

## Review Article

### Yoga on Mental and Physical Health

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#### Abstract

The review article states that yoga has been used the ancient India thousands of years and their benefits have been repeatedly documented by physiological and psychological problems. Yoga can formulate a positive change in people suffering from these distressing states of mind and behavior it is proved can help the reducing their stress, anxiety, depression, phobia etc. This view states, that mental health is not solely comprised of a reduction of negative symptoms and its work towards balancing the excitatory neurotransmitter levels in the brain.

**Keywords:** Meditation; Mudras; Pranayama; Yoga

#### Introduction

Yoga is a new way of life. Yoga is derived from the Sanskrit word (yolk) which means to unite. From a philosophical angle, this practice of “Unifying Soul and Body” is 5000 years old. Traditionally thought as a mode of exercise, yoga is now being portrayed as a remedy for several illnesses including the physical, mental, and spiritual practices or disciplines which originated in ancient India.

It was formalized in the second century BC in the form of the Yoga Sutras, attributed to the scholar Patanjali. “Yoga is a very effective stress reduction and relaxation tool. This effectively produces relaxation in much the same way that a massage does. Yoga practice also draws attention towards breathing, which produces a meditative and soothing state of mind”.

#### Yoga and Mental Health

##### Regulates Adrenal Glands

Yoga can normally regulate the adrenal glands’ secretion of cortisol in response to an acute crisis, which can boost immune function and help with long-term memory, additionally yoga has been linked with major stress, depression, osteoporosis (it extracts calcium and other minerals from bones and interferes with the laying down of new bone), high blood pressure, and insulin resistance.

##### Increases Self-Esteem

Many of us suffer from chronic low self-esteem. If you handle these negatively- -take drugs, overeat, work too hard, sleep around- -you may pay the price in poorer health physically - mentally, and spiritually. If you practice yoga with an intention of self-examination and betterment, you can access a different side of yourself.

##### Gives Peace of Mind

Yoga quells the fluctuations of the mind, according to Patanjali’s Yoga Sutra. In other words, it slows down the mental loops of frustration, regret, anger, fear, and desire that can cause stress. And since stress is implicated in so many health problems-from migraines and insomnia to lupus, MS, eczema, high blood pressure, and heart attacks-if you learn to quiet your mind, you’ll be likely to live longer and healthier.

##### Boosts Immune System

Functionality poses (asanas) and pranayama probably improve immune function, but, so far, meditation has the strongest scientific support in this area.

##### Releases Tension in Limbs

These unconscious habits can lead to chronic tension, muscle fatigue, and soreness in the wrists, arms, shoulders, neck, and

face, which can increase stress and worsen your mood. As you practice yoga, you begin to notice where you hold tension: It might be in your tongue, your eyes, or the muscles of your face and neck. If you simply tune in, you may be able to release some tension in the tongue and eyes.

### **Maintains Nervous System**

Yogis can control their bodies in extraordinary ways, many of which are mediated by the nervous system. Scientists have monitored yogis who could induce unusual heart rhythms, generate specific brain-wave patterns, and, using a meditation technique, raise the temperature of their hands by 15 degrees Fahrenheit.

## **Yoga and Physical Fitness**

### **Improves Flexibility**

Improved flexibility is one of the first and most obvious benefits of yoga. Tight hips can strain the knee joint due to improper alignment of the thigh and shin bones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture.

### **Ups Heart Rate**

Yogic poses like savasana, birthing techniques practice, lowers the resting heart rate, increases endurance, and can improve your maximum uptake of oxygen during exercise—all reflections of improved conditioning. Pranayama could do more exercise with less oxygen.

### **Drops Blood Pressure**

If you have high blood pressure, you might benefit from yoga. Two studies of people with hypertension, published in the British medical journal *The Lancet*, compared the effects of Savasana (Corpse Pose) with simply lying on a couch. After three months, Savasana was associated with a 26-point drop in systolic blood pressure (the top number) and a 15-point drop in diastolic blood pressure (the bottom number—and the higher the initial blood pressure, the bigger the drop).

## **Discussion**

These below reviews are suggested that yoga may be beneficial therapeutic intervention for many conditions (e.g., stress, anxiety, depression and pain etc...). Derebail Gururaja, et al. (2011) [1] studied that the Reduction in State and Trait anxiety score signifies that yoga has both immediate as well as long-term effect on anxiety reduction. Thus, yoga helps to improve the mental health in both the groups. Arndt Büssing, et al. (2012) [2] suggested to the positive benefits of yoga may help to improve patient self-efficacy, self-competence, physical fitness, and group support, and may well be effective as a supportive adjunct to mitigate medical

conditions, but not yet as a proven stand-alone, curative treatment. Balasubramaniam M, Telles S and Doraiswamy PM (2013) [3] studied that the yoga is a long-term efficacy are needed to fully translate the promise of enhancing mental health. Ingunn Hagen and Usha S. Nayar (2014), Davendra Kumar Taneja(2014), Chu, et al. (2014) [4-6] suggested that the yoga is a holistic way of life leading to a state of complete physical, social, mental, and spiritual well-being and harmony with nature. Singh and Amarendra N. (2015) [7] studied that the Yogic approaches have been successfully used in the management of bronchial asthma, essential hypertension, mucous colitis, peptic ulcer, cervical spondylosis, chronic sinusitis, intractable pain, personality disorder, anxiety reaction, anxiety, depression, gastritis and rheumatism. Yoga therapy emphasizes self-regulation by patients and stresses the importance of somatopsychic functioning of the individual. The spiritual itinerary of yoga is discussed and emphasis is given to its use in these psychosomatic diseases where therapeutic effectiveness can be demonstrated logically and scientifically. Arun Kumar Nayak (2016), Raja (2016), Kusuma (2016), Shivarama Varambally and B. N. Gangadhar (2016), Farahnaz Davar, et al. (2016), Goyal M, et al. (2016) [8-13] report that the emotional well-being, happiness and self-realization. Yoga, among other activities, is in line with this new view, in the sense that it practices key aspects of positive psychology, [14] recommended that yoga should be a part of health-care facilities for elderly as it can enhance the quality of life by improving their overall mental health status, yoga may help to improve patient self-efficacy, self-competence, physical fitness, and group support, and may well be effective as a supportive adjunct to mitigate medical conditions.

## **Conclusion**

Yoga affects every cell of the body. It brings about better neuron-effectors communication, improves strength of the body, increases the optimum functioning of all organ-systems, increases resistance against stress and diseases and brings tranquility, balance, positive attitude and equanimity in the practitioner which makes him lead a purposeful and healthier life.

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