *yoga asana* is very easy to do, it costs required are also relatively cheap and do not require a lot of material to do it, because only carpet or mat can do this *yoga asana*. *Yoga asanas* can give new energy to the endocrine glands, so that the body receives hormones useful for the continuity of the body's functions. Performing *yoga asanas* can rejuvenate the body's skeleton, increase appetite, this technique also helps heal all digestive organs, and can reduce mental tension or stress, which can weaken the body's resistance (immunity) in dealing with incoming viruses. Considering this, the concept of spiritual healing, especially the application of *yoga asanas*, is very suitable for use during the COVID-19 pandemic to improve physical and mental health, which affects the regeneration of the body. immunity prevents the entry of viruses or other antigens, which can reduce the risk of infection.

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## 2. METHOD

Google Scholar was used to search databases on *yoga*-related studies and therapies. Initially, the advanced search option was used to add the phrases "yoga" and "therapeutic effects". This search was conducted to gather comprehensive information about the therapeutic effects of *yoga*. A second search was conducted using keywords or exact the phrases "*hatha yoga*" and "therapeutic effects of *yoga*". Inclusion criteria are published peer-reviewed articles between 1990 and 2009; interventions using *yoga* and/or meditation; The benefits of *yoga* for different results were measured the selection was made in several stages articles in this document. First the title. The article was archived if it was suitable for research on the therapeutic effects of *yoga*. We chose to focus on studies that described *yoga*-based therapies to improve health. Selected then the articles were read in detail and reviewed. Papers listed include a wide range of *yoga* applications and therapeutic effects.

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## 3. RESULTS AND DISCUSSION

### 3.1 Definition of Spiritual Healing

Spiritual healing is a technique or method useful for creating physical, mental and spiritual health through spiritual practices such as mantras, symbols, breath energy and meditation. In Bali, spiritual healing can be seen as both tangible and intangible. Specifically, this can be seen in an aspect, namely in the form of eco-spiritual healing, which shows the uniqueness of the natural environment, such as *yoga*. Cultural-spiritual healing performances show the uniqueness of rituals and cultural support for the local community. A presentation on the ecoculture of spiritual healing demonstrates the uniqueness of the ashram tradition and the ashram environment. The appearance of a spiritual healing eco-cultural construction shows the uniqueness of the environment and culture resulting from the construction. Intangible (not real), this uniqueness is built on the knowledge of healers and the experiences of foreign travelers. The knowledge of healers (medicine) can help relieve stress, awaken *chakras* and connect foreign tourists with natural energy is the uniqueness of spiritual healing in Bali [4].

### 3.2 Yoga Health Benefits for Several Diseases

Depression, anxiety, stress and insomnia are the most common reasons people seek *yoga* therapy [5]. *Yoga* improves relaxation, slows breathing and focuses on the present moment, balances the sympathetic nervous system and the fight-or-flight response [6]. It lowers blood pressure, lowers cortisol and promotes blood flow to the intestines and vital organs. The purpose of *yoga* is to promote mental peace, relaxation, increase self-confidence, efficiency, increase concentration, reduce anger and a positive outlook on life [5]. *Yoga* creates balanced energy, which is essential for the functioning of the immune system [5]. *Yoga* inhibits the sympathetic region of the hypothalamus. As a result of this inhibition, autonomic regulatory reflexes related to stress are restored. *Yoga* activities reduce fear, aggression and anger and increase the pleasure centres in the middle part of the brain and elsewhere. *Yoga* and meditation students have lower anxiety, heart rate, respiratory rate, blood pressure and cardiac output [7]– [10]. *Yoga* alleviates depression by increasing serotonin levels and decreasing monoamine oxidase, an enzyme that breaks down neurotransmitters and cortisol [6]. There are several options

for treating depression, but many people prefer alternative treatments because of side effects, lack of response, or options. Several studies show that yoga can help with sadness, tension and anxiety [10]– [12].

The first and most noticeable effect of yoga is an increase flexibility [6]. *Yoga* should help relieve pain and pains, gradually releasing the muscles and connective tissues surrounding bones and joints. *Yoga* promotes muscle growth and strength, which protects against arthritis, osteoporosis and back problems [6]. *Yoga* exercises stretch and soak the joints, creating fresh one's nutrients, oxygen and blood to the area that is obstructing problems such as arthritis and chronic pain [5]. Uncontrolled the cartilage later wears away, exposing bone underneath. *Yoga*, meditation or a combination of these the two have been shown to relieve pain in humans' arthritis, back pain and other chronic diseases [5]. *Yoga* increases circulation and levels of haemoglobin and red blood cells, allowing more oxygen to reach the body's cells [5]. *Yoga* thins the blood, which reduces the risk of heart attack and stroke caused by blood clots. When released, twisting positions twist venous blood from internal organs and allow oxygen-rich blood to enter. Inverted positions stimulate venous blood flow from the legs and hips back to the heart, where it is oxygenated. *Yoga* has been shown to reduce resting heart rate, increase endurance and improve maximal oxygen uptake and use [13]. Continuous aerobic exercise reduces the risk of heart attack [6]. Although not all *yoga* is aerobic, even non-aerobic *yoga* movements can improve cardiovascular health.

### 3.3 Benefits of Yoga Asanas During a Pandemic Covid 19

During the COVID-19 pandemic, many activities did not materialize as before the pandemic, as they were still subject to community activity restrictions. This restriction causes some people who still do not receive income from work to be fired (termination of employment) by the company, so some have to do their activities at home. This condition causes many people to feel bored in mind, soul and body. So, one solution we can do is to practice *yoga asanas* which are used to calm the human mind to receive positive vibrations in every activity. *Yoga asanas* have many meanings widely and outperform other physical exercises because they do not it has only a physical effect on the muscles and bones, but also for mental health, soul and spiritual personality. All faculties of mind, soul and body can form a new energy system, a new spirit and stimulate active attention. *Yoga asanas* can revitalize the endocrine glands so that the body receives hormones useful for the continuity of body functions. Doing *yoga asanas* can rejuvenate the body's skeleton, increase the appetite, and this technique also helps heal all the digestive organs and can reduce mental tension or stress, which can lower the body's immune system and #40; immunity and #41; against incoming viruses. Considering this, the concept of spiritual healing, especially the application of *yoga asanas*, is very suitable for use during the COVID-19 pandemic to improve physical and mental health, which affects the regeneration of the body. immunity prevents viruses or other antigens from entering, which can reduce the risk of infection.

Therefore, *yoga asanas* are used as a physically and mentally healthy lifestyle during the new era normal for the COVID-19 pandemic. *Yoga asanas* are practiced with concentration, relaxation and calm without tension, and stimulate the nervous system and endocrine glands according to the functions of the human body.

## 4. CONCLUSION

Spiritual healing is a technique or method that is useful for building a healthy body, mind and spirit spiritual practices such as *mantras*, symbols, energetic breathing and *meditation*. *Yoga* is continuous trying to improve physical and mental well-being. The soul consciousness in question is man's own consciousness the authenticity achieved through the union of the body, mind and soul, which of course takes effect practical exercises. The types of *yoga* developed in the community are *Ananda Yoga*, *Iyengar Yoga*, *Kundalini Yoga*, *Bikram Yoga*, *Ashtanga Yoga*, *Jivanukti Yoga*, *Sivananda yoga*, *Kripalu yoga*, *meditation yoga*, *prenatal yoga*, *Vini yoga* and *acroyoga*.

*Yoga asanas* are levels of *yoga* through postures. Comfortable poses are called *asanas*. Thus, the most important postures (forms of movement), *pranayama* (regulation of flowing breathing) and *bhanda* (pressure of breathing in the respiratory zone) are the most important in *yoga asanas*. *Pranayama*, like holding the breath against the chest, stomach or diaphragm. *Yoga asanas* affect all areas of the human body, not only by balancing glandular function, but also by relaxing muscles, healing the nervous system, stimulating circulation and focusing the mind.

Doing *yoga asanas* can rejuvenate the body's skeleton, increase appetite, and this technique also helps to heal all the digestive organs and can reduce mental tension or stress that can weaken the body's immune power (immunity) in dealing with microbes that disturbs our body. *Yoga asana* movements are *Tadasana* (Mountain Pose), *Vrikshasana* (Tree Pose), *Adho Mukho Svanasana* (Downward Facing Dog Pose), *Trikonasana* (Triangle Pose), *Kursiasana* (Sitting Pose), *Naukasana* (Boat Pose), *Bhujangasana* (Cobra Pose), *Paschimottanasana* (forward squat), *Balasana* (child's pose) and *Sukhasana* (happy pose). Practicing *yoga* can activate the immune system by activating the thymus gland, which is located in the area between the heart and the ribcage of the spine. The thymus produces T cells, a heterogeneous group of cells that are important in defending the body against invading foreign organisms. During the pandemic, everyone experienced the exhaustion of the human mind, soul and body. So, one solution we can do is to practice *yoga asanas* which are used to calm the human mind so that they get positive vibrations in every activity. *Yoga asanas* have many meanings and surpass other physical exercises because they not only have a physical effect on the muscles and bones, but also on the mental health, soul and spiritual personality. Seeing the benefits of implementation.

*Yoga asanas* that can be one supportive therapy Confronting the COVID-19 pandemic. Some *yoga asana* techniques that can be done in a standing position to increase endurance, the body is more balanced and stable. The balance of the position serves the muscles of both sides stable, good body coordination, focused mind, balanced left and right brain improves posture. Sitting position helps increase body stability, concentration, reduce body fatigue and increases the resistance of the body. Session the forward leaning position binds the body and mind, strengthens abdominal muscles, legs,

spine. The pose opens the chest and strengthens the heart and reduces stress and anxiety. Hip flexion position helps release tension in the hip joint and prevent sciatica. The pose strengthens the arms and serves the wrists, increases courage, concentration and body balance. Spiral the pose stimulates the central nervous system and detox toxins in the body. The inverted position helps to relax and strengthens the body. Restoring the position is useful, calm and balanced in the body. With different benefits, the concept of spiritual healing described, esp. application of yoga asanas, suitable for use. Healing the body during the COVID-19 pandemic and mental conditions are better that have effect on increasing the resistance of the body in the contraceptive the entry of viruses or other antigens that can cause infection.

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