



Effects & Benefits of Yoga on Mental and Physical Health

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Abstract

The main purpose of the study was to explain the effects of Yoga on mental and physical health, How Yoga is important of individuals daily life Yoga is an ancient art and science that aims for high-level wellness-physical, mental, and spiritual. The study is based on secondary sources. The author has highlighted the asanas which are essential for mental and physical health of the people. By performing daily Yogasanas one can attain good mental and physical health this new view states, that mental health is not solely comprised of a reduction of negative symptoms, such as stress or depression, but positive experiences as well, such as emotional well-being, happiness and self-realization. To study find out the mentally and physical Health benefits of yoga and its effects of mental and physical health in yoga. To be able to clarify what the effects of yoga are on mental health in physical, chronic conditions, one must first determine what 'mental health' actually is.

Key Words: Physical Health, Mental Health, Yoga, Asanas.

Introduction:

Yoga is an ancient art and science that aims for high-level wellness-physical, mental, and spiritual. YOGA is defined as the physical practice of yoga postures that is a form of exercise the word yoga means "yoke" or "union" and reflects its holistic approach. In pursuit of high-level wellness and self-development, the yogis developed some physical and mental exercises or techniques that can be extrapolated to nursing (Paramhans Swami Maheshwarananda, 2000)

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. (Swami Sivananda, 1999)

Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. Even children can benefit from yoga. Those with attention deficit disorder and hyperactivity can learn to relax and get control by using yoga breathing and yoga asanas. Yoga has been used to help heal victims of torture or other trauma. Because yoga is a form of meditation, it results in a sense of inner peace and purpose, which has far-reaching health benefits. (Sunil Kumar Yadav -2015).

Purpose of the Study:

The main purpose of the study was to explain the effects of Yoga on mental and physical health, How Yoga is important of individual's daily life.

Objective of the Study:

1. To explain the yoga's effects and benefits of mental and physical health

The main goals of "Yoga in Daily Life" are:

2. Physical Health

3. Mental Health
4. Social Health
5. Spiritual Health
6. Self- Realization or realization of the Divine within us

Benefits of Yoga:

1. Mentally and Physical Health Penefits of yoga

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes, never mind do a backbend. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You'll also probably notice that aches and pains start to disappear. That's no coincidence. Tight hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture.

2. Builds Muscle Strength

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

3. Perfects Your Posture

Your head is like a bowling ball—big, round, and heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it. Move it several inches forward, however, and you start to strain those muscles. Hold up that forward-leaning bowling ball for eight or 12 hours a day and it's no wonder you're tired. And fatigue might not be your only problem. Poor posture can cause back, neck, and other muscle and joint problems. As you slump, your body may compensate by flattening the normal inward curves in your neck and lower back. This can cause pain and degenerative arthritis of the spine.

4. Prevents Cartilage and Joint Breakdown

Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used. Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up. Without proper sustenance, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out brake pads.

5. Protects Your Spine

Spinal disks— the shock absorbers between the vertebrae that can herniate and compress nerves—crave movement. That's the only way they get their nutrients. If you've got a well-balanced asana practice with plenty of backbends, forward bends, and twists, you'll help keep your disks supple.

6. Better Your Bone Health

It's well documented that weight-bearing exercise strengthens bones and helps ward off osteoporosis. Many postures in yoga require that you lift your own weight. And some, like Downward- and Upward-Facing Dog, help strengthen the arm bones, which are particularly vulnerable to osteoporotic fractures. In an unpublished study conducted at California State University, Los Angeles, yoga practice increased bone density in the vertebrae. Yoga's ability to lower levels of the stress hormone cortisol may help keep calcium in the bones.

7. Increases Your Blood Flow

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result.

Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released. Inverted poses, such as Headstand, Handstand, and Shoulder stand, encourage venous blood from the legs and pelvis to flow back to the heart, where it can be pumped to the lungs to be freshly oxygenated. This can help if you have swelling in your legs from heart or kidney problems.

8. Drains Your Lymph's and Boosts Immunity

When you contract and stretch muscles, move organs around, and come in and out of yoga postures, you increase the drainage of lymph (a viscous fluid rich in immune cells). This helps the lymphatic system fight infection, destroy cancerous cells, and dispose of the toxic waste products of cellular functioning.

9. Ups Your Heart Rate

When you regularly get your heart rate into the aerobic range, you lower your risk of heart attack and can relieve depression. While not all yoga is aerobic, if you do it vigorously or take flow or Ashtanga classes, it can boost your heart rate into the aerobic range. But even yoga exercises that don't get your heart rate up that high can improve cardiovascular conditioning. Studies have found that yoga practice lowers the resting heart rate, increases endurance, and can improve your maximum uptake of oxygen during exercise—all reflections of improved aerobic conditioning. One study found that subjects who were taught only Pranayama could do more exercise with less oxygen.

Physical Health:

The health of the body is of fundamental importance in life. As the Swiss-born Physician, Paracelsus, very correctly said, "Health isn't everything, but without health everything is nothing". To preserve and restore health there are physical exercises (Asanas), breath exercises (Pranayama) and relaxation techniques.

i. Improved Strength

Routine and consistent practice of the various yoga asanas has helped me build strength and improve lean muscle mass. Most notably with respect to several muscle groups under-utilized in my chosen athletic disciplines of swimming, cycling and running. These gains have enhanced core body stability and significantly impeded overuse injury by strengthening the supportive but otherwise under-developed muscles surrounding the more utilized muscles, creating a more balanced and optimally functional overall strength.

ii. Balance

As a swimmer, I have always been rather flexible. But my balance is historically horrible. But through a consistent yoga practice, my coordination and balance have improved immensely. Why is this important? Better balance and coordination means enhanced control over how I move my body, which in turn leads to better technique and form -- the brass ring every athlete spends a career refining, whether your focus is a swim stroke, golf swing, running stride, and jump shot or wrestling move.

iii. Flexibility

Yoga invariably improves joint and muscular flexibility, which is crucial to the body's overall structural soundness. Enhanced joint and muscle pliancy translates to a greater range of motion, or an increase in the performance latitude for a particular movement or series of movements. For example, a swimmer with supple shoulder and hip joints is able to capture and pull more water than a swimmer with a more limited range of motion. The result is more forward movement per stroke as well as enhanced muscular economy. In turn, this increased range of motion provides a greater ability to strength condition a particular muscle group due to the amelioration in overall force that can be exerted with each movement. And although there is some dispute about the advisability of "over" stretching (for runners in particular), I remain a huge advocate, finding that the more I work to maintain my flexibility (something that wanes with age), the less likely I am to suffer an overuse injury.

iv. Free Your Mind

The ability to create a stress free mind is a significant benefit of yoga practice. The physical practice is used as a tool to enhance breath control, which helps improve focus and concentration, allowing clarity of thought and clear decision making. A valuable tool in any sporting arena, mental practice in any sport will teach you how to gain control of your emotional states, so arousal levels and anxiety don't impede your performance.

v. Meditation is a mental practice proven to

- Reduce anxiety and stress
- Reduce cortisol levels and increase calming hormones
- Improve cognitive function
- Reduce blood pressure and heart rate
- Increase immune function
- These benefits combine to allow for better rest, sleep and recovery, as well as provide the ability to think more clearly under pressure

Health Benefits of Yoga:

1. Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance rather than the usual stress –induced sympathetic nervous system dominance
2. Blood pressure decreases (of special significance for hypo reactors)
3. Cardiovascular efficiency increases
4. Respiratory efficiency increases (respiratory amplitude and smoothness increase, tidal volume increases, vital capacity increases, breath –holding time increases).
5. Gastrointestinal function normalizes
6. Endocrine function normalizes
7. Excretory functions improve
8. Muscular-skeletal flexibility and joint range of motion increases
9. Posture improves
10. Better Physical Fitness and Increased Energy level Weight normalizes
11. Sleep improves and Immunity increases

Effects of Yoga:

To Study the Yoga's Effects of Mental and Physical Health

To be able to clarify what the effects of yoga are on mental health in physical, chronic conditions, one must first determine what 'mental health' actually is. The most common definition of 'mental health' is given by the World Health Organization. They postulate it as the following: "mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community". As can be seen, in this definition multiple factors come forward, which are well-being, effective functioning and being able to contribute to the near outside world (WHO, 2005)

In line with the medical perspective on mental health as discussed in the sections above, mental health was purely seen as the absence of mental illness. Positive psychology postulates that this view does not do justice to the whole meaning of 'mental health'. Although negative symptoms such those of anxiety and or depression have a crucial impact on the individual, mental illness represents only part of a person's functioning and mental health (Westerhof & Bohlmeijer, 2010; Keyes, 2005).

Keyes (2005) states that the main focus of the medical perspective is aimed at negative symptoms and to reduce these in order to bring forth the positive mental health of the individual. Seligman (2000) join this statement by concluding that this medical perspective isn't capable of fully preventing mental disorders. Thus, it can be stated that, for an individual to be happy, not only should there be an absence of negative symptoms, but the presence of positive experiences as well. Furthermore, it is important to define these 'positive experiences'. As to be seen in figure 1, positive experiences in this sense can be divided into two philosophical approaches, namely hedonic and eudemonia.

Conclusion:

As highlighted above, researcher find out that “Yoga in daily life” important as other think it helps us in different ways and different levels in our daily life. We have improved our posture, Strength and resiliency, skin smoothness, immunity by daily yoga practicing in order to perform efficiently and effectively, we daily needs to have a high degree of concentration and focus with a mind that is calm and controlled. I wish all Yoga practitioners and those still to become practitioners much happiness, success, health, harmony; joy in life and God's blessing.

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