



# Yoga is the Best Medicine for Health - A Short Review

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## ABSTRACT

This study's goal is to evaluate the conclusions of particular papers on "Yoga is the Best Medicine for Health - A Short Review." Health care practitioners should be aware of the nature of yoga and the data supporting its numerous therapeutic effects as participation rates in mind-body fitness programmes like yoga rise. As a result, this manuscript offers details on yoga's effects as they have been researched in various communities with reference to a wide range of different diseases and disorders. Yoga postures and practises are used in therapeutic yoga to treat medical disorders. It also entails receiving education in yogic teachings and practises to prevent, lessen, or eliminate limits caused by structural, physiological, emotional, or spiritual pain. According to the study's findings, yoga improves a number of bodily functions, including muscular strength and flexibility, respiratory and cardiovascular health, addiction treatment and recovery, stress reduction, chronic pain management, and sleep quality. It also reduces anxiety and depressive symptoms. Overall, yoga is the greatest and most affordable kind of medicine.

**Keywords:** Alternative therapy, depression, pain, quality of life, therapeutic yoga, Best medicine, Healthy Life, Yoga

## INTRODUCTION

Health-related issues are currently people's number one problem. Humans are prepared to spend increasingly more money for a healthy life. However, there is a free treatment that may heal all diseases, allowing people to live healthy lives. Yoga is the name of the form of treatment.

There has been considerable increase in the popularity of yoga during the past few decades. Due to yoga's numerous advantages, celebrities and medical professionals are also embracing and promoting daily practise. While some people view yoga as just another trendy workout and connect it to new age mysticism, others attest to how amazing this form of physical activity feels.

Yoga is a type of mind-body exercise that incorporates both physical exercise and an inwardly directed attentive emphasis on awareness of the self, the breath, and energy. The teachings of yoga and its healing techniques are based on four fundamental ideas. The first principle states that the human body is a holistic entity made up of multiple interrelated dimensions that cannot be separated from one another, and that the wellbeing or illness of any one dimension has an impact on all other dimensions.

**OBJECTIVES OF THE STUDY**

1. To know the concept of yoga
2. To know to significant of the Yoga
3. To know the different types of yoga
4. To know the limbs of yoga
5. To Know the benefits of yoga in mental/spiritual/physical health
6. To know the disease cured by the yoga

**RESEARCH METHODOLOGY**

The study is based on secondary data.

- Journals
- Articles
- Books
- Related Websites.

**REVIEW OF LITERATURE**

- 1) Lee SW, Mancuso CA, Charlson ME. Prospective study of new participants in a community-based mind-body training program. *J Gen Intern Med.* 2004;19(7):760-5.

FINDING: A 3-month yoga program improved mental health scores and other quality of life measures. Yoga Type: Dahn-hak. 1) stretching exercises for large muscle groups and shoulders, neck, hips, back, and knees, 2) postures are held for “energy accumulation 3) 5- to 10-minute meditation intended to facilitate “energy awareness”, 4) repetition of the large muscle group stretches. Yoga Frequency/Duration: 1-hour class offered 2-to-3 times per week for 3 months.

- 2) Birdee GS, Legedza, AT, Saper RB. Characteristics of yoga users: results of a national survey. *J Gen Intern Med.* 2008;23(10):1653-1658.

FINDING: A national survey of yoga users showed it to be helpful for overall health and well being, mental health, and musculoskeletal conditions. Yoga Type: N/A Yoga Frequency/Duration: Self-report that person had practiced yoga during past 12 months (and not tai chi or qi gong)

- 3) Woolery A, Myers H, Sternlieb B, Zeltzer L. A yoga intervention for young adults with elevated symptoms of depression. *Alter Ther Health Med.* 2004;10(2):60-63.

FINDING: A 5-week program of yoga showed reductions in depression and anxiety among young adults. Yoga Type: Iyengar Yoga Frequency/Duration: Two 1-hour classes per week for 5 weeks

- 4) Gupta N, Khera S, Vempati RP, Sharma R, Bijlani RL. Effect of yoga based lifestyle intervention on state and trait anxiety. *Indian J Physiol Pharmacol.* 2006;50(1): 41-47.

FINDING: Short educational program for stress management and lifestyle modification based on yoga leads to reduction in anxiety. Yoga Type: Asanas and pranayama Yoga Frequency/Duration: 8-day outpatient course, 3-4 hours/day, over 10 days (with a 2-day weekend break)

- 5) Peck HL, Kehle TJ, Bray MA, Theodore LA. Yoga as an intervention for children with attention problems. *School Psych Rev.* 2005;34z:415-424.

FINDING: A small study showed an improvement in “time on task” for elementary school students with attention problems. Yoga Type: “Yoga Fitness for Kids” DVD by Gaiam (2003). Deep breathing, postures, and relaxation exercises. Poses included frog, downward dog and bridge. Movement in a gamelike manner interspersed between poses. Ended with guided imagery while lying on their backs. Yoga Frequency/Duration: Two 30-minute sessions per week for 3 weeks.

6) Jain SC, Rai L, Valecha A, Jha, UK, Bhatnagar SO, Ram K. Effect of yoga training on exercise tolerance in adolescents with childhood asthma. *J Asthma*. 1991;28(6):437-442.

FINDING: Yoga training improved pulmonary function and exercise capacity in children and teens with asthma. Yoga Type: Yogic cleansing procedures, postures, and breathing. Yoga Frequency/Duration: Daily for 90 minutes in morning and 1 hour in evening for 40 days.

7) Kristal AR, Littman AJ, Benitez D, White E. Yoga practice is associated with attenuated weight gain in healthy, middle-ages men and women. *Altern Ther Health Med*. 2005;11(4):28-33.

FINDING: Practicing yoga for four or more years slowed weight gain in middle-ages adults. Yoga Type: N/A Yoga Frequency/Duration: Self-report of number of days per week and minutes per day they practiced yoga and the number of years. Yoga practice was grouped into three categories of increasing intensity.

8) Yang K. A review of yoga programs for four leading risk factors of chronic diseases. *Evid Based Complement Alternat Med*. 2007;4(4):487-491.

FINDING: Yoga programs may be effective in reducing body weight, blood pressure, blood glucose, and cholesterol. Yoga Type: Other than duration and frequency, most articles did not describe the yoga sessions in detail. Of the few articles that did identify the type of yoga studied, the most common was Hatha yoga. Yoga Frequency/Duration: The most common duration and frequency of yoga sessions in the studies were 30-60 min per session, with sessions meeting daily for 4-10 weeks. Many studies also used sessions meeting 2-3 times per week for 8-12 weeks.

9) Pullen PR, Thompson WR, Benardot D, Brandon LJ, Mehta PK, et al. The Benefits of yoga for African American heart failure patients. *Med Sci Sports and Exerc*. 2010;42(4): 651-657.

FINDING: Yoga improves cardiovascular endurance for African Americans who have suffered from heart failure. Yoga Type: Pranayama and Asanas. Yoga Frequency/Duration: 5 minute warm-up, including breathing exercises a 40 minute period of postures, ending with a 15 minute relaxation phase. Patients attended a total of 16 supervised sessions over an 8-10 week period.

## What is yoga?

The Sanskrit term for yoga means "yoke" or "unity." To bring together, to bind together, or to unify is to yoke. It seeks to yoke or bring about a union of the physical body, mental state, spiritual state, and global awareness. Deep states of liberation, tranquilly, and self-realization are only possible for yogis through the process of merging the physical, mental, emotional, and spiritual elements of oneself.

Yoga is a collection of physical, mental, and spiritual disciplines that have their roots in ancient India. They are meant to calm the mind and help practitioners recognise an objective witness awareness that is unaffected by mental chatter and everyday suffering.

Yoga is a long-standing system of mental, physical, and spiritual exercises that have been imparted from teacher to student through the ages. Yogic practises include various forms of meditation, breathing exercises, postures, and relaxation. There are numerous variations of yoga, each with its own special goals and methods for achieving a state of unification.

## 8 limbs of yoga:

The Yoga Sutras, a classic work by Patanjali, lay out the foundational principles of yoga philosophy and practise. To achieve the practice's objective, he outlines eight limbs or steps. Each limb consists of a complementary practise in either the spiritual, mental, or physical realms. The eightfold path has the following limbs:

1. Yama – The moral codes of conduct
2. Niyama – The physical observances and internal practices
3. Asana – The proper posture
4. Pranayama – The proper breathing exercises
5. Pratyahara – The withdrawal of senses from external distractions
6. Dharana – The mental concentration and focusing the mind
7. Dhyana – The meditation and focus on a single point
8. Samadhi – The cessation of all mental activity to attain a state of oneness

## The practices of yoga:

The traditional yoga has six primary branches. Through various yoga techniques, the aim of union is attained in each of them. Depending on the practitioner's temperament, talent, and ability, each of these various parts of yoga will speak to them in a different way.

These are:

- Raja (the royal path) – focuses on meditation practices
- Karma (the path of action) – focuses on action and service in daily life
- Jnana (the path of knowledge) – focuses on discriminative wisdom and self inquiry
- Bhakti (the path of devotion) – focuses on devotion to God
- Tantra (the path of ecstasy) – focuses on ritual and initiation
- Hatha (the forceful path) – focuses on energy and movement of the body

## 9 Benefits of Yoga:

1. Yoga increases flexibility, balance, and strength.
2. Yoga provides relief from back discomfort.
3. Yoga can lessen the effects of arthritis.
4. Yoga is good for your heart.
5. Yoga helps you unwind and fall asleep more easily.
6. Yoga may result in increased vigour and happier moods.
7. Yoga aids with stress management.
8. Yoga makes you part of a community that is encouraging.
9. Yoga encourages improved self-care.

## **Mental / Spiritual Benefits Of Yoga**

### ***Relieve depression:***

According to studies, yoga can help with depression. Yoga has been compared by researchers to other therapies including medication and psychotherapy. Yoga typically costs little money and has fewer adverse effects than many medications. Even people with significant depressive disorder can benefit from it.

### ***Reduce stress:***

In a survey asking Americans why they practised yoga, 86% of them responded that it helped them manage stress. Tension can be decreased by contracting and relaxing the muscles. The relaxed environment, soothing music, and upbeat attitude that are common in yoga courses may also be helpful to you.

### ***Ease anxiety:***

Yoga helps with anxiety. Yoga's emphasis on breath control may be particularly useful because anxiety and breathing issues are related.

### ***Improve sleep:***

According to research, yoga can enhance sleep. For older folks specifically, this might be true. Participants in a yoga study who were over 60 years old reported better sleep both in terms of quality and quantity.

### ***Enhance social life:***

You might gain from talking to other people in your group if you take a yoga class in person. The benefits of social connections can be seen in both mental and physical health. Additionally, synchrony—a term used to describe coordinated behavior—brings about particular social advantages. You may feel a sense of community and stronger bonds with the group if you move and breathe at the same time as everyone else.

### ***Promote other healthy habits:***

Yoga practise may increase your propensity to make healthier eating selections. A gateway to other forms of exercise could be opened up through yoga. You may be motivated to make more healthy lifestyle adjustments by being around other health-conscious individuals.

In addition to these advantages, yoga may be helpful for people who want to reduce their weight, give up smoking, or manage chronic illnesses. Naturally, your outcomes may differ. Your results may vary depending on your mindset, the calibre of your teacher, and the kind of yoga you practise.

### ***The Spiritual Stretch:***

Moving from one pose to the next is a physical component of yoga practise. Regular yoga practise gradually improves your strength and endurance. Because without this it will just be a workout or a stretch class, the spiritual benefits come when you go much wider.

### ***Yoga Makes You More Inspired and Creative:***

Thoughts of anxiety frequently keep us from realising the direction, knowledge, and inspiration that are constantly present deep within us. Regular yoga or meditation practise, which largely focuses on calming and clearing our minds, helps us access a deeper reservoir of inner inspiration, hope, and well-being.

***It Improves Focus:***

Regular yoga and meditation sessions help people become more present and focused. People tend to improve their capacity to concentrate and increase their ability to focus on the problems at hand whether they are performing a difficult position or carefully following the step-by-step motions of a Yoga sequence.

***Cultivating Awareness:***

When someone makes a commitment to a regular yoga practise, they aim to experience and become conscious of the energy and spirit both inside and outside of them. In this context, the term "spirit" refers to higher consciousness, which is characterised by a motivating drive, high motivation, and the ability to rationally explain our thoughts and actions.

***It boosts confidence:***

Are you someone who experiences self-esteem issues and gets nervous easily around other people? Even if you consider yourself to be a "people person," I'm sure you've gone through periods of anxiety and low confidence.

**Physical Benefits Of Yoga Include:**

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

**DISEASES CURED BY YOGA*****Asthma:***

Practice different yoga forms, such as pranayama and aulom-vulom, is the only long-term treatment for asthma. While inhalers can provide quick relief during an asthma attack, yoga is the only long-term treatment available.

***Arthritis:***

Unfortunately, there is currently no permanent treatment for arthritis, which frequently results in severe joint pain. Suryanamaskar, however, is a flexible, powerful, and all-natural technique to manage the level of discomfort brought on by the condition.

***Diabetes:***

Although diabetes is now an incurable condition, regularly performing yoga asanas like the triangle position can significantly lower blood sugar levels.

***Hypertension:***

One of the main reasons of high blood pressure is stress. Only consistent practise of meditative yoga asanas like pranayama can permanently reduce high blood pressure.

***Depression:***

Many people use sleeping aids and antidepressants to treat their depression. One of the most effective treatments for depression is the yoga pose uttanasana.

***Liver problems:***

Bridge pose and cat pose are examples of nasic yoga postures that can improve blood circulation in the abdomen and support the maintenance of a healthy liver.

***Lower back pain:***

Lower back discomfort is a common ailment among employed people. Even surgery is frequently performed to provide relief. Tadasana and other yoga asanas, such as the tree posture, can be used as organic solutions to issues.

**CONCLUSION**

From the above research it can be concluded that YOGA plays very vital role in the context of healthy life of the human. Now yoga therapy is the best free medicine for the maximum all disease of the human. It increases both mental and physical health as well as spiritually health of the human. Almost every kind of diseases cured by yoga as it gives many benefits to the human health. It improves the stamina and powers of the human as it have different types of asana. Overall it is the best and alternative to Ayurvedic and allopathic medicine. So Yoga is the Best Medicine for Health.

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