



**International Journal of Biology, Pharmacy  
and Allied Sciences (IJBPAS)**  
*'A Bridge Between Laboratory and Reader'*

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## EXPLORATION OF YOGA MIRACLE ON QUALITY OF HUMAN HEALTH

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Received 15<sup>th</sup> June 2021; Revised 10<sup>th</sup> July 2021; Accepted 24<sup>th</sup> Aug. 2021; Available online 25<sup>th</sup> Jan. 2022

<https://doi.org/10.31032/ijbpas/2022/11.1.2022>

### ABSTRACT

Today's twenty first century yoga is an ancient Indian mind body practice which has become progressively popular among the all-age people because of its numerous health benefits. Yoga is a way of better living. especially for the diabetes suffering people as well other comorbid patients. it also helps in reduction of the stress in patient as well as the normal human being. For the pregnant women yoga is a one kind of the effective exercise for succeed delivery. yoga also helps in reduction of childhood and adulthood obesity. It is one kind of the important miracles for every human kind to live happy life in this stressful situation.

**Key Words: Yoga, Stress, Surya Namaskar, Obesity, Pregnant Women**

### INTRODUCTION

Health is greatest blessing to all. Health is not just the absence of disease. To empowers the people to lead a life of whole physical mental and social well being and not merely the absence of disease or infirmity. it also

dynamic expression of life in term of how ecstatic, devoted and passionate you are.<sup>1</sup>

Today's twenty first century yoga is an ancient Indian mind body practice which has become progressively popular among the all age people because of its numerous health

benefits. 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.

Yoga term has derived from the Sanskrit origin 'YUJ', meaning 'to join' or 'to yoke' or to unite'. As per the yogic scriptures the practice of yoga leads to the union of individual consciousness with that of the universal consciousness, indicating a perfect harmony between the mind and body, man and nature.<sup>2</sup>

Yoga usually suggests a combination of breathing exercise, physical postures and meditation that has been practiced for more than 5000 years. Over 5000 years, yoga has involved in many ways and has become diversified with its forms, styles and techniques. Studies have found that yoga helps curing disease like Hypertension, Diabetes mellitus, Cardiovascular Disease,

Mental Health, Stress, Depression. Cancer, Pregnancy and Childhood

This review paper reflects about the yoga benefits on health as well as shares important role in preventive, supportive curative and rehabilitative measures in Diabetes mellitus, Mental Health- Stress Hypertension, Cardiovascular Disease.

### **Yoga and Diabetes:**

Currently India called as diabetes capital of the world, because more than 30 million people have been diagnosed with diabetes in India. But today yoga has achieved major importance in managing diabetes.<sup>3</sup>

Early recognition and life style alteration can definitely delay the onset of diabetes, a disease that gives way too many illnesses. Yoga has formed a part of accepting a regular yoga routine in accumulation to other healthy lifestyle behaviours can provide relief for diabetic symptoms and even help overcome the condition. A regular yoga practice not only builds strength and flexibility but also builds aids circulation, fortifies the lungs and heart, calms mind, reduces stress, helps you lose weight and keeps the body balance. The practice of yoga asanas and pranayama considered to be more beneficial for type 2 diabetes although positive results have been seen in type 1 diabetes. Central obesity, stress and

sedentary lifestyle increases the propensity for type 2 diabetes. Yoga helps in improving our lifestyle, which is very important for controlling blood sugar levels in type 2 diabetes. A diagnosis of type 2 diabetes or pre-diabetes may seem to carry the weight of a life sentence, but for many people, adopting key lifestyle changes, such as a healthier diet and exercise, can help manage, reduce and even eliminate diabetes symptoms. Even

those who are at an advanced stage of the disease can find a greater degree of comfort and physical function but incorporating healthy practices into their routine. The practice of yoga asanas and pranayama, one hour every day in the morning time for continuous three months found effective in reducing the fasting as well postprandial blood glucose levels and acetylated haemoglobin.<sup>4</sup>

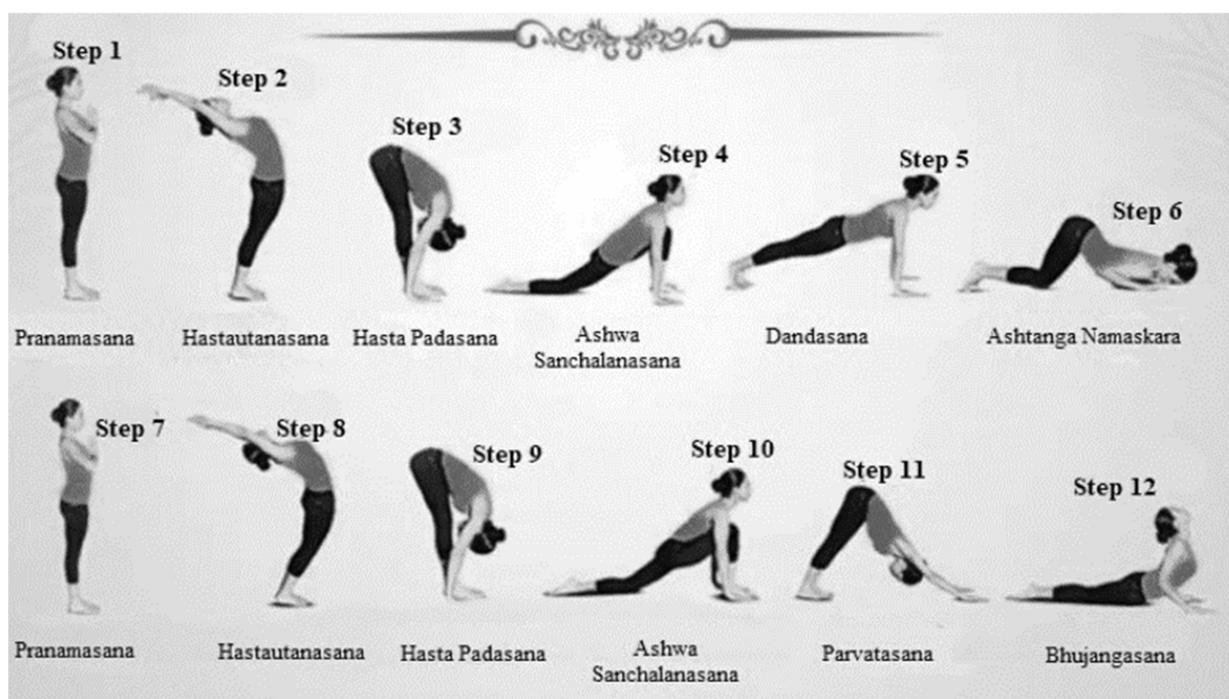


Image: Surya Namaskar Steps<sup>5</sup>

Table 1: Yogasana’s as a Part of Surya Namaskar

Yoga (Surya Namaskar)	
Pranamasana	Help to relax and to calm body and mind
Hastautanasana	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

	<b>and chest.</b>
<b>Ashtanga namaskara</b>	<b>Develops the chest and strengthens arms and legs.</b>
<b>Bhujangasana</b>	<b>Relieves tension in back and spine, stimulates and expands chest and abdominal organs.</b>
<b>Parvatasana</b>	<b>Strengthens legs and arms, stretches calf and spine muscles, relieves varicose veins.</b>
<b>Ashwa Sanchalanasana</b>	<b>Stretches the quadriceps, iliopsoas muscles and spine, stimulates abdominal organs, increases mental power</b>
<b>Padahastana</b>	<b>Massages abdominal organs, increases the power of digestion and blood flow to the brain, relieves female disorders, stretches spine</b>
<b>Hastauttanasana</b>	<b>Stretches the chest and abdomen, lifts energy up through the body.</b>

### Benefits of surya namaskar <sup>6</sup>

#### Stress effect in diabetes:

we are living in fast paced life, which is time constrained and focuses on higher and better productivity. These factors contribute to 'STRESS'. Stress is detrimental to health as it reduces insulin action. Glucagon (a hormone secreted by the pancreas; increases blood sugar levels in blood, thus opposing the action insulin) secretion is enhanced by stress by relaxing muscles and improves blood supply in the body by reducing glucagon secretion and possibly improving insulin action. It also reduces the secretion of adrenaline, noradrenaline and cortisol in the blood, which are termed as 'stress hormones. Yoga is very helpful in detoxifying the body through many postures i.e., asanas, which help in cleansing the body, meditation is an imperative part of yoga practice. Attaining a relaxed and concentrated mental; state relieves stress and brings about a calming effect on the nervous system.<sup>7</sup>

#### Yoga- cardiovascular diseases:

Blood pressure is one of the major culprits in diabetes and related complications. It's now proven that yoga greatly helped patients with diabetes in reducing and controlling their blood pressure. The same holds true in people with elevated cholesterol levels. It also improves coordination, sleep and digestion. It's also considered beneficial in weight loss and maintenance program.

Circulatory problems, in patients with diabetes are the primary cause of many devastating side effects. Yoga focuses on breathing, stretching and rotational movements and improves circulation. Yoga also helps maintain the elasticity of blood vessels. The further assists in good circulation and increases oxygen supply to the internal organs and the important glands of the endocrine system, when the blood vessels maintain their elasticity it implies better heart health and decreased risk of stroke. Evidence based studies conducted on cardiovascular disease patients shown significant effect of yoga and meditation in

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reduction blood pressure, heart rate and body mass index.

Yoga along with selective lifestyle modification found effective in overall health especially in-patient suffering from cardiovascular diseases like hypertension, coronary atherosclerosis, heart failure, dyslipidaemia, myocardial infarction and other similar condition.<sup>8</sup>

#### **Yoga for Obesity:**

Regular yoga practices also help in adiponectin level, serum lipid, and metabolism syndrome risk factors in postmenopausal women.<sup>9</sup>

a retrospective study conducted among the adult aged between the 40-60 years old people especially those who are overweight, study findings revealed one-week yoga program effective in reduction of BMI as well as overweight, waist and hip circumference, decreased total cholesterol level, improved posture and stability.<sup>9</sup>

#### **Yoga as Pain reliver:**

Yoga shows potential as a treatment for relieving certain kinds of chronic pain. Research studies revealed the effect self-care exercise program among the people with chronic neck pain, rheumatoid arthritis, low back ache, joints pain after menopause in women's and even in headache patient's yoga reduces pain scores by more than half.

#### **Yoga and Pregnancy:**

Yoga practices shown positive effect in pregnant women, if they have started it in early stage of antenatal period. Women's practiced yoga activities from second trimester till delivery found higher level of maternal comfort and reduction in labour pain. Research studies also found that yoga improves birth weight of baby and helpful in less possibilities of complications like pregnancy induced hypertension, intrauterine growth retardation.<sup>10</sup>

#### **Yoga and Childhood:**

As yoga helps to adults in managing stress and improving health and wellbeing, it also helps to children learn to relax, concentrate and impulsiveness. Yoga has great effect among the children to build physical strength, learn how to manipulate their bodies and maximise their mobility. Yoga encourages to children in body awareness, helps in self-esteem and confidence, improve the concentration and focus in study skills. Yoga is leads to better health and vitality and encourages children imagination and creative thinking.<sup>11</sup>

Nowadays in the world greatest personalities inspiring people for yoga and its importance towards health. Yoga practices should perform regular after getting proper guidance from expert trainer. Yoga practice may look

enjoyable or fashionable nowadays on people life, but it actually threatening sometime to our health or body. Along with yoga practices few lifestyle modifications also need to improve or change in our living. People those are suffering from cardiovascular disease they have to keep close watch on their physiological, psychological changes.

### CONCLUSION:

Yoga practice helps to develop the strong body and mind relationship. Though it is not a substitute for medicine in the health care practice, but it has numerous positive effects on our health.

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