

Yogic Practices' Positive Effects

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Abstract: *The objective of this study is to assess the findings of selected articles regarding the therapeutic effects of yoga and to provide a comprehensive review of the benefits of regular yoga practice. As participation rates in mind-body fitness programs such as yoga continue to increase, it is important for health care professionals to be informed about the nature of yoga and the evidence of its many therapeutic effects. Thus, this manuscript provides information regarding the therapeutic effects of yoga as it has been studied in various populations concerning a multitude of different ailments and conditions. Therapeutic yoga is defined as the application of yoga postures and practice to the treatment of health conditions. Results from this study show that yogic practices enhance muscular strength, body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from treatment of addiction, improve sleep patterns, and enhance overall well-being and quality of life.*

Keywords: Alternative Therapy, Well-being, Yoga Asanas, Therapeutic yoga

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