

Psychosomatic effect of Regular Yoga Practice

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Abstract

The regular practice of Yoga can decrease the basal anxiety scores. The psychosomatic effect of yoga practice we can be observed from the first day of practice. It has been proven that, Yoga practice intervention program reduces Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion and Arousal. Ancient Yoga Science is very useful to maintain physical, mental, spiritual and social health. Merely knowledge of yoga is not beneficial, the regular implementation or obedience of Yam, Niyam, and so also the regular practice of "Aasan, Pranayama, Pratyahar, Dharna, Dhayan etc." plays vital role to maintain good health. Regular Yoga practice is essential for physical, mental, spiritual and social health. Regular Yoga practice improves strength of every cell of our body, and as all systems of our body are made of Cells, every system becomes powerful and starts working with full capacity.

INTRODUCTION:

Yoga is a spiritual discipline rooted in a profound and highly beneficial subtle science that focuses on the relationship between the body and mind. It embodies both an art and a science of healthy living. Through regular practice, yoga fosters a union of individual consciousness, promoting perfect harmony between the body and mind, as well as between humanity and nature. The primary aim of yoga is self-realization, helping individuals overcome various forms of sorrow and suffering, ultimately leading to a state of liberation known as "Moksha" or freedom, referred to as "Kaivalya." Achieving a life of freedom in all circumstances and in every aspect of life, along with health and harmony, constitutes the core objectives of yoga practice. In yogic tradition, Shiva is recognized as the first yogi, or Adiyogi, and the first guru, or Adi Guru.

Ancient Yoga Science is very useful to maintain physical, mental, spiritual and social

health. Merely knowledge of yoga is not beneficial, the regular implementation or obedience of Yam, Niyam, and so also the regular practice of "Aasan, Pranayama, Pratyahar, Dharna, Dhayan etc." plays vital role to maintain good health. The main thought of Jain Vishvabharati Institute, Ladnun is "Nansya Saar Mayaro" throws sufficient light on above cited thought., "Shudhikriya" and "Balanced Diet" is also playing very important role for good health. There are various types of diets, but Discipline and Intelligence Diet (DIP) is very important then Very Important Diet (VIP) during yoga practice. It is said that, "Diet is best Medicine". I dare to say that, if you ate rightly there is no need of medicine, and if you ate wrongly, there is no medicine to cure you. In brief, your yogic balanced diet, eating on time i.e. in between 08.00 am to 06.00 pm is your best medicine.

"Aarya Astangik Marg" has been told by Lord Baudha. There is sorrow, and there is the reason

of sorrow, and we can overcome or eradicate it. There are different types of Yoga i.e. Chaturang Yoga, Shadang Yoga, Saptang Yoga, Astang Yoga etc. Maharshi Patanjali put all these things together and named "Astang Yoga" i.e. Yam, Niyam, Aasan, Pranayam, Pratyahar, Dharna, Dhayan, and Samadhi. If we want to lead our whole life happily and enthusiastically without any physical, mental, spiritual and social problem, it is crystal clear that, we must obey the rules of Yam, Niyam and do regular practice of Aasan, Pranayam, Meditation enthusiastically.

It is said that, "Yoga is not mere therapy, but it cures all diseases", where there is no definite cure in modern medical science. In my considered opinion it is absolutely true as if we practiced regular

Definitions:

1. **Maharshi Patanjali:** Yoga Citta-vritti-nirodhah.
2. **Veda:** Yoga is the control of the whirls of the mind (citta).
3. **Katha Upanishad (Kathopanishad):** Yoga is complete stillness.
4. **Ministry of Aayush:** Yoga is a discipline to improve or develop one's inherent power in a balanced manner. It offers the means to attain complete self-realization.
5. **Shrimadbhagavadgeeta:** Samatvam Yoga Uchyate (2/48)
6. **Shrimadbhagavadgeeta:** YogahkarmasuKa ushaham (2/50)
7. **Swami Vivekananda:** Yoga is controlling the senses, will and mind.

Meaning: The meaning of the word "Yoga" is "Union" means "to join".

Yoga is nothing but balance of body, mind, and feelings etc.

Scientific Research on Medical Applications of Yoga:

Research studies have been published on a large scale in the last few decades and its findings can be understood under following categories.

1. Application of Yoga in disease free liberal happy life including rehabilitation, and
2. Promotion of regular Yoga Practice for physical, mental, spiritual and social health.

Application of Yoga in disease free liberal happy life including rehabilitation:

Nowadays, the regular practice of Yoga as a complementary mind-body therapy is rapidly increasing. The psychosomatic stress-relieving health benefits of Yoga have been established

yoga Aasan, Pranayam and obeyed Yam, Niyam, and done Suddhikriya, Meditation, and so also paid sufficient attention towards diet, we will definitely be immune from all types of diseases and lead disease free happy liberal life without any worry and botheration.

Regular Yoga Practice needs support of balanced diet including raw vegetables and fruits. Without following rules of nature and balanced DIP diet on time, the regular yoga practice would be all in vain. Because Food is medicine, Sunlight is medicine, Earth is medicine, Heat is medicine, and Time is medicine.

With the help of following definitions of Yoga, we can understand it easily that what exactly Yoga is!

through various studies, including systematic reviews published by Funderburk (1977), Innes (2005, 2007), and Khalsa (2004). Additionally, the benefits of regular Yoga practice as a lifestyle modification have been reported by Sharma (2008) and Bijlani (2005). Yoga is an effective therapy that is relatively simple to learn and carries minimal risk. Therefore, it should be advocated as an adjunct and complementary therapy in the pursuit of a unified system of medicine that promotes health and well-being for everyone. Some important studies reporting the therapeutic effects of Yoga are listed below:

Effect on pregnancy:-

It is misconception that, practice of yoga asana and pranayama should not be done during pregnancy. Preliminary evidence from various scientific studies supports Yoga's potential efficacy, particularly if started early in the pregnancy. He also concluded that an integrated approach to Yoga during pregnancy is safe which improves normal weight, decreases preterm labor and complications. Some slow body movement during pregnancy i.e. butterfly, hand, shoulder, fingers slow movements, and some pranayama i.e. bhramari, shitali, shitkari, ujjyai, nadishuddhi etc. and meditation are extremely useful and helpful for healthy brilliant baby and normal delivery subject to eat healthy diet on time and so also regular yoga practice. It is necessary to follow Yam, Niyam, and must not eat after sunset.

Yoga for behavioral disorders:-

Yoga practice has been tried out as an adjunct in education of children with learning disabilities mentally retarded, and attention deficit hyperactivity syndromes. Krishnamacharya Yoga Mandiram (1983) documented and reported subjective improvements and described the regular

practices of Yoga for children, and suggested that for psycho-motor coordination pranayama plays vital role. He has also quoted that regular yoga practice improves concentration of mind, enhances IQ and memory, and so also the control over body and mind. Bhavanani et al (2012) studied the immediate effect of pranayama and came to the conclusion that in mentally challenged adolescents suffering from neuromuscular abilities improves through regular pranayama practice.

Mood and Psychiatric Disorders:-

The regular practice of Yoga can decrease the basal anxiety scores. The psychosomatic effect of yoga practice we can observe from the first day of practice. It has been proven that, Yoga practices intervention program reduces Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion and Arousal among experimental group whereas without yoga practices intervention program

The psychosomatic stress-relieving health benefits of Yoga have been established through various studies, including systematic reviews published by Funderburk (1977), Innes (2005, 2007), and Khalsa (2004). Additionally, the benefits of regular Yoga practice as a lifestyle modification have been reported by Sharma (2008) and Bijlani (2005). Yoga is an effective therapy that is relatively simple to learn and carries minimal risk. Therefore, it should be advocated as an adjunct and complementary therapy in the pursuit of a unified system of medicine that promotes health and well-being for everyone. Some important studies reporting the therapeutic effects of Yoga are listed below:

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Yoga for behavioral disorders;-

increases Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, and Arousal. At least three months of regular Yoga, pranayama, and meditation practice with balanced diet can reduce various types of mood disturbances. During Yoga practice Yogic Diet plays very important role in various types of psychiatric disorders. It is said that, if you ate rightly, there is no need of medicine, and if you ate wrongly, medicine cannot cure you. It has been observed that, there is no cure in modern medical science. There is no definite treatment on any disease. Therefore, Dr. Vishwaroop Roy Chaudhari has been told that, food is medicine, time is medicine, earth is medicine, sunlight is medicine etc. In brief, Discipline and Intelligent diet also plays very important role for maintaining good physical, mental, spiritual and social health along with regular yoga, pranayama practice.

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Mood and Psychiatric Disorders:-

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Hypertension and Heart Disease:

Scientific studies have begun to provide documentary evidence supporting the beliefs of practitioners regarding the benefits of yoga. Lifestyle-related diseases, such as coronary artery disease, obesity, and hypertension, are on the rise in our modern society. Therefore, a yoga-based lifestyle should be prioritized for the prevention and management of these conditions. In the 1930s, Swami Kuvalayananda of Kaivalyadhama began studying the effects of regular yogic practices on blood pressure and heart-related disorders. Research by Yogi Modanmohan in 1983 examined the effects of Shavasan and Pranayama on trained subjects, finding significant reductions in oxygen consumption, heart rate, and diastolic blood pressure. This improvement was attributed to the subjects' ability to achieve deep psychosomatic relaxation. Additionally, Shavasan alone has proven effective in treating hypertension (Datey, 1969; Patel and North, 1975), which is thought to be due to a decrease in the frequency and intensity of proprioceptive and interoceptive impulses reaching the hypothalamus.

Further findings indicated that there was a significant reduction in cardiovascular risk factors after three months of a regular residential yoga, Pranayama, and meditation training program combined with a low-fat lacto-vegetarian diet. Specifically, body mass index (BMI), LDL cholesterol, and blood pressure saw significant reductions, particularly in subjects with elevated levels.

Obesity is an independent risk factor for coronary artery disease (Tani et al 2009) It has been found out that, after regular one year yoga practice, there was improvement in ideal body weight, cardiovascular endurance and masculine strength, and decrease in all lipid parameters except HDL. One Kumari Sharda Kale, age-22 years, (RSETI Student) suffering from Low Blood Pressure, she attended yoga classes regularly for two month, and followed DIP Diet, is now leading normal life without any medicine for low BP.

The impact of a yogic lifestyle likely accounts for the preventive and therapeutic benefits observed in coronary artery disease. Murugesan has shown that practicing yoga for one hour daily over

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eleven weeks is as effective as medical therapy in managing high blood pressure among hypertensive individuals. Various studies on yogic lifestyles and stress reduction interventions have revealed a reduction in risk factors associated with heart disease.

In today's world, yoga has become an integral part of many people's lives. Advances in technology have introduced various tools to assist with yoga pose identification. This work introduces a self-assistance-based technique for identifying yoga postures, which provides users with real-time correction as they practice. Additionally, it includes the identification of yoga hand mudras (hand gestures). To support this work, the YOGI dataset has been developed, featuring ten different yoga postures with approximately 400–900 images of each pose. The dataset also includes five hand mudras, each represented by around 500 images for mudra posture identification. The technique involves extracting features by creating a skeletal model of the body for yoga poses and a separate one for hand mudras. The angles of the joints have been extracted as features for various machine learning and deep learning models. Among all evaluated models, XGBoost with Random Search CV demonstrated the highest accuracy, achieving 99.2%.

Asthma and allergies:-

Number of studies has given sufficient proof of beneficial effects of regular Yoga practice in patients of respiratory system. The scientific basis of using Yoga as an adjunct therapy in chronic obstructive pulmonary diseases is well established with significant improvements in lung function. (Nagarathna and NAGENDRA 1985, Vempati et al 2009) Behera (1998) reported perceptible improvement in dyspnoea and lung function in patients with chronic bronchitis after four weeks of regular Yoga therapy particularly there we will find the effect of regular exercise of breathing techniques through pranayama and Shudhikriyas i.e. Jalneti, Sutraneti etc. removes excessive mucous secretions, decrease inflammation, and reduces bronchial hypersensitivity thereby increasing provocation threshold while Kapalbhathi, a Yogic breathing technique, through forceful exhalations, improves the capacity of lung cells and respiratory system hypersensitivity

thereby increasing provocation threshold while Kapalbhathi, a Yogic breathing technique, through forceful exhalations, improves the capacity of lung cells and respiratory system. In Chhatrapati Sambhajnagar city of Maharashtra, Mr. Balwantraoji Vitekar was suffering from acute Asthma problem. He started regular Yoga and pranayama practice and with the help of two year's regular Yoga practice, he not only controlled but cured from Asthama. He was delivering non-stop speech on Yoga practice for one hour without break. In my considered opinion is that there is no cure in modern medical science. With the help of treatment of modern medical science, we can try to control it, but there are also some side effects of the medicine. But, with the help of regular yoga practice we can cure such types of life style diseases, and lead our life happily and enthusiastically.

Breathing exercises, Asana, Sudhikriya, Pranayama, Meditation and relaxation has shown considerable improvement in pulmonary function and decrease in acute Asthma.

Diabetes:-

It is said that, diabetes is not disease. It is the imbalance in insulin secretion in the body. If beeta cells unable to create sufficient insulin in our body, then it is necessary to inject it outside from the body. It is proved that, through regular Asana, Pranayama, meditation practice, and some changes in diet can cure type -2 diabetes. In India there is largest diabetics' population. By way of increasing physical activity, weight loss can prevent type 2 diabetes in high risk groups. Some preliminary evidence of the beneficial effects of Yoga on glucose tolerance and long-term glycaemic control; however randomised controlled studies are needed to validate these findings. In brief, we can become immune from diabetes with the help of regular Yoga practice with discipline and intelligent diet and taking the support of hot water therapy. In diabetes, diet plays vital role to cure it. If you ate correctly, no need to eat medicine, and if you ate wrongly, no medicine can cure you. Therefore, diet, sunlight, earth, air, water is very important, it works as medicine. It is also proven that hot water therapy with regular yoga practice, and balanced natural raw diet cures diabetes.

Positive Health Promotion:-

Through regular yoga practice, it has been demonstrated that yoga is not merely a form of therapy; it can effectively cure various types of physical, mental, spiritual, and social ailments. Yoga interventions have been shown to positively impact physical health by improving muscular flexibility, enhancing motor control and performance, and

improving pulmonary ventilatory functions, including an increase in breath-holding time.

Studies on the practice of specific asanas have revealed that poses such as "Shirasaasana," "Sarvangasana," and "Matsyasana" can lead to increased diastolic pressure and pulse pressure following just five minutes of practice (Kuvlayananda, Swami 1926; Bhole MV and Lobo 1981). Certain asanas play a crucial role in improving blood circulation and increasing intra-gastric pressure.

Moreover, various studies suggest that yoga practices produce acute physical, mental, spiritual, and social changes. Bera and Rajapurkar (1993) reported that yoga training results in significant improvements in cardiovascular endurance and anaerobic threshold, which aligns with the findings of Muralidhara and Ranganathan (1982), who noted enhancements in cardiac recovery index after a 10-week yoga training program, as indicated by the Harvard step test.

Madanmohan et al. (2004) demonstrated that after two months of yoga practice, there is a milder cardiovascular response. Additionally, a study from 1992 reported that 12 weeks of yoga practice resulted in a significant reduction in visual and auditory reaction times among normal adult male volunteers. Regular yoga practice leads to greater improvement in tasks that require selective attention, concentration, scanning abilities, and repetitive motor responses. Raju et al. (1994) found that subjects who practiced pranayama were able to achieve higher work rates with reduced oxygen consumption per unit of work, all while maintaining stable blood lactate levels. Yogasanas are psycho-physical in nature and should not be viewed as mere physical exercises. These postures, when practiced with awareness, tend to stabilize the mind. Maharshi Patanjali describes asanas as "Sthiram Sukham Asanam," meaning that an asana should be stable, comfortable, and effortless. Research has clarified this by showing reduced muscular electrical activity during the maintenance of asanas when performed in a relaxed manner. In contrast, this activity increases when the same asana is performed iso-kinetically, similar to traditional exercise. In "Suryanamaskar," there is a connection between yogasana and energy expenditure; performing these asanas at a faster pace increases energy output, whereas performing them slowly helps in energy accumulation. Thus, the practice of yogasana transitions into a form of exercise when done quickly. In summary, regular yoga practice plays a crucial role in leading a disease-free and happy life.

When the Chitta is detached from sensory pleasure, it becomes capable of moving everywhere. Such Sadhak can successfully use his chitta as means to attain the goal by employing purusharth. Control of chitta leads to attainment of miseryless stage. The main method for controlling chitta is Astangyoga, which when practiced can lead to attainment of Nirvikalp Samadhi and Kavalaya. Various siddhis are attained by practicing Astangyoga. On worldly level, it provides physical health. Physical health is basis for mental health. When body and mind are healthy, one can attain stress free and blissful life. Stress free mind can help to achieve goal. Regular Yoga practice is essential in our life. Regular yoga practice with belief can help to attain firm determination, self-confidence and sharp intellect. These attributes are

greatest achievement of our life. Yogi attains kaivalya while the worldly beings successful life by the practice of Astangyoga.

Conclusion:

Regular Yoga practice is essential for physical, mental, spiritual and social health. Regular Yoga practice improves the strength of every cell of our body, and as all systems of our body are made of Cells, every system becomes powerful and starts working with full capacity. There are eight major systems are in our body, i.e. Digestive, Respiratory, Reproductive etc., and if all these systems started functioning with full capacity, there shall not remain any disease and imbalances in our body and mind, and we can lead our whole life enthusiastically and happily with the help of regular Yoga Practice

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