

Healthcare Practice of Yoga and its Effect upon Social and Mental Health

*Kapil Verma**

The objective of this study is to assess the findings of selected articles regarding the healthcare practice of yoga and its effect upon social and mental health.. As participation rates in mind-body fitness programmes such as yoga continue to increase, it is important for health care professionals to be informed about the nature of yoga and the evidence of its many healthcare effects. Thus, this manuscript provides information regarding the healthcare effects of yoga as it has been studied in various populations concerning a multitude of different ailments and conditions. Healthcare practice of yoga is defined as the application of yoga postures and practice to the treatment of health conditions and involves instruction in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Results from this study show that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

[**Keywords :** Healthcare practice, Yoga, Depression, Quality of life]

* Assistant Professor, Department of Sociology, D.S.J.S. Mahavidyalaya, Behat, Saharanpur, Uttar Pradesh (India) E-mail: <kapil_khatki@rediffmail.com>

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1. Introduction

Healthcare indicates not only medical care but also services for promotion of health, prevention of disease, early diagnosis and rehabilitation, medical professional have significant role in the way to developing better systems of healthcare for all with their specialized knowledge, experience and dedication the number of healthcare models preventive and curative, has been developed in every society for these prevalent models are public (government), private and voluntary. As alternative healing practices, yoga involves spiritual and physical practices designed to increase self-awareness, such as posture work, breathing exercises, meditation, sounds and visualization. There are many different types of yoga, such as Hatha (moving through postures to create balance), Bikram (done in a hot room) and Iyengar (using blocks and straps to support yoga moves). Many studies suggest that yoga can be helpful in reducing symptoms of depression and anxiety.

The philosophy of yoga were first described by Patanjali in Yoga Sutra, which is widely known as the classical text on yoga. In Yoga Sutras, Patanjali figure an eightfold path to consciousness and to understand it called Ashtanga, which literally means “Eight Limbs”.

In Patanjali, eight kind of yoga Sutra is called *ashtanga*, which literally means “eight limbs”. These eight steps play role as guidelines on how to live a meaningful and purposeful life. They give as a prescription for moral and ethical conduct and self-discipline; they direct attention toward individuals health; they help us to knowledge he spiritual aspects of our nature. The most routine practice of yoga in the western world are the physical postures and breathing practices of Hatha yoga and meditation. It upgrade the power of physical body by a various type of body postures, *asanas* and *pranayama*.

B.K.S. Iyengar created Iyengar method of Hatha yoga. Iyengar method of yoga comprises with standing poses to develop strength, stability, stamina, concentration and body balance. Yoga is conceived as a form of mind-body medication that unites an individual's physical, mental and spiritual components to improve aspects of health, individual stress related sicknesses. The focus of yoga is to reduce the stress and negative emotions viewed as a holistic stress management technique. The participation of yoga in fitness

programme continue to increase, it is important for healthcare professionals to know about the nature of yoga and its healthcare effects. Thus, this review of literature is timely and important and provides information regarding the healthcare effects of yoga in various populations concerning a multitude of different ailments and conditions.

2. Methodology

To discover research studies and interferences that examined the healthcare effects of yoga, information were searched through goggle scholar via a universities web browser. At the beginning, the following key words were entered into the information via the advanced search option: "healthcare practice" and "yoga". This search was conducted to obtain general information regarding yoga's healthcare effects in the existing literature. Here after, a second was conducted using the following key words "hathe yoga", "healthcare effects of yoga", "stress", "depression" and "anxiety".

The following criteria were used for including studies in this review : (1) the article had to be peer reviewed, (2) published between the years 1990 and 2015, (3) the interference had to incorporate some form of yoga and/or meditation, and (4) effects of yoga on some outcome were measured.

To select the research articles included in this manuscript, various steps were taken. First the title was examined and selected. If the article appeared appropriate to the examination of the healthcare effects of yoga, it was determined and saved. The articles describing interferences that utilized yoga as a means to achieve some healthcare outcome were chosen for further review.

3. Results

One of the major aims of yoga is to obtain peace of the mind and built a sense of well-being, feelings of relaxation, renovated self-confidence, improved efficiency, increased attentiveness, less irritability, and an hopeful outlook on life. The exercise of yoga produces balanced energy which is important to the function of the immune system. Yoga guidances to an prohibition of the posticus or sympathetic area of the hypothalamus. This prohibition improve the body's commiserative responses to stressful stimuli and restores autonomic regulatory reflex procedure associated with stress. Yogic

practices prevent the areas responsible for fear, invasiveness and rage, and promote the rewarding pleasure centers in the median forebrain and other areas leading to a state of pleasure. This controlment results in lower anxiety, heart rate, respiratory rate, blood pressure, and cardiac output in students practicing yoga and meditation.

A category of healthcare approaches is available for the management of changes disorders, but many patients turn to subsidiary therapies due to the adverse effects of medication, lack of response or simply preference for the complementary approach. A number of studies show the potential remunerative healthcare effects of yoga interferences on depression, stress, and anxiety.

While yoga is not a cure for a cancer, nor a definitive way of preventing it, yoga increases physical, emotional and spiritual wellness, and brings about a certain peace, of which many patients desire. Yoga, breathing exercises, and meditation can reduce stress, promote healing, and enhance quality of life for patients. Several premises exist as rationale for applying yoga-based mediation with patients. Research suggests that yoga can produce a strengthening effect on mental and physical energy that improves fitness and reduces stress. In addition to, when practicing yoga, a fundamental emphasis is placed on accepting one's moment-to-moment conducts creating mindfulness and not forcing the body past its comfortable limits. Having this healthy sense of acceptance is especially important for every single person dealing with life-threatening illness as it reduces the stress one experiences from awful symptomology. Initially, patients likely benefit from the poses themselves which are created to exercise each and every muscle, nerve and gland throughout the body. The postures exactly address the tension, holding, and blockage of energy in any particular joint. As this tension is released, energy flows more lightly throughout the body and allows patients to experience a sense of enhanced well-being and strength as well as a balance of mind, body and spirit.

While inflammation is good, too much taxes the nervous system and yoga provides relief from excess inflammation and the stressors and hectic nature of modern life. Restorative postures, *savasana*, *pranayama*, and meditation encourage *pratyahara*, a turning inward of the senses which enables downtime for the nervous system, the byproduct often being exalted sleep.

In summary, stress has a negative impact on the immune system and leads to physical and mental health problems such as anxiety and depression. Practicing yoga and meditation as a means to guide and reduce stress helps individuals conquer other co-morbidities associated with diseases and leads to increased quality of life. Yoga based interferences are an alternative option for the treatment of mood disorders. In order of investigation of healthcare of yoga as a therapeutic interference in depressive disorders is needed and future studies should seek to identify which of the yoga-based interferences is most effective and what levels of rapidity of depression are more likely to respond to this approach.

Multifarious studies show that *asana*, meditation or a conjugation of the two can reduce pain and disability while repair flexibility and functional mobility in people with a number of conditions causing chronic pain. Besides, in some cases use of pain medication was reduced or vanished completely. Yoga was also known to improve tact function and reduce age-related changes in tact among a group of healthy, non-obese elders.

Besides, yoga subjects reported reduced anxiety, depression, and distressful symptoms and also showed notably reduced toxicity scores compared to the controls. Results from another study showed patients experienced remarkably lower levels of pain and fatigue, and higher levels of invigoration, acceptance and relaxation following participation in a yoga interference. Yoga, breathing exercises, and meditation can decrease stress, promote healing, increase energy, reduce adverse treatment effects, and enhance quality-of-life for patients.

Yoga's ability to increase relaxation and stimulate a balanced mental state was studied to assess its impact on sleep quality and renovate insomnia. Regular practice of yoga resulted in a significant reduce in the time taken to fall asleep, an increase in the total number of hours slept, and in the feeling of being rested in the morning. Besides, yoga had a positive influence on sleep patterns in individuals. Moreover participation in yoga classes enhanced self-reported quality-of-life as well as measures of physical function among an elderly population.

According to Buddhist philosophy the basis of addiction are in the mind and the practice of mindful meditation promote addicts to accept the basic temporariness of human experience and helps them

to develop a distinct awareness of opinion. Yoga and meditation practices exert positive influence on addictive behaviours. Through the practice of yoga, addicts shift from self-impose harm and disrespect toward their bodies to more respectful, caring, and loving behaviours. Eating disorders are a specific type of addiction and yoga appears to be helpful in improving body image obstruction and useful in the recovery from eating disorders. One study found that female yoga practitioners property their positive feelings and sense of well-being to yoga practice and report less self-objectification, greater satisfaction with physical features and fewer disordered eating attitudes compared to non-yoga practitioners.

The findings of the studies examining the healthcare of yoga prove difficult to summarize and draw substantial conclusions due to transformation in the research designs, classes, and differences in the specific yoga programmes and populations being studied. Despite everything, results for the included studies exhibit many of the numerous healthcare effects, benefits and deeply healing power of yoga.

4. Discussion

Rapidly emerging in the Western world as a discipline for integrating the mind and body into union and harmony, when adopted as a way of life, yoga renovate physical, mental, intellectual and spiritual health. Yoga offers an influential method of managing and reducing stress, anxiety and depression and numerous studies exhibit the effect of yoga on mood related disorders.

Currently, treatment for anxiety and depression insets mostly psychological and pharmacological interferences; however, mind-body interferences are becoming accrescent popular as a means to reduce stress in individuals. Yoga, a form of mind-body exercise, has become an accrescent widespread therapy used to maintain wellness, and alleviate a range of health problems and ailments. Yoga should be considered as a complementary therapy or alternative method for medical therapy in the treatment of stress, anxiety, depression, and other mood disorders as it has been shown to create a greater sense of well-being, enhance feelings of relaxation, renovate self-confidence and body image, improve efficiency, better interpersonal relationships, increase attentiveness, lower pepper, and encourage an hopeful outlook on life.

Researchers are only beginning to understand how disciplines such as yoga promote personal growth, health and well-being. By assume the unity of mind, body and spirit, mind-body fitness programmes (*i.e.* yoga) can help people in their pursuit of peace, calmness, and greater wholeness and integration in their lives. Health care professionals, health educators and the like, need to be aware of the probable of yoga as an important component of a personal wellness plan.

While no concrete instructions exist regarding the frequency of practice, the more you practice the more you benefit. Yoga is a personalized practice and as such, frequency and duration are personal questions with individual answers. Practice should happen with intelligence and should be modified to meet individual needs and goals. Individuals should practice as often as possible, especially in the beginning. The length of the prompting phase will change depending on an individual's initial level of fitness and health status; the more difficult yoga is for someone in the beginning the more their body needs it.

The discipline of yoga offers individuals a time barred and holistic model of health and healing and notwithstanding it may not result in the complete elimination of physical diseases and/or indisposed conditions from the body it offers a holistic path of healing. There happens an undeniable connection between a person's overall physical and mental health and the inner peace and well-being yoga is designed to achieve.

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