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Benefit of yoga for special child

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Abstract

Yoga is a way to become our body and mind healthy. Every person needs basic quality of fitness for doing their daily routine work. Yoga helps a person to feel and understand the body process more accurately thereby learning what body need .for disable child yoga have more importance Yoga practice among people with disabilities has long been associated with a number of physical benefits including lowered blood pressure and reduced heart rate, reduction in inflammatory responses, and reduction of pain. The many positive effects observed among those persons with disabilities or chronic illness who practiced Yoga were thought to be brought about by the stimulation of pressure receptors under the skin (much like massage therapy) which causes an increase in vagal activity and a decrease in cortisol- a primary stress hormone. The mechanisms by which these systems operate have not yet been explored, but positive outcomes in terms of patient reported Quality of Life and reported levels of pain have been documented. Yoga is often a slow and meditative process, so it helps these individuals slow down and increases attention and focus. Yoga is empowering because it meets the individuals at their current level of functioning and moves forward towards meeting achievable goals; the limits of individuals are accepted, and with the help of the instructor, they work through those struggles. The instructors use typical yoga poses such as the downward dog or cobra pose, and each one is adapted for a child's needs or goals.

Keywords: Yoga, special child, cortisol and vagal activity

1. Introduction

The Sanskrit word, Yoga, is often translated into English as “to unite”, “to yoke” or “to control”. The term “Yoga” refers to a set of disciplines which originated in India whose goal is to assist people in attaining a state of perfect spiritual insight and tranquility. This state is brought about by a person performing specific physical and mental exercises to achieve the union of physical, mental and spiritual states.

2. Role of yoga for disable child

Yoga practice among people with disabilities has long been associated with a number of physical benefits including lowered blood pressure and reduced heart rate, reduction in inflammatory responses, and reduction of pain. The many positive effects observed among those persons with disabilities or chronic illness who practiced Yoga were thought to be brought about by the stimulation of pressure receptors under the skin (much like massage therapy) which causes an increase in vagal activity and a decrease in cortisol- a primary stress hormone. The mechanisms by which these systems operate have not yet been explored, but positive outcomes in terms of patient reported Quality of Life and reported levels of pain have been documented. Major benefits of yoga for disable child are following

2.1 Rheumatoid Arthritis (RA): RA is a chronic, disabling disease that can compromise mobility, daily functioning and health-related quality of life in adolescents and young adults. Symptoms include pain, swelling, stiffness and loss of joint function. Young people with this diagnosis have reported increased depression and pain are more likely than others to use health care services and less likely to attend school leading to decreased anticipation of future employment and achieving psycho-social developmental norms. Yoga participation in this group significantly increased handgrip strength and mobility, and reduced pain as evidenced by the 90% of participants who reduced their former level of pain medication.

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2.2 Chronic Lower Back Pain (CLBP): CLBP affects one percent of the US population and is associated with the lowest Quality of Life ratings among all non-malignant chronic pain surveys. Reduction in quality of life is related to sleep disturbances, fatigue, medication abuse, functional disability and stress. Psychological factors such as depression, anxiety, fear and anger are considered to have a large impact on persons with this condition. The intensive practice of Yoga by a controlled cohort of patients with CLBP in a residential program resulted in significantly reduced pain levels among 58% of participants which were thought to be related to changes in a learned pattern of response to pain and negative self-talk.

2.3 Diabetes: Some 18.8 million Americans have a diagnosis of Diabetes. It has been reported that another 79 million Americans are “pre-diabetic”. A seven year study of persons with both Type I and Type II Diabetes was conducted in which participants took part in varying types of Yoga exercises and received dietary advice. Measurements of glucose levels, body composition, exercise tolerance, hypertension and cholesterol were taken regularly throughout the seven years. There was a significant drop in blood glucose levels for participants, a significant decrease in body fat and an increase in lean body mass. Blood pressure dropped, LDL decreased and HDL cholesterol increased. Many participants were able to reduce their medication levels.

2.4 Reduced heart rate: A high heart rate could be the result of stress or anxiety. When you are under duress, your body releases a chemical called adrenaline as part of the “fight or flight” response. Adrenaline increases your breathing and heart rates in an effort to help you deal with the cause of the stress. Breathing exercises can help calm the fight-or-flight response and return your breathing and heart rates to normal without the use of drugs.

2.5 Control blood pressure: Recent studies indicate that keeping your muscles flexible and pliant, e.g. through regular yoga stretches, may also help keep the arteries pliable and thereby lower blood pressure naturally. A study in the American Journal of Physiology has found that, among people 40 years old and older, performance on the sit-and-reach test could be used to assess the flexibility of the arteries. This simple test of being able to touch your toes from a sitting position, may indicate the degree of arterial stiffness, which often precedes cardiovascular disease. According to the authors, stretching exercises may set into motion physiological reactions that slow down age-related arterial stiffening.

2.6 Reduction of pain: Chronic low back pain (CLBP) affects millions of people worldwide, and appears to be increasing in prevalence. It is associated not only with pain, but also with increased disability, psychological symptoms, and reduced quality of life. There are various treatment options for CLBP, but no single therapy stands out as being the most effective. In the past 10 years, yoga interventions have been studied as a CLBP treatment approach. The objective of this paper is to review the current literature supporting the efficacy of yoga for CLBP.

2.7 Decrease anxiety and depression improve sleep: Yoga, meditation, and mindfulness are the latest “next wave” therapies to encourage better sleep and

treat insomnia. Over 55% of people who do yoga (link is external) find that yoga helps them get better sleep. Yoga, including physical poses, breathing techniques, and meditation, can help calm down a busy mind and get rid of nervous energy. Yoga has both energizing (brahmana in Sanskrit) and calming (langhana) elements and the combination of the two can achieve a sense of balance. Yoga also helps you become more aware of the mental and physical states that are preventing sleep. Yoga can be safely integrated with the current main form of therapy(link is external)for insomnia: cognitive behavioral therapy for insomnia .Using yoga to improve the quality of your sleep will benefit your digestive system as a sound night’s sleep provides a prolonged rest to your entire system, during which you spend time in the rest and Digest state.

2.8 Therapeutic for thyroid conditions: A proper yoga plan for such guidelines will include deep relaxation through meditation, slow and therapeutic asana practice that leads to strengthening the body and awareness on mind, body and breath, engaging pranayama and more meditation after asanas, and mudras for further meditation. One can clearly see from the patient testimonials above that teaching yoga to sufferers of hyperthyroidism is very challenging. While developing a balanced yoga therapy plan I focused on the following factors that most students will be challenged with and that must be considered to prevent further strain on the student:

2.9 Yoga develops motor skills: Kids with autism frequently experience delayed motor development, which can be improved as yoga tones muscles, enhances balance and stability, and develops body awareness and coordination. As motor skills develop, children have a greater sense of their physical self in space and in relation to others, and can improve their gait and stability. This leads to...

2.10 Yoga provides sensory integration: Children with autism often suffer from a highly sensitive nervous system and are easily over stimulated by bright lights, new textures, loud noises, strong tastes and smells. Yoga’s natural setting of dim lights, soft music, smooth mats, and “inside” voices creates a comforting environment largely protected from unknown or aggressive stimuli in which calming down becomes enjoyable. Yoga’s physical poses allow nervous energy to be released from the body in a controlled manner, also leading to a calming sensation. Less stimulation means less uncontrollable behavior, outbursts and repetitive nervous movements – which is further enhanced by...

2.11 Yoga facilitates self-awareness: Yoga is particularly instrumental in helping kids with autism learn self-regulation. By becoming aware of their bodies and aware of their breathing, yoga provides them with the ability to cope when they start to feel anxious or upset. Many 'Yoga for Autism' classes teach yoga poses or breathing techniques specifically intended to help children contend with their escalating emotions. Since these children are visually oriented, savvy instructors add a visual element so that the child has a colored picture of each pose near his or her mat. Often, classes incorporate other experiences known to benefit a child on the autism spectrum, such as massage, music, dance, rhymes and stories

2.12 Yoga engages the emotional brain: We all know that yoga is far from purely physical, and this combination of movement, music, breath work and storytelling activates the brain's emotional region. This encourages children to develop awareness of their emotions and those of others, as well as keeps their attention in the class. Music is another powerful tool that the yoga instructor can share with parents to use at home to recreate the environment of a yoga class.

2.13 Yoga is orderly and consistent: Ideally - the class will be scheduled at the same time and same day of the week, with the students' mats in the same layout, in the same room, with the same instructor(s). In my experience, there was one instructor per student, with the pairing the same week after week to impart a sense of trust and steadiness. This element of order is very important for a child and communicates stability – a state much preferred to being unexpected and thus out of control. Students may also enjoy learning yoga sequences, such as modified sun salutations, that are performed in the same order at every class. The class should have an opening and closing routine or practice – singing, tuning in, etc. – that further supports the students' need for order.

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