

Role of Yoga in Health and Disease: A Conceptual Review

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Abstract

The Sanskrit root of the term "yoga" is derived from "yuj," which means to, yoke, to unite, and to focus and direct one's attention. Yoga is a type of mind-body exercise that combines physical movement with a conscious emphasis on awareness of one's own breath, energy, and self. The yoga healing system's teachings and practises are based on four fundamental concepts. According to the first principle, each dimension's state of health or illness has an impact on the others, as the human body is a holistic organism made up of multiple interrelated elements that cannot be separated from one another. The second principle is that every individual is unique and every individual has different needs. Each person therefore has to have a practise that is adapted to their individual needs. The third principle involves the learner in the healing process by actively participating in their quest for health; healing occurs from within rather than from the outside. The individual's character and state of mind are crucial to healing, according to the fourth principle healing happens more quickly when someone is in a positive frame of mind whereas if someone is in a negative frame of mind, healing could take longer. To enhance quality of life, many people practise yoga as a supplemental therapy in addition to traditional medical therapies by holding a pose for a long period of time develops strength. Slow, deep breathing and movement warm up the muscles which will help to improve the health and wellness. Yoga has shown some encouraging outcomes as a complementary therapy for depression. Thus it has a number of potential advantages in all dimensions of health and disease.

Key words: Yoga, Healing, Quality of Life

Yoga is a practise that promotes overall growth and harmony on a physical, mental, and spiritual level. It was created 5000 years ago in ancient India (Desikachar et al, 2005). For thousands of years, yoga has been practised, taught, and widely used. However, researches have accumulated extensive information on the mechanism and efficacy of yoga since many decades. The number of articles on yoga's clinical uses has multiplied despite a number of obstacles, including its funding and procedure standardisation (Basu-Ray et al, 2014; Jeter et al, 2015).

Yoga is described as the use of body postures and teachings for the management of medical conditions. It also entails receiving education in yogic teachings and practises that aim to prevent, lessen, or eliminate limits brought on by structural, physiological, emotional, or spiritual discomfort. According to the one (Wieland et al, 2021), yogic practises increase physical stamina and flexibility, improve respiratory and cardiovascular health, aid

in the treatment of addiction and its recovery, lessen stress and anxiety, improve sleep quality, and generally improve well-being and quality of life.

Need of Yoga

Strength, balance, and flexibility are all improved through yoga. While maintaining a position can assist build strength, movement and slow, deep breathing warm the muscles and promote blood flow. Yoga reduces tension and eases back, neck, and shoulder pain. Balance on one foot with the other held to your calf or above the knee is helpful for therapeutic applications for modern epidemic diseases such chronic obstructive pulmonary disease, obesity, diabetes, hypertension, mental stress. Yoga can consequently aid in the prevention of non-communicable illnesses such high blood pressure, diabetes, and cardiovascular disease, by lowering the demand for curative drugs. Back pain that won't go away, arthritis, and other sedentary-related diseases can all be successfully treated with yoga. Hence it is most important in health and disease. So it is recommended that every individuals should adopt Yoga in their daily life to keep themselves healthy; it can be used as complimentary therapy in disease conditions also.

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Indian Scenario

In a nationwide door-to-door survey using a questionnaire/screening form the information was gathered as part of the Niyantrit Madhumeḥ Bharat (NMB) programme. Started by the Indian government's AYUSH (Ministry of Ayurveda, Yoga, Unani, Siddha, and Homeopathy), it included participants from all of the major regions of the nation. The study recruited 162,330 people who signed up for the NMB programme. It revealed that 11.8 percent of the overall respondents to the study (13,336/112,735) practise yoga, with the north zone having the highest percentage (4,567/112,735) and the east zone having the lowest percentage (971/112,735). There is a significant knowledge-practice divide as evidenced by the fact that out of 101,643 respondents, 94,135 thought yoga improved their lifestyle and 90,102 thought it prevented diabetes (Woodyard, 2011).

Yoga is a traditional Indian way of living that incorporates precise exercises, positions, breathing that is consciously controlled, meditation, and philosophical ideas. In India, systematic studies on the effects of yoga started in the 1920s and are still going today. The most typical use of Yoga is as an add-on therapy for a variety of illnesses (Mishra et al, 2020).

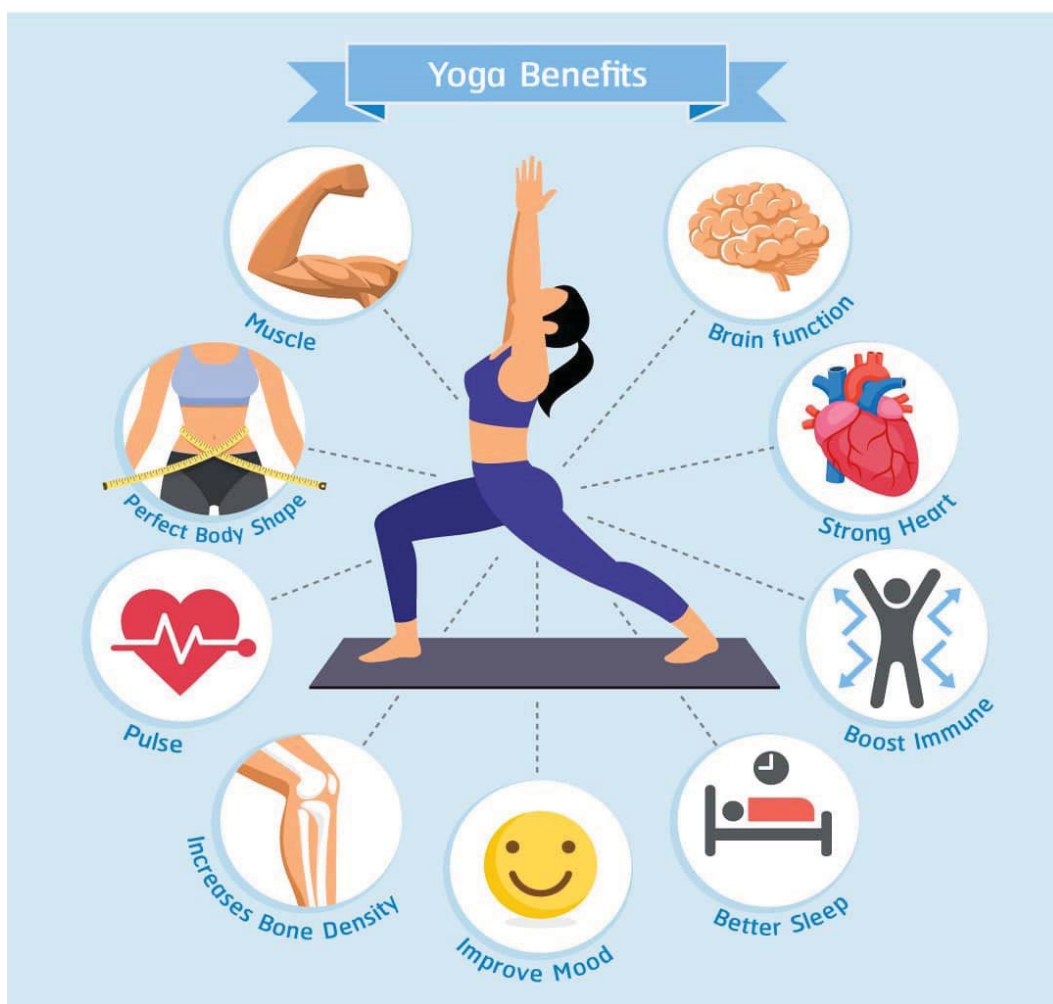
Review of Literature

A study on the effect of Yoga and pranayama exercises with focus on physical and physiological meditation was conducted in Yoga department of Karnataka University, Dharwad. It covered 30 boys between the ages of 12 and 15 were selected. An experimental group and a control group were formed from the subjects. For a total of 12 weeks, on alternate days of the week, the experimental group received yoga pran-

ayama and meditation. Participants in the control group did not engage in any meditation or yoga or pranayama exercises. According to the study findings, the experimental group significantly outperformed the control group in all of the selected physical and physiological characteristics, with the exception of systolic and diastolic blood pressure (Woodyard, 2011).

Praveenkumar et al (2011) studied the impact of yoga on health, using healthy volunteers in New Delhi who were aged 30-60 years. The results showed that participants' ratings on all four sections of the WHO QOL scale considerably increased after practising yoga when compared to the control group: physical health, psychological well-being, social relationships, and environmental quality. Practising yoga regularly can assist to raising one's quality of life.

Many people practise yoga to improve their physical fitness, reduce stress, and preserve their overall health and well-being. Additionally, they can be facing certain health issues including anxiety, arthritis, back pain, and neck discomfort. Yoga has generally outperformed control and



waitlist control conditions, while it hasn't always outperformed treatment comparison groups like other fitness regimens. Yoga has to be compared to active exercise groups in more randomised controlled research. It is ethically debatable to place individuals in inactive control groups when it has been demonstrated that yoga has positive effects on both physical and mental health. To begin with shorter sessions should be looked into for daily productivity and cost-effectiveness (Siddappa, 2020).

Yoga has become incredibly popular as a kind of therapy. Numerous studies and systematic reviews have shown that yoga may be effective in treating a range of psychosomatic conditions. Since it has been found that yoga practitioners are physically and mentally healthier and have better coping mechanisms than the general population, a healthy existence can be regarded as a by-product of using yogic techniques. Yoga also has beneficial impact on stress, mental health, cancer, pregnancy, and kids. The stimulation of the parasympathetic nerve system and the diminished reactivity of the sympatho-adrenal system and HPA axis are highlighted as psycho-neuro-endocrine changes. Changes in the various examined parameters are explained in depth with a wealth of references for the varied conditions. Thus Yoga has the potential to be therapeutic, preventative, and promotional. Living a yogic lifestyle offers many benefits to the practitioner. Yogic lifestyle, which is inexpensive and generally harmless, should be given a specific role in controlling and avoiding lifestyle-related diseases because they are frighteningly on the rise in our current society (Sharma et al, 2018).

Effects of yoga on health and disease

Physical Health

A beneficial impact on functional capacities and self-autonomy in older persons can be anticipated if physical fitness is maintained and physical functioning is improved. Further research should examine whether participants' self-worth and confidence would rise during the courses, as well as whether frequent classes might potentially boost social involvement and competence. Future research should examine the ideal yoga intervention period, as well as the best poses and yoga style, for senior citizens (Bhavanani, 2014).

Anxiety and Anxiety Disorders

The majority of studies revealed that yoga interventions had positive effects, particularly when compared to active controls like the relaxation response or to traditional pharmaceuticals, but also when compared to passive controls (like exam anxiety). There aren't any meta-analyses available right now

that would distinguish this important problem, though. According to an AHRQ report, yoga wasn't any more helpful than mindfulness-based stress reduction at lowering anxiety in patients with cardiovascular diseases (Bussing et al, 2012).

Depression

One of the most prevalent mental ailments in the world is depression. About 350 million individuals worldwide are thought to suffer from depression in some capacity. It is the largest cause of disability worldwide. According to the most current World Health Organization report (2016), depression significantly contributes to the overall global burden of disease. There are various evidences that yoga can help people with depression or their symptoms (Mehta et al, 2010). Yoga is considered as alternative medicine since it is effective at lowering stress, anxiety, blood pressure and depression. It also lowers the cost of medical care treatment (Shohani et al, 2018).

Cancer

Patients with colon cancer were found to benefit from yoga and naturopathy more than traditional therapy for a variety of reasons. Levels of the cancer embryonic antigen, total haemoglobin, stress, depressive symptoms, and anxiety all decreased (Burch et al, 2019).

General Health

Researchers found that the general state of health-related fitness, including BMI, variables for extremities' muscular strength, flexibility, balance, and cardiorespiratory fitness, increased after six months of three times-per-week practise of a progressive Vinyasa Flow series based on hatha yoga (Kumar et al, 2020).

Cardiorespiratory Health

The use of yoga in cardiac rehabilitation was mentioned in two researches. 'The Yoga-Care' patients who had just experienced an acute myocardial infarction were given a gentle yoga regimen that included breath control, meditation, and relaxation techniques. The yoga group had greater self-rated health, and they were quicker to resume their pre-infarct activities, according to the study. The other RCT 37 contrasted 33 people who underwent regular medical care with 33 participants who took part in a 1-hour, supervised yoga module three times per week for 12 weeks. The yoga group had a markedly lower rate of depression and higher quality of life after three months (Sharma et al, 2020).

Mental Health

When high-risk pregnant patients were hospitalised for bed rest, yoga practise dramatically reduced anxiety and depression compared to those

who did not receive it (Raghunath et al, 2020).

Digestive System

All geriatric illnesses, such as persistent digestive issues, particularly constipation, can benefit from yogic Ahara and Vihara. One can stop the pathophysiology of constipation, which is manifested by Agnimandya, by altering Ahara and Vihara. In the end, one should take the Laghu, Ushna, etc. to ignite the Jatharagni. Ahara in moderation and the practise of a particular Vihara through the adoption of particular asanas and mudras that target the digestive system, such as Vajrasana and Pavanmuktasana, can balance the digestive fire and eliminate constipation (Boraczynsky et al, 2020)

Integumentary System

Yoga practising impact on how quickly skin cells age due to its antioxidant molecular and cellular benefits. The intriguing relationship between insulin regulation and glucose management translates to a reduction in the effects of AGE protein accumulation in bodily tissue, and maybe even a reversal of those effects. Therefore regular yoga and contemplative practises approach help to holistic anti-aging aesthetic skin rejuvenation (Prabhakaran et al, 2020).

Role of Nurse

Yoga has been shown to be a successful intervention for nurses and healthcare professionals in management of perceived stress and burnout. Nurses should understand the condition, treatment, or method to determine what they are. Hence inclusion of yoga intervention as a choice in workplace training as a component of employee wellness initiatives is strongly advised.

Nursing implications are the results of anything that have an impact on nursing (a disease, a medication, a procedure) i.e. not the adverse medical effects, but the potential issues that may arise and require a nurse's intervention.

Implication of Yoga in Nursing

Based on pre- and post-measures of perceived stress, burnout, vitality, sleeps quality, tranquilly, and mindfulness, yoga has a significant impact on the health and well-being of nurses and other healthcare professionals. It is a practical choice that nurses can incorporate into their self-care routine. To help nurses and HCPs manage their own self-care, it is advised that applications be expanded to embrace technology in the form of apps or online courses (Helicove et al, 2021). Yoga practise can therefore assist nurses and their patients minimise lower back discomfort, boost wellbeing, and reduce stress.

Conclusion

Although physical illnesses and/or harmful circumstances may not entirely disappear from the body as a result of yoga, it does give a comprehensive approach to recovery. Yoga provides to its practitioners a timeless and all-encompassing concept of health and healing. Since its introduction to the West 100 years ago, from a mysterious religious practise, yoga has evolved into a vibrant field of integrative medicine. Yoga is meant to bring about inner peace and well-being, and there is undeniable correlation between a person's entire physical and mental health and the consequent outcomes. By making conscious decisions, yoga helps us live better and experience less suffering.

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हिंदी लेखकों से अनुरोध

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