

Health and Well-being through Indian Holistic approach of Yoga

Dr. Lakshmi Mutnuri¹, Ms. Aaliya Shahnaz², Ms. Likitha Jonnalagadda³

St. Pious X Degree & P.G College for Women, Nacharam, Hyderabad- 500076

lakshmi.kirla1220@gmail.com

Abstract:

For the purpose of this specific study, the objectives have been set to find the assessment of the specific articles concerning the therapeutic effects of yoga, along with providing a comprehensible discussion on the benefits of yoga practice. As the rates of those partaking in mind-body fitness regimens continue to rise throughout the country/ globe, it is crucial for those in the health care industry to have an understanding of the practice of yoga itself, in addition to the many therapeutic effects this practice can have on those partaking in this alternative remedy for different types of ailments/conditions being presented in the lives of those affected through the anthropological practice of yoga. The definition of therapeutic yoga can be defined “as the application of yoga postures and practice in the treatment of health conditions through the teaching of yogic practice and principles in the prevention of structural, physiological, emotional, and spiritual pain, suffering, or limitations.” Results from this study clearly indicate 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 general well-being and quality of life.

Keywords: Therapeutic, Yoga, Health, Well-Being.

Introduction:

Yoga has been proved to be therapeutic for enhancing immunity and support management of chronic diseases like cardiovascular, respiratory and endocrine disorders, obesity, cancer and metabolic syndrome. Yoga techniques called asanas, like pranayama for breathing regulation and dhyana for meditation, enhance innate immune response, break inflammation and, thus prevent the manifestation of chronic diseases. Yoga provides symptomatic relief for chronic arthritis through increased joint flexibility and microcirculation. Yoga and meditation modulate neurotransmitters, neuropeptides, hormones and cytokines that mediate interactions between the central nervous system and the immune system. These techniques dampen the

psychological and physiological effects of chronic stress. The serotonin, oxytocin, and melatonin hormones released as a direct result of the practice of yoga have also resulted in the more effective control of anxiety and fear in individuals, particularly as a result of the pandemic. The trends today in the control of chronic diseases will only be made more effective through the implementation of the necessary lifestyle changes through the practice of yoga. Yoga is an indigenous practice originally from India, which is now being recognized as the only “clinically effective” wellness tool to effectively enhance the intrinsic human immune system through the application of the following: asanas, pranayama, meditation.

Definition of Holistic Health:

In the current fast-paced and dynamic era, marked by rising levels of stress and lifestyle-based health conditions, the need to look at health from a more holistic and integrated perspective is currently an important topic. Holistic health is “defined as an integrative and/or inclusive understanding and/or treatment approach to wellness, which underscores and/or accentuates the integration and/or connectivity between mind, body, and/or spirit” 1. Thus, it is postulated to affirm “that health is more than the absence of physical disease; it includes a balance and integration of aspects of emotion, intellect, and/or spirit” 2 and “constitutes a total picture whose balance and integrity can affect how an individual's physical health is maintained” 3.

Origin and Evolution of Yoga:

The holistic discipline of Yoga intends to encompass every aspect of human life, ranging from body fitness to the tranquility of the mind and the spirit. It harmonizes the body, the breath, and the mind to attain equilibrium and peace within oneself. Yoga is gaining global awareness as an invaluable tool for body, mind, and spirit well-being, with the United Nations declaring June 21st to be observed as Yoga Day across the world.

Yoga for Healthy Well-Being: Yoga increases well-being and health through increased physical pliability and strength, mental clarity and relaxation, and emotional positivity. Yoga practice helps to combat stress, tension, and illnesses and leads to a healthy and peaceful life. Outstandingly, Yoga is a discipline dating back more than 5,000 years to ancient India and is derived from Hindu philosophy and traditions. Yoga comes from the Sanskrit word "Yuj," which means "to unite" or "to join," signifying the union and integration of the physical and mental selves and their association with the spirit. The sacred texts and holy writings on Yoga

describe Yoga philosophy, Yoga practices, and Yoga basic principles for achieving physical, mental, and spiritual well-being and happiness in life.

Sacred texts documentation: Sacred texts and writings on Yoga practices and traditions, spanning back from ancient India, name and describe some of the holiest and sacred Yoga scriptural content in terms of Vedas and Upanishad.

Diversity of Yoga styles: Yoga developed various styles, i.e., Hatha Yoga, Ashtanga Yoga, Iyengar Yoga, etc. 20th Century Global Popularity Yoga became popular throughout the world, which affected all health-related practices globally. (Narayanan et al.)

WHO- World Health Organization Contribution:

The World Health Organization, a wing of the United Nations, works towards global wellness from its headquarters in Geneva, Switzerland. Promoting Health and Wellness WHO works towards increasing health, coordinating emergency relief efforts, and backing traditional practices.

Recognition of Benefits of Yoga: World Health Organization has acknowledged the health benefits of yoga and recognized yoga as a therapy.

Integration into Health Systems: The WHO urges member states to adopt and incorporate TM and yoga into health systems.

WHO Role: Integrate health and yoga. Yoga minimizes stress.

Research highlights: Significant stress reduction in yoga enthusiasts. Improves flexibility. Yoga helps improve physical flexibility, thus promoting fitness in the human body. Improves mental health. Regular practice of yoga leads to better mental health in yoga enthusiasts. Manages chronic diseases effectively. Studies have affirmed the benefits of yoga in effectively managing hypertension and diabetes in the human body. Significant improvement in the level of anxiety. A 2016 meta-analysis affirmatively found yoga reduces the level of anxiety in different people. Improves the quality of life in patients with cancer in the body. Randomised controlled trials found yoga effectively improves the quality of life in patients with cancer in their bodies.

Embrace Yoga for Holistic Wellness Today:

International recognition: Yoga is increasingly being used in mainstream health care as a supplementary approach. The World Health Organization supports traditional medicine, including yoga.

Physical health: benefits include increased flexibility, strength, and fitness.

Mental Well-being: Practicing yoga is associated with less stress, anxiety, and depression. Spiritual Growth Yoga develops the bond between self and fosters inner peace.

Among the many such modalities toward a holistic health approach, yoga has emerged as a powerful tool. This ancient practice, emanating from Indian philosophy, offers techniques that harmonize the body, mind, and spirit together. It cultivates not only physical fitness but also mental clarity and emotional stability, thereby providing a multi-dimensional framework that befits the principles of holistic health in a beautiful way. By understanding the dimensions of yoga-its physical postures (asanas), breathing techniques (pranayama), and meditative practices-we can better understand its transformative potential for contemporary society. Further, the integration of yoga into everyday life is a source of personal empowerment and community healing and resilience.

Conclusion:

The present global health scenario has emphasized the need for people to accept full responsibility for "preventative physical and emotional health with individual resources investing virtual aids to facilitate increased accessibility to virtual instructor yoga classes." Spreading awareness among the public and health workers is essential for better health and increased physical immunity. Devoting more resources to "understand and research the health potential offered by yoga." Adding yoga to daily life has limitless potential to enhance physical health, social health, emotional health, spiritual health, and overall health and wellness because "it's a holistic approach to life and helps to ease all stress levels in a positive and healthy manner." "Yoga, a vital component in the Indian Knowledge System (IKS)," aims to "attain physical health, mental clarity, and spiritual well-being." In view of its acceptance at the global level, the present study aims to "explore the potential offered in developing self-awareness and overall wellness with teacher trainers and those in the field of education." The understanding and awareness of "the impact and importance of yoga in relation to mental health, stress relief, and self/personal growth and development." "The Indian Knowledge System consists of

various forms of knowledge that involve philosophy, science, arts, and medicine." Yoga being a part of this main knowledge system appears to be in deep association and interrelation with different forms of Indian philosophy and spirituality in general terms. Among these six major philosophical strands of Indian thought—Darshan or Indian philosophy—namely Nyaya, Vaishishtha, Samkhya, Yoga, Mimansa, and Vedanta—with different forms of thoughts on "existence in general," "self-realization," "and ultimate goal in life," the teachings of "Yoga philosophy as analyzed and compiled by a great sage Maharishi Patanjali results in enlightenment of minds and minds only." Thus, "Yoga is not a system of exercise only but a school of human perfection." The present study has clearly shown that "Yoga has a positive effect on all forms of health as a whole." "The Pancha Kosha model provides a scientific basis to support a philosophy of holistic health via yoga." Yoga can become a cornerstone of a philosophy of holistic health in a 21st-century world.

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