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Yoga in management of lifestyle disorders in covid-19 period

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Abstract

Aim of this text yoga components in interference and management of life style in Covid-19 scenario. This paper summarizes vital findings of a look on yoga in life style disorders. The bulk of studies on yoga vas, metabolism and metabolic health show positive trends and this augurs well for the long-term of health care in usually and therefore the use of yoga as a locality of integrative health care above all. Some others edges of yoga might occur due to its life style elements like that healthy diet, activity, relaxation, and positive angle moreover as psychoneurotic harmonizing effects of Posture, Pranayama, Kriyas, Meditation, and Yogic Achar or healthy activities, Vicara or healthy thoughts, Ahara or healthy food, and Vihara or healthy recreation. Yogic activities ought to stop progression of the malady and managing life style disorders during this covid-19 amount.

Keywords: lifestyle, disorders, management, yoga, psychoneurotic, covid-19

Introduction

Corona virus, malady (Covid-19) is associate degree communicable disease caused by a recently discovered corona virus. Therefore it's additional doubtless to travel deeper than viruses just like the respiratory illness and lungs may become inflamed, creating it robust for respiratory. This will result in respiratory disorder, associate degree infection of small air sacs, like alveoli *et al.* physical and physiological issues square measure arises. That play danger role in our physical, physiological and psychological standing.

The holistic art and science of yoga is that the only life style ever designed and is effective in managing current life style disorders like polygenic disease and high blood pressure. Apparently, fashionable analysis has begun to target the psycho-physiological helpful effects of yoga which require to be understood as over simply a kind of workout. Most life style disorders adversely impact functioning of the involuntary system and thus analysis on yoga that specialize in this facet is exceptional. Central system process is additionally affected in diabetes which a comprehensive yoga medical care program produces a major shortening in audile latent period in diabetic patients. It's conjointly improves nerve physical phenomenon and organic chemistry profile in patients of diabetes. Yogic practices might have a task within the interference and management of polygenic disease and in comorbid conditions like force of the blood against the artery walls is just too high blood pressure and abnormally elevated steroid alcohol or fat in blood is termed dyslipidemia. Future yoga follow is related to augmented endocrine sensitivity and attenuation of negative relationship between weight or waist circumference and endocrine sensitivity. Task of yoga in modulating the strain response, stress plays an important role in causing, causative, or worsening all life style disorders and thus it's imperative to grasp that we are able to manage it higher through yoga. Those practices cut back stress response systems specified optimum physiological state is improved. Life style serving to normalize metabolic activity through physical activity like Surya namaskar, Surya namaskar is one in every of the foremost vital yoga practices. It's the set of twelve yoga create work on all body components, each organ, each system and each chakra. It's conjointly believed to be the foremost economical thanks to connect with our core inner strength.

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Significance of yoga

Yoga derived from the Sanskrit root Yuj, that is to mean to yoke, be a part of or attach, and it's thought-about as any practices that facilitate a union between self and also the divine. It's vital initial to grasp the characteristic of epidemic scenario to elucidate the importance of yoga in human life.

Asanas square measure specialised postures of the body typically imitating several of the animal postures. Sizable amount of asanas exists. Looking on the manner the asanas square measure performed, they're divided into 2 sorts one Dynamic posture and Relaxing posture.

Dynamic Asana: because the name implies, the characteristics of this technique of Yogasanas square measure energizing movements with speed and repetition. whereas the physical exercises square measure effective on muscular, circulatory and metabolism systems, those exercises have an impression on the nervous and organ systems moreover and stimulate the nervous and organ systems leading to evocation of energy.

Relaxing Asana: Relaxation, Movement while not jerks and easy maintenance characterize this technique slow respiratory and calming the mind that kind the triplet of restful asanas. Through those forms of asanas as energy channelisation, development temperament and leads towards selflessness and promotion of positive health and seventh heaven.

Pranayama, the manifested life energy that expresses itself within the varied physiological functions like Perception or prana, Excretion or apana, Digestion or vyana, Circulation or samana, and Thoughts or udana. Differing types of Pranayamas are bestowed like that Surya bhedhana Pranayama, Ujjayi Pranayama, Seetkari Pranayama, Shitali Pranayama, Bhastrika Pranayama, Bharamari Pranayama, Moorcha Pranayama, Plaavini Pranayama. There have four movements. In breath or Pooraka, Retention when in breath or antara kumbhaka, Out breath or rechaka, Retention when our breath or bahya kumbhaka. Pranayama practices have advantages in any respect levels for persons. Respiratory influences most the systems of the body. Reduced respiratory rate has multiple advantages for the body, like deceleration down the guts rate, up blood circulation lowering force per unit area, and deceleration down the aging method. It will increase lungs capability. It useful for those plagued by metabolism disorders, like respiratory disease and pulmonary emphysema that they'll overcome the concern of the shortness of breath and increasing oxygen offer to the brain and provides complete relaxation to the systema nervosum then its controls the fluctuations of mind and prepares it for meditation. It provides inner peace, improves sleep, sharpens the memory and refines concentration.

Kriyas, major kriyas the six processes that purify the system mentioned earlier ar Kapalabhati, Neti, Dhouti, Nauli, Traṭaka and Basti. Jala neti or cleanup the nasal passage, it helps to clear nasal passages. Removes cold, hypersensitivity, headache, sinusitis, respiratory disorder and stimulates sense modality nerves. Sanskrit literature neti or rubber tube neti Clear the nose and throat. Tremendous 'will' power is accrued in method of tube insertion. It desensitizes to dirt pollution etc. Kapalabhati It consists of a series of quick consecutive bursts of exhalations followed by automatic passive inhalations. Muscular system chiefly, the abdominal muscles are smartly exercised to induce flexibility and massaging of the abdominal organs. Systema respiratorium because of the speed of respiratory (120 breaths per minute compared to the traditional respiratory rate of concerning fifteen per minute) through this kriya laundry greenhouse emission from the lungs, and accrued oxygen concentration within the lungs.

The stale air at the tip of exhalation isn't empty out throughout traditional respiratory. Kapalabhati with its speedy succession of bursts of exhalation gets obviate this residual air, serving to within the total cleansing of the lungs. Cardiovascular system accrued pulse pumps the blood throughout the system. Blood is saturated with higher concentration of oxygen and stimulates all the cells to larger activity level. The abdominal muscles are directly concerned thus improved digestive | organic method | biological process. The sympathetic systema nervosum is excited throughout the method. By this observe, Sympathetic-Parasympathetic balance is well-kept up.

Another some yogistic component play nice role for healthy life through maintain Achar or healthy activities, Vicara or healthy thoughts, Ahara or healthy food, and Vihara or healthy recreation.

Achar/healthy activities: Importance of healthy activities like exercise and recommends position, pranayama and kriyas on a daily basis. It's sensible to stay up with the correct routines. It's of utmost importance to stay to temporal order of labor, meals, exercise and sleep. Sun could be a example of achar. Cardio metabolism health is one among the most by-products of such healthy activities.

Vicara/healthy thoughts: Right thoughts and right angle towards life is significant for our well-being. A balanced state of mind is obtained by following the ethical restraints and moral observances like non-violence, honestness, non-stealing, celibacy, non-covetousness, purity, happiness, austerity, education, and meditation on the divine.

Ahara/healthy food: Food is Brahman. Yoga emphasizes would like for a healthy, nutrient diet that has Associate in Nursing adequate intake of water beside a well balanced intake of fresh foods, inexperienced salads, sprouts, unrefined cereals and recent fruits. It's necessary to bear in mind of the requirement for a sattvika diet, ready and served amorously and affectionateness.

Vihara/healthy recreation: Higher emotional health through correct recreational activities to relax body and mind are essential permanently health. This includes correct relaxation, maintaining quietness of action speech, thoughts and cluster activities whereby one loses the sense of individuality. Fate Yoga is a superb methodology for losing the sense of individuality and gaining a way of catholicity. Active artistic hobbies unleash shut up up emotions and recharges the mind. Activities like farming, taking part in a instrument, singing songs or poetry, drawing and painting or hobbies that one likes would facilitate produce joy. Fiddling with youngsters or involving in children's activities may also facilitate relax and rejuvenate. Acutely aware relaxation would additionally embrace smart quality of sleep wherever body ought to be ready to well relax and mind ought to close up and calm. Those are the very important part of Yoga medical aid once addressing any modus vivendi disorders.

Conclusion

Yoga features a nice potential in preventing and managing modus vivendi disorders and diseases, Associate in Nursing yogistic modus vivendi will build an considerable contribution to improvement our health. Yogistic position, pranayama, kriyas, meditation, healthy activities, healthy thoughts, healthy food, and healthy recreation have the potential to forestall progression of the sickness and if started early, perhaps even presumably manifest a cure. It's been capably explicit that with no considerable facet effects and multiple collateral advantages, yoga is usually safe, easy to be told, and may be practiced by even sick, elderly, or disabled

people. It's additionally been suggested that it ought to be thought-about as a helpful adjuvant for patients of such disorders because it could be a safe, simple, and economical medical aid during this covid-19 amount.

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