

The Yogic Effect of Respiratory Disorder

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Abstract: *Yoga has a wide-ranging and everlasting effect on the human body system. Because our bodies are interrelated, practising yog asana and pranayama will help every organ. The most important system in the human body is the respiratory system. The external environment (pollution, smog) and modern lifestyle, particularly city lifestyle, have a negative impact on our bodies. The effect of yoga on the respiratory system is described in this article.*

Keywords: Yoga, Yogasana and Pranayama

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