

Physical and Physiological Effect of Yoga

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ABSTRACT

Everyone wants to be efficient, fit, and disease-free in today's competitive world. Yoga is an old practise that does not need additional time or technology. "Yoga also referred to an inner science comprising of a variety of method through which human being can realize this union and achieve mastery over their destiny. Physical and physiological fitness very important for every person. Regular yogic activity improve physical and physiological function such as maintain metabolism, increased muscle strength and flexibility, maintain, posture and reduce weight, decreases heart rate, maintain respiration process and blood pressure and improve the function of nervous and gland system. There are many types of yogic activity Asanas Paranayam and Shatkarma increase the physical and physiological function of human body

PHYSICAL AND PHYSIOLOGICAL EFFECT OF YOGA

Everyone wants to be efficient, fit, and disease-free in today's world. Daily official regular job is insufficient to stay fit, but he need stay in contact with varied exercise full routine work that is beneficial in maintaining physical fitness. Every guy nowadays desires to live a long life free of worry and tension. And for this, he must maintain a regular fitness training regimen.

Yoga is such a program which does not required more time and equipment. For these one has not to go outside and individual at his suitable time and according to his requirement can do the selected yogic exercise which will help individual to keep the balance of his physical requirement.

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"That which brings you reality," is what the name "Yoga" actually implies. It literally means "union." Individual manifestations of existence are surface bubbles in the process of creation, therefore union brings you to the ultimate truth.

Yoga has been practised for thousands of years, and while there are many various interpretations and techniques, the ultimate purpose of yoga is to achieve freedom from suffering, according to most people. Although each school or style of yoga has its unique emphasis and practises, the majority of them focus on bringing the body, mind, and breath together to change energy or shift awareness.

The physical practise of asana, a series of postures that are typically weaved together in forms such as vinyasa flow or ashtanga, is most generally linked with modern yoga. Asana practice is used to enhance strength, stamina, flexibility, coordination, and balance, as well as to calm the body. However, this only covers a minor part of the yoga tradition as a whole.

Physical fitness of an individual indicates the health status of the individual. It pertains to your body's capacity to operate together properly in order for you to remain healthy and execute daily activities. A healthy individual can go about their daily tasks, complete their duties at home, and still have the stamina to participate in sports and other leisure activities. Physical fitness refers to one's endurance, strength, management of disease, fatigue and stress and reduced sedentary behaviour.

Physiological fitness means that all the system of the body, anatomical, muscular, circulatory, nervous and glandular etc, should function efficiently to perform strenuous activities. Physiological fitness refers to proper growth and development of the body organ, proper neuro-muscular coordination, heart and lungs functioning, blood pressure and body composition.

Yoga is a spiritual, mental, and physical discipline that has been practised for thousands of years. People have identified a variety of health benefits associated with yoga over time. Yoga is an exercise that incorporates both the body and the mind, in addition to burning calories and building muscles. Yoga exercise is called Shatkarma, Pranayam and Asanas. Doing yogic activity on a regular basis has been shown to enhance physical and Physiological function such as increased flexibility, maintain metabolism and increase cardiovascular ability.

PHYSICAL EFFECT OF YOGA ON HUMAN BODY

Boost Up Metabolism - Metabolism is the chemical reaction in the body's cell that change food into energy. In simple word metabolism is the process by which your body converts what you eat and drink energy. Yoga Asanas improve intake of oxygen and speed up the metabolism to help your body burn more fat and facilitate weight lose. Routine yogic activity improve the metabolic system of your body.

Help in Lowering Blood Sugar -Blood sugar level less than 140 MG/DL is normal blood and a reading of more than 200 MG/DL indicate diabetes. Blood sugar or Glucose is the main sugar found in your blood and it comes from the food you eat and it is the main source of energy. Daily yoga activities maintain the blood sugar levels in the body and improve the body's sensitivity to insulin.

Increased Muscle Strength -Muscles strength relates to your ability to move and lift any object. Yoga (Asanas) can aid to tone and develop weak muscles in the body, preventing muscle tension.

Muscle fibers heal close together when not stretched properly, giving the muscle a compact, bulging appearance. Because you hold each posture for a certain amount of time and repeat it numerous times during a yoga session, it improves muscle capacity.

Yoga Increases Flexibility- Flexibility is the important part of physical fitness. Flexibility means the range of motion of your joint or the ability of your join to move freely. Regular yoga practice of different Asanas such as Parsvottanasana, Janu Sirsasana, Dhanurasnas, Halasanaetc. can improve the flexibility of a child.Yoga Asanas could help you in improving flexibility and also let you perform complex Asanas. Yoga asanas stretch your muscle and increase your range of motion.

Maintains Good Posture - Posture is a position of the body or the way in which someone hold the body when standing, seating, walking and laying. When you are working long time on desk and chair could not only hurt your spine but also make you feel tired at the end of the day. If you practicing certain Asanas definitely improving your posture, avoid posture deformities and prevent pain in your neck and lower back.

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Weight Reduction—Yoga may also be an effective tool to help you lose weight. Yoga can help to burn of calories and draw a considerable amount of weight. But the condition is to choose the right kind of your yoga Aasan and perform it correctly. There are many yoga Aasan to reduce the weight Utkatasans, Trikonasana, DhanurasanaSarvangaasan etc.

PHYSIOLOGICAL EFFECT OF YOGA ON HUMAN BODY

Physiological fitness that all the Physiological system of the body work efficiently. Yoga Asanas play important role of Physiological fitness. Asanas work on all the system of the body. It tones up the muscles, gland and maintain proper breathing. Yoga strives to increase self awareness on the physical and Physiological level. There are many Physiological effect of yoga on human body

Respiratory Effect— Respiratory system is one of the most important parts of the body since it is connected with whole body and supply oxygen to every cell. Yogic activities have been shown to reduce the resting respiratory rate. Yogic activity increases the vital capacity, breath holding time and maximal aspiratory and expiratory pressure. Pranayam activity like Ujjayi Pranayam, NadiShodhana, SuryaBhedana, Kapalbhatic shows the positive effect on the respiratory process.

Cardiovascular Effect— Cardiovascular fitness is one of the most important aspects of health. It relating to the circulatory system which comprises the heart and blood vessels. It is defined as the ability of the heart and lungs to supply oxygen to muscle tissue. The who has recognized cardiovascular or heart disease to be the leading cause of death globally. Generally yogic practices reduce the resting heart rate and blood pressure. Regular yogic practices prevent the circulatory related disease like blood pressure, heart attack and blockage etc.

Effect Of Nervous System - Nervous system is the main system of the body. It is controlling regulatory and communicating system of the body. All mental activity like thought, learning and memory are controlled by nervous system. Yoga may reduce the Sympathetic Nervous System(SNS) and increase Parasympathetic Nervous System(PNS), resulting reduction heart rate and blood pressure. Practice of yoga helps to gently can the nervous system releases fear and stress and improve to the power of your body and mind.

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Effect On Glands - Yoga not only plays an important role in maintaining out health and fitness but also has a very good effect on our endocrine system. Due to busy life style and stress people have a lot of hormonal problem. Yoga (Asanas) increases blood flow to brain and improve the functioning of glands. Yoga activity like Pranayam control your breath, it control both body and mind. Pranayam improve the relationship between hypothalamus, pituitary and other glands. YogNidra and yogic sleep control the stress and emotions.

Reproductive System - There are many study that show that yoga provide benefits to man and woman who are trying to bear a child. There are many “fertility clinic who offer fertility yoga” consists of a certain set of yoga Assam that will help in improving the chances of conceiving. There are many benefits of yoga while trying to get pregnant.

Reproductive health issues, as well as male infertility, are increasingly common these days. Various assisted reproductive technologies have been launched to remedy the problem, but the cost of such operations is out of reach for most individuals. Various Ayurvedic and other alternative medications, as well as regular yoga practise, have been shown to be useful not just in improving men's reproductive health and resulting in a healthy pregnancy, but also in regulating sexual desire in celibate males. Yoga has been shown to lower stress and anxiety, enhance autonomic functioning by stimulating neuro hormonal pathways and suppressing sympathetic activity, and more recently, multiple studies have demonstrated that regular yoga practise beginning in infancy is helpful to reproductive health.

Effect on digestive systems - the main function of digestive system is to break down food and absorb nutrients and eliminate of waste product. Sedentary life style, imbalance diet and stress are the main enemies of our digestive trac. As a result we may suffering number of disease like indigestion, gastric problem, constipation and diarrhea. If we do yogic activity in routine yoga can became good helper to avoid such problem. The positive effect of yoga on the digestive trac is that it's like an internal massage of the trac including the stomach area, intestine, liver and pancreas. The massage ensures the flow of blood and oxygen and also strengthens the

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muscle of the internal organs and result large amount of enzymes are generated in order to support the absorption of nutrients. There are many type of Asanas Utkatasana, Uttanasana, Balasanaetc improve the digestion process.

Conclusion –

Yoga is a spiritual and mental exercise that has been practiced for thousands of years and is based on the concept of harmony. People have identified a variety of health benefits associated with yoga over time. In number of area where yoga may be beneficial. Yoga practice improved the physical fitness like strength, endurance, flexibility etc and improve physiological fitness decreasing heart rate, maintain blood pressure, develop neuro-muscular coordination and maintain metabolism. Yoga keeps all the body active, undoubtedly, yoga activity improve physical and physiological ability and improve the quality of life.

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