

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

I. INTRODUCTION

The term “yoga” and the English word “yoke” are derived from Sanskrit root “yuj” which means union. Yoga is a psycho-somatic- spiritual discipline for achieving union & harmony between our mind, body and soul and the ultimate union of our individual consciousness with the Universal consciousness (Madanmohan, 2008). Yoga is mind- body technique which involves relaxation, meditation and a set of physical exercises performed in sync with breathing. Being holistic, it is the best means for achieving physical, mental, social and spiritual well being of the practitioners. This can be achieved by systematic and disciplined practice of yoga described by sage Patanjali. The result is unfoldment of a unique spiritual personality that is a blessing for the whole humanity. Yoga helps in developing our total personality in an integrated and holistic manner. Impact of Yoga asanas on human body system is expansive and eternal. The muscles, bones, nervous system, respiratory, circulatory and digestive systems of the human body are greatly benefited from regular practice of yoga asanas. All the body systems are co-ordinate with each other. The body becomes more flexible, and more able to adjust to environmental changes after practicing asanas. The sympathetic and para- sympathetic nervous systems are brought into a state of balance with the help of asanas.

II. AIMS AND OBJECTIVE

1. To know the work capacity of the athlete/player during competition.
2. To know the effective asanas measure's during competition.
3. To know the recovery measure to get ready for the next match during competition.
4. To know various recovery measures's used at different time during competition.

III. NEED AND SIGNIFICANCE

This study is aimed to give awareness to peoples, physical educationist, coaches and players regarding the importance of various Yoga Asanas in modern day which help in faster recovery.

IV. METHOD

In order to examine the effects of yoga, databases were searched through Google Scholar via a universities web browser. Initially, the following key words were entered into the database via the advanced search option: “yoga”, and “effects”. This search was conducted to obtain general information regarding yoga's effects in the existing literature. Subsequently, a second search was conducted using the following key words or exact phrases, “yoga asanas”, “effects

of yoga”. In order to select the articles included in this manuscript, several steps were taken. First, the title was read. If the article appeared appropriate to the examination of the therapeutic effects of yoga, it was saved to a folder. The articles describing interventions that utilized yoga as a means to achieve some health outcome were chosen for further review. Each of the articles chosen were then thoroughly read and reviewed. The articles chosen include a broad spectrum of the benefits, application, and therapeutic effects of yoga.

V. RESULTS

5.1 Effect on Skeletal System

The human skeleton supports the softer parts of the body such as muscles, which are attached to it and the organs, which it protects. The skeleton, its joints and muscles are exercised through asanas that leads to the proper development of the bones and strengthens them with the passage of time. The gentle stretching of the muscles and joints releases muscle tension, thus increasing flexibility. The stretching of the joints in asanas causes the secretion of a lubricant called the synovial fluid. This fluid is released into the joints that keep them supple, as well as removing waste products. The result is to reduce stiffness, which will prevent arthritis or improve it if the person already suffers from the condition. Weight bearing asanas usually help prevent osteoporosis, and may also help those who are already diagnosed with osteoporosis, practiced with care. Long term benefits of asanas include reduced back pain and improved posture.

A. Asanas Are

Baddha Padmasana,	Kanthisana,	Brahma Mudra,
Chakrasana,	Dolasana,	Chatushkonasana,
Hastapada Shirshasana,	Kagasana,	Kandapidanasana,
Matsyendrasana,	Mrigasana,	Naukasana,
PadaHastasana,	Padmasana,	Parvatasana,
Viparitarani,	Yoga	Mudra,
Shukasana,	Shirshachakrasana,	Sarvangasana,
Sarvangabaddhasana,	Suptavajrasana,	Surya Namaskar,
Trikonasana,	Dhanurasana,	Halasana,
Tulangulasana,	Nauli,	Utthita Padmasana,
Utthita Shirshasana.		

B. Effect on Cardiovascular System

Cardiovascular system of the human body includes the heart and its arteries. Being isometric, Yoga Asanas rely on holding muscle tension for a short period of time. This improves cardiovascular fitness and circulation. Many surveys show that regular yoga practice may help the blood pressure to normalise. As an example, the stomach lift raises the diaphragm, which in turn massages the heart from below. This strengthens the heart muscle, thus resulting in better circulation and less possibility of heart disease. Many yoga asanas e.g., *Shirshasana*, *Sarvangasana*, *Viparita karni*, *Hahsana*, *Mayurasana* and few *Pranayamas* specially influence the blood circulation. Blood pressure comes to the normal level. This is possible by regular practice of Shauasana. Yoga has tremendous health benefits for your heart. Most notably:

- The gentler forms of yoga lower your blood pressure because the asanas (yoga poses, postures, and yoga positions) keep blood flowing evenly throughout your body while you focus on your breathing.
- People suffering from hypertension can benefit from yoga tremendously, as hatha yoga can lower your heart rate and blood pressure.
- Many practitioners claim that yoga has also lowered their cholesterol.
- Power yoga is an excellent form of cardio conditioning, which strengthens core muscles while it keeps blood and oxygen circulating throughout your body.

C. Effect on Respiratory System

The Respiratory System is one of the most vital systems in the body. It is composed of the lungs, the bronchial tube, the nose, and the air passages (*larynx, pharynx, and trachea*). It is mainly responsible in supplying oxygen and getting rid of carbon dioxide in the body. It also allows us to speak. Oxygen is our life source and lack in the supply of oxygen in the body could mean death. The oxygen which is provided by our Respiratory System is used by the hundred-billion cells that compose our body, especially the Brain. Preservation of the body's health, Purification of the blood, Improvement in the absorption of oxygen, Strengthening the lungs and heart, Regulation of blood pressure, Regulation of the nervous system, Supporting the healing process and healing therapies, increasing resistance to infection.

Some other yoga poses for a fit and healthy respiratory system:

- Trikonasana (Triangle Pose);
- Tadasana (Tree Pose);
- Padmasana (Lotus Pose);
- Bhujangasana (Cobra Pose);
- Paschimothanasana (Seated Forward Bend);
- Child Pose, Marichyasana (Sage Twist Pose) and;
- Pawanmuktasana (Wind Relieving Pose).

D. Effect on Digestive System

The major functions of the digestive system are ingestion, digestion, absorption, and defecation. Yoga Asanas effect improved blood circulation and the massaging effect of surrounding muscles speeds up sluggish digestion. As a person gets older, the digestive system functions with gradually reducing efficiency. The regular practice of asanas thus results in an improved blood and nerve supply to the digestive and eliminative systems keeping them functioning well. The stomach lifts while asanas are practiced massages the digestive organs, as well as contracting and stretching them. Common digestive problems include constipation, diarrhea, bloating/gas, heartburn, GERD, indigestion, colitis, Irritable bowel syndrome etc. Digestive problems are usually caused by bad diet, sedentary lifestyle, stress and allergy. Yogasanas improve digestive function and provide relief from gastrointestinal problems by

- Vinyasa Yoga Promotes Abdominal Strength Along with the Ability to complete contract and full expand the abdominal area. This ability assistes in digestion.
- Stretching creats space for all the digestive organs to move and breath and release adhesion between the organs, improving blood flow and functioning.
- Yoga Asanas can increase or decrease the agni the subtle digestive fire. (Depends the condition: Hypo Digestion-Hyper Digestion).
- Parnayama: Specific Breathing techniques are used to ease digestion, Abdominal breathing helps with Digestion.

According to Mayo Clinic learning to relax and breathe are important in reducing digestive discomfort and improving digestive health.

E. Effects on Nervous System

Every individual's physical and mental well-being depends on the functioning of his/her nervous system that regulates even the secreting glands. Long before scientists recognized electrical force, the ancient Indian Yogins had evolved the theory of nerve-impulse transmission. Today, this has won the approval and support of the entire medical fraternity the world over. The ancient Indian Yogins were able to foresee the principles of electrical phenomena, having discovered the positive and negative magnetic currents that are nothing but nerve impulses, all of which are controllable and adjustable through Yoga practice. By improving blood circulation, easing muscle tension and the focusing the mind on the breath, Asanas combine to ease the nervous system. Long-term benefits include reduced stress and anxiety levels, and increased feelings of calm and well-being. The headstand causes an increase in circulation to the brain, which stimulates the brain's nerve cells. This results in increased vitality and improved brain functioning.

F. Poses such as:

- Viparita Karani (Legs up the wall pose).
- Sarvangasana (Shoulderstand).
- Halasana (Plow Pose).
- Adho Mukha Svanasana (Downward Facing Dog Pose).
- Supta Virasana (Reclining Hero Pose).
- Supta Padangusthasana (Reclining Big Toe Pose).
- Supta Baddha Konasana (Reclining Bound Angle Pose).
- Balasana (Child's Pose).
- Ananda Balasana (Happy Child's Pose).
- Dhrdasana (Sideways Relaxation Pose).
- Nispanda Bhava (Unmoving Observation).
- Shavasana (Corpse Pose).

G. Effect on Muscular System

Yoga Asanas have a strengthening and toning impact on the muscular system of the human body. Yoga asanas are effective in countering problems of fitness as the practice of yoga postures improves physical health, mental peace and aids in spiritual growth. Muscles get stronger and well toned if yoga asanas are practiced on regular basis. Asanas reduce the fat in the abdomen and waist. All the organs and cells of the body become active, thus increasing the immunity against diseases. The muscular system consists of almost five hundred muscles. Yoga asanas are therapeutic for muscle ailments and arthritis. Some of the important asanas that cure muscle problems are *Tadagasana*, *Pavana muktasana*, *Makarasana*, *Swastikasana*, *Veerasana*, *Trikonasana*, *Vrikshasana* and *Bhujangasana*. Proper practice of these asanas, adhering to their limitations and regulations assures an immense positive effect on human.

VI. DISCUSSION

Yoga affects every cell of the body. It brings about better neuro-effector communication, improves strength of the body, increases the optimum functioning of all organ-systems, increases resistance against stress and diseases and brings tranquility, balance; positive attitude and equanimity in the practitioner which makes him lead a purposeful and healthier life.

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