

A STUDY TO ELABORATE TYPES OF YOGA AND EFFECT OF YOGIC PRACTICES ON DIFFERENT HEALTH CONDITIONS

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ABSTRACT

Yoga is a kind of physical exercise which originated in old India and it is practised widely across the planet nowadays. Yoga not just improves the physical power of yours but additionally contributes mostly towards the mental health of yours as well as spiritual development. Yoga not merely keeps you fit but even offers a great deal of long term advantages if you make it an essential component of the lifestyle of yours. You will find numerous types of yoga being practiced now. While just about all of those styles are based on a number of postures, each type has a specific emphasis. Together with being an excellent stress reliever, yoga exercises is able to boost your flexibility, strength, breathing and posture & lung capacity. In this study our main focus is to talk about different types of yoga and effect of it on curing various health conditions.

Keywords: Exercise, Types, Effect, Health, Yoga.

Introduction

Yoga is really an old Indian training that has been dated back to 2500 BCE. The first written information of the process consists of Patanjali's Yoga Sutras, written in roughly 400 CE, describing the philosophy of yoga exercises. At first utilized to purify the mental faculties & boost endurance of bodily hardships to recognize "Atman", or possibly one is true self, the sutras say nothing of body twisting or stretching during deep breathing. Describes fifteen postures & a good deal of strategies used currently in Western yoga practice. Being a result, modern day yoga is actually considered a discipline of both body as well as mind. Hatha yoga is in fact the origin of the vast majority of the current types practiced in North America. This unique yoga form has little to do with religious philosophy and is more focused around postures, breathing, and drills aimed to strengthen both the body and the mind. The very first statements made regarding yoga practise vary from the commonplace to the impressive. In Hatha Yoga Padipika, it has been stated that yoga practitioners can cure constipation, neutralise toxins, eradicate all illnesses, resist bad, and attain immortality.



Figure 1: Yoga Practice Session

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The use of yoga as a medicinal treatment, which started soon in the twentieth century, takes advantage of the different psychophysiological advantages of the behaviours of the components. Actual physical exercises (asanas) can well improve patient's physical flexibility, balance, and determination, while breathing techniques, along with meditation, can calm as well as concentrate the brain to create much better concentration, and thus minimise anxiety, and thus contribute to improved quality of life. Additional beneficial effects can include a decrease in anxiety, blood pressure, and change in endurance, mood, and metabolic control.

Yoga in Society Today

The use of yoga as an activity has been and is increasing in recognition in North America. In 2008, 15.8 million people studied yoga in the US, investing nearly six billion dollars on yoga lessons, clothes, and supplies. Three investments are expected to increase to 6.8 billion at the end of 2012 and to be valued at 8.6 billion by 2017. Provided that yoga certainly takes the place of most day-to-day physical activity for many, it must be measured to ascertain the health benefits of yoga in the different forms of yoga. In 2 recent aerobic exercise and metabolic or cardiovascular health enhancement meta-analysis, the median period of daily exercise services was indicated as twelve weeks, with a minimum of eight weeks, respectively. Research on beneficial facets of adult yoga has been performed in 6-24 week protocols, with lessons ranging from 2 to 3 days a week, length 60 to 90 minutes. As a result, yoga workout regimens are usually compatible with cardio exercise. However, yoga is not commonly classified as aerobic practise. The researcher observed that average metabolic costs over the whole Hatha yoga session reflect very low amounts of physical activity, equivalent to walking 3.2 kilometres per hour on a treadmill (kph). This does not meet the prescribed standards of physical activity for improving or likely preserving aerobic fitness or health, as provided by the Canadian Society of Exercise Physiologists (American College or Csep) of Sports Medicine (ACSM). In comparison, a lot of the yoga research focused on diabetes and illness recovery, or perhaps relaxation. Regardless of the common belief that yoga is simply physical activity, the evidence from published yoga study is not easily applicable to a healthier community.

In olden times, individuals lived lives which were intertwined with nature. They had been in the natural state of theirs and evolved in this state. There seemed to be an understanding of the symbiotic relationship between the mind as well as the body. Which only if both are actually in communion are actually bends and twists possible? To do this, control of breathing and self realization is essential. The concept of utilizing yoga for treatment of diseases, conditioning as well as in order to attain freedom from stress is actually a contemporary, and quite, shallow perspective. In early times, yoga wasn't simply a means removing diseases. For example, the focus on hygiene and hygiene was contained in old times also. Nevertheless, that didn't relate to just brushing, washing and common morning ablutions. It included keeping the mind of yours, as well as by extension, your thought process also, clean and pure. Put simply, it led to all round wellness.

Types of Yoga

- **Raja Yoga:** The term raja yoga means royal yoga and it is most often used in distinction to hatha yoga, the yoga of force. The latter is now extremely popular in the west though unfortunately, often in a regrettably distorted and unconventional form for the adherent of raja yoga. Yoga consists in' the restriction of the whirls of the mind (citta-vrtti-nirodha). He conceives the varied psycho psychological states as a supply of never ending bondage and suffering.
- **Hatha Yoga:** The word hatha has the literal meaning of' force, power, and exertion'. Based on the Yogasikha Upanisad (I.I33) it's additionally attributed with an esoteric significance in it's associated with the 2 syllables ha meaning' sun' and sa (=tha) symbolizing' moon'. Hathayoga would therefore signify the union of these 2 principles that are symbolic expressions of right current and the left of life force (prana) circulating in the' subtle body' (sukshmasarira).
- **Jnana Yoga:** The word jnana signifies' knowledge, insight', and jnana yoga is appropriately the' Yoga of Gnostic knowledge'. At times jnana is used to express probably the highest truth bearing illumination, but in the compound jnana yoga it's utilized in the sense of intuitive philosophical searching, and discernment (viveka)
- **Bhakti Yoga:** The term bhakti, produced from the root bhaj ('to share in, partake of') means' devotion, love' and bhakti yoga is actually the' Yoga of complete dedication to the Divine'. Sandilya, the writer of the Bhakthi Sutra (I.2), defines bhakthi as' supreme attachment to the Lord' He thinks the attainment of ecstasy as a second phenomenon.

- **Karma Yoga:** The term karman (or perhaps karma) created from the root kr ('to do') has many meanings; it means action, work, deed, product, result, etc. The word karma yoga is best translated as 'Yoga of [unselfish and correct] behaviour.' The starting point of this Yoga is, in truth, the awareness that life is really movement. Inactivity may only be a rejection of life itself. That's why it can't be a man's care case. What is required is a correctly channelled operation.
- **Asanas:** Asana is actually created from the verb root "as" meaning "to sit""to remain" etc. Based on Patanjali, Asana is actually defined as "SITHRAM SUKHAM ASANAM" PYS 11:46 implies the posture which is steady and relaxed. Asana means, then, a state of being in which one can remain mentally and physically still, relaxed, secure and silent. Yogasanas are not built for muscles, but only to bring the whole body to the pinnacle of primary potency and functional excellence through a series of precisely constructed positions.
- **Pranayama:** Pranayama is a real science. It is the management of the control or breathing of prana, and is essentially a stoppage of the inhalation and exhalation that comes after securing the steadiness of the seat or pose, Asana. As the Bible says, "Lord God created the male of the earth's ashes, and breathed into the nostrils of his breath of creation; and the male became a living being. The Sanskrit term prana means 'vital power' or 'cosmic energy.' In addition, it means 'life' or 'breath,' Ayama means the control of the prana.

Yoga and Cardiopulmonary Conditions

- **Blood Pressure and Hypertension**

Innes et al. published on thirty-seven studies evaluating the impact of yoga on hypertension and blood pressure, including twelve RCTs, twelve non-randomized clinical trials, eleven unregulated scientific studies, one cross-section study, and one person yoga study. Most people have registered a drop in systolic and/or diastolic pressure. However, there have been a variety of reported possible biases in the studies examined (i.e., confounding numerous other variables or lifestyle) and shortcomings in a number of publications that find it "difficult to identify an effect unique to yoga"

- **Pulmonary Function**

In his descriptive literature analysis, Raub also looked at studies assessing the impact of yoga on lung function in healthy volunteers and patients with chronic bronchitis and asthma. Indeed, changes in various dimensions of lung function through breathing regulation techniques, certain postures, and/or calming techniques are recorded in stable volunteers performing yoga. However, these changes were "not consistent and depended upon the length of yoga training, the kind of yoga practise used (e.g., breathing exercises and yoga postures), as well as the kind of subject" In addition, Raub cited a variety of research on asthma patients describing changes in peak expiration time, opioid usage and asthma attack duration. There were only a few slight and minor changes in lung function variables in the double-blinded RCT with placebo control. As a result, even more robust studies are needed to explain the value of breathing yoga activities for asthma sufferers.

Yoga and Metabolic/Endocrine Conditions

- **Glucose Regulation**

3 Systematic studies investigated the impact of yoga on risk indices linked to insulin resistance syndrome, risk profiles of adults with type 2 diabetes mellitus, and the treatment of type 2 diabetes mellitus.

- **Menopausal Symptoms**

The person analysis looked at the menopausal signs and examined three RCTs, one N RCT and three uncontrolled clinical trials. Even though some research experiments have been published "the evidence was not enough to propose that yoga is actually a highly effective treatment for menopause"

Yoga and Musculoskeletal Conditions

- **Musculoskeletal Functioning and Pain**

There were three systematic studies and two additional opinions on the impact of yoga on musculoskeletal function, chronic pain and pain-related impairment. 2 articles directly addressed low back arthritis or possibly discomfort, while the additional reviews outlined research on other chronic pain conditions, most of which concentrated on musculoskeletal problems and related disabilities. With regard to chronic back pain, the findings indicate that yoga is easier relative to control measures (including usual treatment or even conventional rehabilitation exercises), although other clinical trials have found little distinction between classes. 2 Recent and correctly powered back pain yoga experiments have been conducted and clinically relevant effects for yoga have been identified over normal health treatment from 6-12 months post-randomization, but not over vigorous stretching.

Yoga and Specific Diseases

- **Cancer**

With regards to cancer, you will find two studies and two meta-analyses (one with ten studies, and one "letter to the editor" with six studies). To explain the positive outcomes, Pukall and Smith proposed complex mechanisms that may include relaxation, dealing with self-efficacy, recognition, and techniques. While Lin et al. claimed that "findings are actually limited and preliminary and really should be confirmed through higher quality, randomised controlled trials," they nevertheless attested to "potential advantage of yoga for individuals with cancer in improvements of mental health"

- **Epilepsy**

One Cochrane review examined one RCT and one N RCT to determine the possible harmful effects of yoga in epilepsy therapy. However, the reviewers were not able to draw "reliable conclusions" whether yoga may be successful or not.

Yoga and Physical Fitness

- **Physical Fitness**

A critical study was carried out to determine whether yoga is capable of producing health in older adults. 10 trials of 544 participants (mean age six nine, nine \pm six, three) were included; five of these tests were RCTs and five were pre/post setup in a single arm. In terms of physical health and function, the studies reported moderate effects on weight loss, body strength, body stability, balance and gait. Nevertheless, there is a need for additional clinical experiments with appropriate control measures (specific and active) to validate these positive results. Maintaining conditioning and improving physical functioning may be predicted to have a positive effect on useful skills and self-reliance in older adults. Additional research must discuss whether or not the trust and self-esteem of individuals improves during the courses, and whether daily classes will also improve social engagement and competence. Compliance with the research of the study and long-term follow-up results may be a requirement for experiments involving elderly participants. Future research must look at the optimum period of yoga intervention, as well as the most suitable postures and yoga models for the elderly.

- **Sympathetic/Parasympathetic Activation**

Studies have been performed on the impact of yoga on sympathetic/parasympathetic activation and cardiovascular function, i.e. nine RCTs, 16 non-RCTs, 15 unregulated trials and two cross-sectional trials. Many scientific studies have given "some evidence that yoga promotes a decrease in sympathetic activation, improvement of cardiovagal function, and a change in autonomic nervous system balance from primarily sympathetic to parasympathetic" However, some of the studies used in the study showed less obvious or perhaps even conflicting results. Simply since all of these results are short-term phenomena, much more rigorous effort is required. An additional shortcoming is the fact that there are relatively few experiments that have investigated plasma catecholamine levels, most of which are only early studies.

- **Cardiovascular Endurance**

Raub's literature review, which included seven controlled scientific studies, reported "significant improvements in general cardiovascular endurance of younger subjects that were given varying periods of yoga training (months to years)". Outcome tests included blood lactate, anaerobic threshold, work performance, and oxygen intake during exercise training. Physical fitness, as predicted, increased in young adults or youth (athletes and untrained individuals) relative to various other forms of workouts, with prolonged time of yoga practise resulting in enhanced cardiopulmonary endurance.

Conclusion

Yoga means going into an experiential experience where one understands the true essence of life, the way it is created. Yoga does not refer to union as an ideology, a theory, or a principle that you imbibe. In yoga, by a step-by-step process we strive to dissolve the identity of the self in the consciousness of the spirit. We practise yoga by separating the mind and the senses from the plethora of disturbances of the world, in order to obliterate the borders of personality and form that we create for ourselves. In a real sense, yoga is the way to undo the mechanism of creation and our slavery to the chain of life and death. Essentially in tradition, when we apply the term "yoga" to something, it means that it is a full course by itself. If this is a full course of its own, how can it be contacted? If it was just a quick practice or workout, you would be able to handle it one way. When it was an art form or simply entertainment, it could be done in a particular manner.

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