



## A Study on Yoga and it's Impacts on Physical and Mental Health

(A Study have been Undertaken among 30 Respondents of Vadodara City)

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### ABSTRACT

Yoga is a collection of physical, mental, and spiritual disciplines that have their roots in ancient India. One of the six orthodox (stika) schools in the Hindu intellectual traditions is yoga. In Hinduism, Buddhism, and Jainism, there are numerous yoga schools, techniques, and aims. In the West, the word "yoga" is frequently used to refer to a contemporary style of hatha yoga and yoga as exercise, which consists mostly of poses known as asanas. Yoga is thought to have its roots in pre-Vedic Indian traditions, likely in the Indus valley culture circa 3000 BCE. Although the Rigveda and the Upanishads also mention yoga, it is most likely the ascetic and ramaa movements of ancient India that gave rise to the discipline's systematic study between the fifth and sixth century BCE. The oldest manuscripts that describe yoga activities date from an uncertain period and are variously attributed to the Upanishads. The Patanjali Yoga Sutras, which date from the second century BCE, were first made popular in the west in the twentieth century by Swami Vivekananda. With roots in tantra, hatha yoga books first appeared sporadically throughout the ninth and eleventh centuries.

### INTRODUCTION

Yoga is a Sanskrit term that comes from the root yuj, which means "to attach, unite, harness, or yoke." Yoga is a cognate of the word "yoke" in English. In the second part of the first millennium BCE, the word "yoga" first appears in its spiritual sense in Epic Sanskrit. It is connected to the philosophical philosophy put forth in Patanjali's Yoga Sutras, whose main goal is to "unite" the human spirit with the Divine. In the Yoga Sutras, the term "kriyyoga" has a technical definition that refers to the "practical" elements of the philosophy, i.e., the "union with the ultimate" brought about by carrying out daily responsibilities. Moksha, or emancipation, is the aim of yoga, albeit the precise form that it takes will vary depending on the philosophical or theological framework that it is combined with. The goal of yoga practice, according to the traditional Astanga yoga style, is to reach the state of Samadhi and remain there as pure awareness. The power of yoga to reduce stress and encourage relaxation is well documented.

The functioning of your heart is crucial to general health because it pumps blood throughout the body and provides tissues with vital nutrients. According to studies, yoga may help reduce several heart disease risk factors and enhance heart health. In one study, persons over 40 with five years of yoga practice had lower blood pressure and pulse rates than those without. One of the main factors contributing to cardiac conditions including heart attacks and stroke is high blood pressure. Your risk of developing these issues can be decreased by lowering your blood pressure. Physical health. Whether yoga may help older persons become fit was the subject of one negative assessment [13]. Ten studies were included, with 544 participants and a mean 29 age of 69.9 6.3. Five of these studies were RCTs and five had a single arm pre/post design. The investigations found that gait, balance, body flexibility, body strength, and weight loss all had moderate effects on physical fitness and function. To confirm these encouraging results, additional research trials with suitable control interventions (active and specific) are still required. A beneficial impact on functional capacities and self-autonomy in older persons can be anticipated if physical fitness is maintained and physical functioning is improved.

### REVIEW OF LITERATURE

#### Yoga and Mental Health

- **Lee SW (2004), Mancuso CA (2004), Charlson ME (2004).** Prospective study of new participants in a community-based mind-body training program. *J Gen Intern Med.* 2004;19(7):760-5. **OBJECTIVE:** To measure changes in health-related quality of life associated with 3 months of mind-body training as practiced in community-based settings.
- **METHODS:** A prospective cohort study was done in eight centers for the practice of mind-body training in the metropolitan New York City area with 194 adults, and 171 completed the follow up survey. Participants typically attended a 1-hour class two to three times per week. They were given a questionnaire before the classes began and 3 months later with questions about mental and physical health from validated survey instruments.

- **RESULTS:** At baseline, new participants reported lower scores than U.S. norms for 7 of 8 domains of the Medical Outcomes Study SF-36 general health questionnaire. After 3 months of 32 training, within patient change scores improved in all domains ( $P < .0001$ ), including a change of +15.5 in the mental health domain. In hierarchical regression analysis, younger age, baseline level of depressive symptoms and a history of hypertension were independent predictors of greater improvement in the SF-36 mental health score. Five participants (2.9%) reported a musculoskeletal injury.
- **Kristal AR (2005), Littman AJ, Benitez D (2005), White E.** Yoga practice is associated with attenuated weight gain in healthy, middle-ages men and women. *Altern Ther Health Med.* 2005;11(4):28-33. **OBJECTIVE:** To examine whether yoga practice is associated with a lower mean 10-year weight gain after age 45.
- **METHODS:** 15,550 adults ages 53 to 57 were recruited into the Vitamin and Lifestyle cohort study between 2000 and 2002. A validated physical activity questionnaire was given to the participants, which asked about a variety of activities including yoga. Participants reported the number of years in the last 10 years that they did each activity and the number of days per week and minutes per day. Yoga practice was grouped into three categories of increasing intensity. Self-reported weight and height were used to calculate participants' current BMI, and the weight change was calculated from the difference between their current weight and their weight at age 45 (also by self-report).
- **RESULTS:** Individuals with a BMI less than 25 who practiced yoga for four or more years had a 3.1 lb. lower weight gain than those who had not practiced yoga. Individuals who were overweight and practiced yoga for four or more years showed an 18.5 lb. lower weight gain. All models were adjusted for other physical activity, dietary factors, and other obesity-related variables.

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## RESEARCH METHODOLOGY

### Objectives

The objectives of the study are as follows:

- 1) To find out the socio-economic background of the respondents.
- 2) To find out the perception and level of awareness among respondents towards yoga.
- 3) To find out the physical and mental effects on the body through yoga according to the respondents.
- 4) To suggest possible approach for Social Work intervention.

### Research Design

In the present study descriptive and exploratory research design was used to know the physical and mental impacts of yoga.

### Universe

The universe of the study was the people of Vadodara city practicing yoga since last few months.

### Sample and Sampling techniques

In the present study simple random sampling and snowball sampling method has been adopted for data collection. First, I located a yoga practitioner with at least three years of experience, requested them to cooperate with my research, and sent them the questionnaire. This person was then asked to transmit it to other yoga practitioners he knew, and those other persons were asked to pass the questionnaire along to people they knew. In this way, 30 respondents were obtained via the snowball method.

### Methods and Tools for Data Collection:

**Questionnaire:** A questionnaire is a research instrument consisting of a series of questions for the purpose of gathering information from respondents.

**Secondary Tool:** Review of literature, Articles, Study.

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## FINDINGS

### Major Findings:

Major findings of the study are as follows:

- 1) According to the survey, 10% of respondents were in the 18–25 age range, and there were no respondents under the age of 18.
- 2) According to the study, women made up most of the respondents.
- 3) According to the research, 60% of respondents are married, followed by 26.6% of single respondents.
- 4) According to the study, 73.3% of respondents were parents, followed by 26.6% of respondents who did not have children.

- 5) The study reveals that most respondents—46.6%—have no children, whereas most parents—33.3%—have two children.
- 6) The study reveals that majority of the respondents have been graduated, i.e.,63.3% followed by respondents who have completed their Masters, i.e.,13.3%.
- 7) In terms of the respondents' overall health, it was discovered that 80% of them were in good health at the time, while the remaining 20% did have some health issues.
- 8) From the survey, it was discovered that 76% of the respondents had no family history of any health disorders, while the remaining 24% did have a history of some health conditions.
- 9) According to the study, most respondents, or 56% of them, did not have a job at the time. This was followed by 44% of them who did have a job.
- 10) The study reveals that most of the respondents, i.e.,70% of the respondents work for 8-9 hours in a day, followed by the least number of respondents, which is 10% of respondents who work for 9-10 hours in a day.

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## Conclusion

It would be fair for me to draw the following conclusions from the study based on the main findings. The study's observation that most respondents were female, and few were male leads to the obvious conclusion that since many women in the city do not have outside jobs, it is easier for them and, in a way, becomes more important for them to find time for themselves and work on their fitness and mental peace. This is since most working men become so engrossed in their daily tasks and jobs that they neglect to schedule in physical and mental exercise. Most of the respondents in the study were between the ages of 18 and 25, which indicates that yoga is becoming more and more popular today—and not just among middle-aged people and people in their eighties and nineties, but also among young people. The youth are not hesitant to practice yoga and take advantage of its benefits because they are aware of the advantages it offers. Yoga has been pushed in a positive way by many powerful people, including a variety of celebrities, influencers, and even the prime minister, as seen by the rise in youth participation in such an ancient practice. According to the study, yoga has tremendously beneficial impacts on both the physical and mental health of the body. This is since the respondents not only practice yoga but also have seen numerous beneficial changes in their bodies because of it, which is why they keep doing it. Yoga depends on everyday life and lower-level thinking. Our supplementary educational and instructional initiatives must include yoga. All people pay for their old age, lifestyle, accounts, welfare, religion, and families through yoga beauty relationships, events, and so forth. Yoga's primary goal is inner serenity, not external peace, thus sacrificing our regular lives is not necessary. Yoga has advantages that everybody can enjoy. Yoga should not be practiced in front of pranayama since it gets shot down. The first basic ashtanga yoga for Kim and Ninama should be understood and used by most people.

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## REFERENCES

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- 3) Aranya, Swami Hariharananda (2000). *Yoga Philosophy of Patanjali with Bhasvati*. Calcutta, India: University of Calcutta. p. 1. ISBN 81-87594-00-4