

Effects of Yoga on Physical and Mental Health

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Abstract:-

Yoga has been an integral part of Indian culture since ancient times. Maharishi Patanjali has described the various forms and importance of yoga in a treatise called Yoga Sutras. It is rightly said by someone that if wealth is lost then something is lost but if health is lost then everything is lost. In the 21st century, COVID-19 pandemic has affected our health, both physical and mental. It is proved by this pandemic that yoga is the most effective way to prevent illness. Yoga has been the most important method of controlling the senses since ancient times. By controlling the senses, one's mental health is always good. By practicing regular yoga, many diseases can be avoided physically and mentally. Rather, the importance of yoga has increased more in today's hectic life because today man has forgotten his health in the race to get materialistic things, it is only the best remedy by which physical and mental health can be ensured.

Keywords:- Yoga, Health, Covid-19, Pandemic

Introduction:-

It is rightly said that a healthy mind resides in a healthy body and yoga is very important for our physical and mental health. Yoga and health have been considered related to each other since ancient times. Yoga has been given a very important place in ancient Indian texts. In the Vedic period and later Vedic period, sages used to gain control over their senses through yoga

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practice. Concentration of the mind is very important for sadhana . Yoga and meditation are helpful for the concentration of mind. According to the Gita, yoga is a technique by which health can be increased and sufferings can be eliminated. Maharishi Patanjali has described eight asanas of yoga in a book called Yoga Sutra which are essential for physical, mental and spiritual purification, but the irony of the modern age is that we have limited yoga to only a few asanas. In today's materialistic age, the meaning of yoga has changed from what it was in ancient times. Yoga enhances our health. Health means being situated in oneself which can be done only through yoga. Yoga has become a very important role in our life in the 21st century. COVID-19 has taken a serious toll on the physical and mental health of people.

Patients suffering from coronavirus had to face many problems like weakness, fatigue. Mental trauma was caused by corona to every person because everyone was living under the shadow of fear. But an important effect of Covid-19 which was seen on people, it explained the importance of better immune system and yoga is the most important contribution in making the immune system strong. Even today the people of India are physically more healthy than the people of western countries and this has been proved in Covid-19 because due to strong immune systems among the people of India, the death rate has been less than western countries especially in rural areas where yoga and physical activities are part of daily life, the impact of Covid-19 has been seen very little. In today's hectic life, due to increasing stress and many diseases, the importance of yoga has increased immensely. Its importance is proved by the fact that since 2015, June 21 is celebrated as International Yoga Day.

Effect of Yoga on Mental and Physical Health:

Yoga is a symbol of unity of body and mind, doing yoga not only keeps a person physically healthy but also keeps his mental health good. The effect of yoga on physical and mental health is described as follows:

Effect of Yoga in Mental Health

Yoga affects not only our physical health, in fact it is very important for our mental health as Dr. Nevins said "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration,"

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Remove stress:-

In today's hectic life, stress has become a part of our life. Man works like a machine, due to modernization and materialistic thinking of man, man has started ignoring his health in the race to earn money. Stress itself is the biggest disease which is the root of every physical and mental illness. Yoga is the only way to remove stress. It has been proved in many research studies that yoga reduces stress.

Fatigue :-

Yoga and meditation reduce stress as well as fatigue as yoga is essential for both physical and mental health. Due to Covid-19, people had stopped going out of the house and even after the end of corona, the effect of that thing is visible because now our dependence on technology has increased excessively which is having a dangerous effect on our health. From children to adults, excessive use of mobile phones and computers causes physical and mental exhaustion. There are many activities in yoga by which we can get rid of fatigue. Meditation is also effective in reducing fatigue.

Peace of Mind:-

According to the Patanjali yoga Sutra ,yoga closes down the feelings of frustration, regret ,anger, fear that can cause stress as we all know stress is the main reason behind migration in Romania. if one can learn to keep his mind calm, he will likely to leave a longer and healthy life

Immune system:-

Pranayama and asanas greatly improve the immune system. Yoga and meditation increase the amount of antibodies in the body, which increases the ability to fight diseases. Strengthening the immune system increases health. During the Covid-19 epidemic, people with weak immunity were more affected by corona, due to which people understood the importance of the immune system.

Nervous system:-

By doing yoga, the level of blood circulation of the body is good, which improves the nervous system. Many problems like varicose veins occur due to nerve disorder, but these problems can be controlled by yoga.

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Increase self-esteem:-

In today's time, many people are struggling with the problem of low self-esteem. This problem is more fatal among the youth, to get rid of which they resort to things like addiction and rating isolation, but this has a dangerous effect on their health. Only yoga and positive thinking can get rid of this problem. Due to today's hectic life and the problem of unemployment, there is a lot of lack of self-confidence among the youth, due to which gradually they fall in the grip of many types of mental diseases and when there is a need to get rid of these mental diseases. For this, if they adopt the wrong path, then physical diseases also grip them. Yoga gives concentration to the mind, changes body language and builds up confidence.

Improves sleep:-

Research studies prove that doing yoga relieves the problem of insomnia. Stress and anxiety are the main causes of sleeplessness.

Relieve Depression:-

Studies show that yoga can ease depression. In the Treatment of depression, yoga is comparable to other treatments like psychotherapy, meditation, medication and yoga helps to cure depression.

Effect of yoga on physical health

Improves Flexibility:-

At present, many physical problems are being born due to lack of physical flexibility because if there is not enough flexibility in the body then physical activities will be hindered. Yoga is an important means of increasing the flexibility of the body. After starting yoga, gradually the muscles of our body start to relax and the body becomes flexible. Problems are also being seen in the youth, which was once a sign of old age and there is not enough treatment for these things even in medical science. Yoga is the only way to deal with the problems caused by lack of flexibility.

Lower the risk of heart problem:-

Yoga reduces the risk of heart diseases. In today's era, due to the increase in sitting work, there has been a decrease in physical activities, which has a bad effect on the blood flow of the body. When the blood supply to the heart is

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obstructed, the risk of heart disease increases. If the focus is on the breath, then the blood circulation in the body increases which is good for the health of the heart. Doctors definitely recommend yoga to heart patients.

Improves your posture:-

Yoga Helps in Improving the Body Posture .There are many asanas which have a direct effect on the spine. Due to bad posture, many dangerous diseases like back pain and cervical cancer are born. Sitting in the wrong posture also increases the risk of bone fractures.

Drops your blood pressure:-

Yoga is a Sanjeevani herb for patients suffering from high blood pressure, it has been proved by many research reports on blood pressure disease that by doing yoga hypertension and high BP disease can be controlled to some extent. Shavasana is the best example of this.

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