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## **Yoga Wonders on Human Health**

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**Abstract:** Yoga is a way of better living. it ensures great or efficiency in work, and a better control over mind and emotions. Through anyone can achieve both physical and mental harmony over mind and emotions. it has been also observed *through huge number of evidence research findings, yoga has great potential in treating various kind of disease conditions as alternative therapy.* it pays broad holistic approach that focuses on teaching people new lifestyle practices, way of thinking and way of living physically fit in this world.

**Introduction:** Yoga is a way of better living. It guarantees high productivity at work and improved mental and emotional regulation. Through, one might acquire a state of mental and emotional peace that transcends the body. Extensive data from scientific studies also shows that yoga may be an effective complementary therapy for a wide range of medical issues. It's a comprehensive method that emphasizes retraining people's habits, mindsets, and physical fitness to adapt to the modern environment.

Health is greatest blessing to all. To be healthy means more than just being disease-free. For the sake of enabling individuals to enjoy a state of complete bodily, mental, and social health rather than only the absence of sickness or disability. it's a dynamic way to show how enthusiastic, committed, and enthusiastic you are about life. <sup>1</sup>

The ancient Indian mind-body practice of yoga is gaining popularity in the twenty-first century for its many health advantages among individuals of all ages. Practicing yoga is a path to a higher quality of life. It guarantees high productivity at work and improved mental and emotional regulation. Through this, one might acquire a state of mental and emotional peace



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The word yoga comes from the Sanskrit origin 'YUJ,' which means to yoke, combine, or connect. Following the teachings of the yogic texts, one can achieve a state of complete harmony between one's mind and body, as well as with nature. <sup>2</sup>

Yoga has been performed for almost 5,000 years, and it typically consists of breathing exercises, physical postures, and meditation. Yoga has evolved over the past five thousand years, taking on a wide variety of shapes and sizes as practitioners have experimented with new postures and approaches. Yoga has been shown to improve health indicators including blood pressure, glucose control, cardiovascular health, psychological well-being, stress, and depression. Childhood Cancer, Pregnancy, and Other Risk Factors

Yoga's positive effects on health are discussed in this review article, and its preventative, supportive, curative, and rehabilitative strategies for conditions including diabetes mellitus, mental health-related stress, hypertension, and cardiovascular disease are highlighted.

### **Yoga and Diabetes:**

More than 30 million individuals in India are living with diabetes, making it the country with the highest diabetes prevalence rate. Today, however, yoga is regarded as a vital tool for controlling diabetes. <sup>3</sup>

Diabetes, a condition that causes far too many complications, can be delayed with early detection and changes in lifestyle. Many people with diabetes have found relief from their symptoms and have even been able to reverse their illness via a combination of regular yoga practice and other good lifestyle behaviors. In addition to improving strength and flexibility, daily yoga practice also improves circulation, strengthens the lungs and heart, soothes the mind, lessens stress, aids in weight loss, and maintains physical equilibrium. Although significant benefits have been reported in type 1 diabetes, yoga asanas and pranayama are thought to be more useful for type 2 diabetes. Type 2 diabetes risk factors include central obesity, stress, and inactivity. Yoga can aid in the maintenance of a healthy lifestyle, which is crucial in the management of type 2 diabetes. The



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diagnosis of type 2 diabetes or pre-diabetes might feel like a death sentence, but for many individuals, making positive adjustments to their lifestyle—such as eating better and getting more exercise—can greatly improve or even eliminate their diabetic symptoms. Incorporating healthful behaviors into one's routine can help improve one's comfort and physical function even in the latter stages of the disease. Practicing yoga asanas and pranayama for one hour each morning for three months was shown to be helpful in lowering fasting and postprandial blood glucose levels and acetylated hemoglobin.<sup>4</sup>

**Stress effect in diabetes:** These days, everyone is under constant time pressure and pressure to perform at their highest possible level. These factors contribute to 'STRESS'. Reducing insulin's effectiveness, and stress is harmful to health. Stress improves blood supply by relaxing muscles, decreases glucagon release, and may promote insulin activity. Glucagon is a hormone generated by the pancreas that raises blood sugar levels in the blood, therefore countering the effect of insulin. Stress chemicals including adrenaline, noradrenaline, and cortisol are less likely to be released into the bloodstream. Meditation, an essential aspect of yoga practice, complements the numerous asanas (postures) that aid in purifying the body. Achieving a condition of calm and focus has a soothing impact on the nervous system and reduces tension.<sup>5</sup>

**Yoga- cardiovascular diseases:** Elevated blood pressure is a major contributor to diabetes and its complications. As previously mentioned, yoga has been shown to be very beneficial for diabetic patients in terms of blood pressure control. The same is true for those who have abnormally high cholesterol. Additionally, it aids with coordination, sleep, and digestion. It's also useful as part of a plan to lose or maintain weight.

Diabetic patients frequently suffer from life-threatening diabetes due to circulatory issues. By engaging the body in deep breathing, stretches, and rotational movements, yoga improves the body's circulatory system. The elasticity of blood vessels is something else that yoga may help with. When blood vessels keep their elasticity, it's excellent news for the heart and reduces the danger of a stroke since more oxygen can reach the body's organs and crucial endocrine glands. The effects of yoga and meditation in lowering blood pressure, heart rate, and body mass index have been demonstrated in clinical trials involving patients with cardiovascular disease.



Cardiovascular disease patients, including those with hypertension, coronary atherosclerosis, heart failure, dyslipidemia, and myocardial infarction, can benefit from yoga and other lifestyle changes.<sup>6</sup>

**Yoga for Obesity** Regular yoga can assist postmenopausal women with their weight by lowering their risk factors for metabolic syndrome, including their adiponectin level, serum lipids, and waist circumference.<sup>8</sup>

The results of a retrospective study involving adults aged 40-60 years old who were overweight or obese found that a one-week yoga program was effective in lowering body mass index (BMI), overweight, waist circumference (WC), and HC, lowering total cholesterol level (TCL), and improving WC and postural stability (PS).<sup>9</sup>

**Yoga Pain reliver:** Yoga as a therapy for chronic pain: preliminary research seems promising. Yoga has been shown to lower pain ratings by more than 50% in patients suffering from a wide variety of conditions, including headaches, neck pain, rheumatoid arthritis, low back pain, and joint pain in women following menopause.

**Yoga and Pregnancy:** Women who begin their yoga practices in the early stages of their pregnancies have shown the greatest benefits. From the second trimester right up to labor, women who participated in yoga practices reported more mother comfort and less discomfort. Pregnant women who practice yoga have a lower risk of developing high blood pressure and intrauterine development retardation, and their babies are born with higher birth weights.<sup>10</sup>

**Yoga and Childhood:** Children may benefit from yoga in the same ways that adults can: it helps them learn to calm down, focus, and control their impulses. Young people who practice yoga see significant gains in physical strength, body awareness, and range of motion. Children who practice yoga benefit from increased bodily awareness, higher levels of self-esteem and confidence, and sharper attention and concentration in the classroom. Yoga improves physical and mental well-being and sparks creativity in young practitioners.<sup>11</sup>



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Yoga (Surya Namaskar)	
Pranamasana	Help to relax and to calm body and mind
Hastauttanasana	Stretches the chest and abdomen, lifts energy up through the body.
Padahastasna	Massages abdomen organs, increases the power of digestion and blood flow to the brain, relives female disorders, stretches spine
Ashwa Sanchalanasana	Stretches the quadriceps, iliopsoas muscles and spine, stimulates abdominal organs, increases mental power.
Parvatasana	Strengthens legs and arms. Stretches calf and spine muscles relives varicose veins
Dandasana	Improves posture, strengthens back muscles and spine, stretches shoulders and chest.
Ashtanga namaskara	Develops the chest and strengthens arms and legs.
Bhujangasana	Relives tension in back and spine, stimulates and expands chest and abdominal organs.
Parvatasana	Strengthens legs and arms, stretches calf and spine muscles, relives varicose veins.
Ashwa Sanchalanasana	Stretches the quadriceps, iliopsoas muscles and spine, stimulates abdominal organs, increases mental power
Padahastasna	Massages abdomen organs, increases the power of digestion and blood flow to the brain, relives female disorders, stretches spine
Hastauttanasana	Stretches the chest and abdomen, lifts energy up through the body.

**Figure:1 Yoga (Surya Namaskar)**



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Popular culture's most influential figures are spreading the word about yoga and its health benefits in today's environment. Yoga should be practiced on a regular basis under the supervision of a qualified instructor. While yoga may seem like a fun and trendy addition to modern life, it can also pose serious risks to one's physical well-being. Along with yoga, we should also make some little adjustments to our daily routines. Patients with cardiovascular disease must vigilantly monitor their own physiological and psychological changes.

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