

Yoga: an Ancient Cure to Modern Diseases

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ABSTRACT

In the modern era, with the changes in time, humans developed some modern age diseases, which were not heard before in the early ages. These may be due to lifestyle changes, environmental changes, food habits, scientific development, or any other reasons. Diseases like blood pressure, Diabetes, Arthritis, Auto-Immune diseases, Asthma, Acidity, Indigestion, Constipation, Joint and Muscular pains, Stress, Anxiety, Depression, Insomnia, General weakness, Deficiency of minerals, vitamins, and Obesity are prevailing all around us. Every second or third person is suffering from one or other ailment. This manuscript provides information regarding the therapeutic effects of yoga as it has been studied in various populations concerning different ailments and conditions. The main objective of this study is to assess the findings of selected articles regarding the therapeutic effects of yoga and to provide a review of the benefits of regular yoga practices. Results from this study show that Yoga is an extraordinary spiritual science of self-development and self-realization. This ancient practice has remedies to our modern-day diseases. Practicing Yogic asanas, pranayama, Kriyas and Meditation can heal our whole negative powers of the body.

Keywords- Therapeutic effects, Modern day Diseases, Remedies, Ancient Practice.

I. INTRODUCTION

No doubt that Yoga has its roots in the ancient period of India. Lord Shiva is the one who is considered the first yogi and it is believed that he disseminated his knowledge to seven learned men known as the saptrishis. They in turn spread this knowledge in seven different directions. First of all the recorded review of yoga was in the Indian text. The Rig Veda dates back to around 1500 B.C. In the Atharva Veda, again dating back to 1200-1000 B.C. The importance of breath was mentioned in them. The exact period of them was recorded as it was transferred to people by verbal communication. This word-to-word passing information from one generation to another couldn't be evaluated. The written records were

declared much later. In the Indus Saraswati civilization dating back to 2700 BC, several seals and fossils have been found with the figures performing yoga postures. It proves that yoga has been practiced even in the early stages of civilizations.

The lifestyle of people in this modern age is not suggested as the good one. People do not walk much, eat unhygienic fast food, don't expose themselves to the sunlight, work late at night, and least physical work. Physical activities (asanas) may improve an individual's overall mobility, endurance, and strength, while breathing exercises and meditation can help to quiet and focus the mind, allowing for increased awareness and anxiety reduction [1]. This nonappreciable lifestyle of people is responsible for the life-threatening diseases at their young age. Reductions in anxiety, hypertension, and changes in resiliency, cognition, and metabolic regulation are all possible benefits [2]. On the other hand, yoga is the one extraordinary spiritual science of self-discipline to overcome the upcoming problems in this modern age. If an individual practices yoga asanas, pranayams, kriyas, and meditation he or she can cure all these ailments. By focusing on the evidence reported in review articles, this study analyses the existing data on the role of yoga therapies on several dimensions of emotional wellbeing [3]. According to the views of the current prime minister of India, "Yoga is an invaluable gift to India's ancient tradition and is a holistic approach to health and well-being." According to Khalsa, the majority of research on yoga as a therapeutic intervention was done in India, and a large portion of it was printed in Indian magazines, some of which are difficult to obtain for Western doctors and researchers [4]. They discovered that 48 percent of the involved studies were uncontrolled, 40 percent were randomized human research (RCT), and 12 percent were non-RCT in their bibliometric study from 2004. (N-RCT). Psychological, cardiovascular, and respiratory diseases were the three main categories treated [4]. According to bridges and Sharma's perspectives, The goal of their study was to

examine yoga therapies for depression symptoms in a systematic manner[5].

II. FINDINGS

After going through the concerned research some findings can be implemented to take over the dangerous diseases and cure them completely as these are discussed below.

1. Thyroid

It is a small butterfly-shaped gland that is at the base of our neck. triiodothyronine (T3) and thyroxine (T4) are the hormones that are produced by it and have an enormous impact on the health of human being, as it affects the aspects of our metabolism. Depressed or sad feeling, short-tempered or easily irritated, decreased interest or enjoyment in previously enjoyed hobbies or activities, feelings of inadequacy or sadness, night terrors, dizziness or making decisions, tiredness or fatigue, restlessness or slowness, lack of appetites such as overconsumption or appetite loss, weight gains such as weight loss or gain, and shifts in sleep pattern are all symptoms [6] A disorder in the discharge of hormones can cause severe problems. Depressed or sad feeling, short-tempered or easily irritated, decreased interest or enjoyment in previously enjoyed hobbies or activities, feelings of inadequacy or sadness, night terrors, dizziness or making decisions, tiredness or fatigue, restlessness or slowness, lack of appetites such as overconsumption or appetite loss, weight gain such as weight loss or gain, and shifts in sleep pattern are all symptoms. Certain yoga poses can cure it as below:

- Supported shoulder stand- It stimulates body flow to the glands in the upper body. This is believed that it has a positive effect on the efficiency of the thyroid.
- Plow Pose- It stimulates the thyroid as same in shoulder stand.
- Fish Pose- It is thought to be most important for the improvement of thyroid function. Stimulating your thyroid is achieved by exposing the throat area.
- Cat-Cow Pose- The fluid motion in the cat-cow pose is also believed to stimulate your thyroid.
- Boat Pose- The position of the neck in the boat pose is said to have a positive influence on the thyroid.
- Camel Pose- The strong neck extension in camel pose is said to stimulate the thyroid gland and increase circulation to this area.

2. PCOS- Polycystic ovarian syndrome disease is a common problem in women of reproductive age. Obese women are more prone to PCOS. It crops up when a woman's ovaries produce more male hormones than normal. It is also the cause of depression as both are complementary to each other. Depression is caused by a combination of genetic, biochemical, environmental, and psychological factors, according to the National Institute of Mental Health [7]. Some suggested yoga poses for this problem are as follows:

- Dhanurasana- It helps in the galvanizing reproductive system
 - Bhujangasana- It helps activate the ovarian function.
 - Sarvangasana- It relaxes and activates the organs in the abdominal region.
 - Surya Namaskar- Weight loss, waist, and hip fat shedding off, and menstrual cycle regulation can be facilitated by performing the sun salutation.
 - Kapalbhathi Pranayam- This one is primarily a breathing technique that focuses on reducing oxidative stress, balancing blood circulation in the body, and balancing glandular output.
3. Asthma- Asthma is a disease that causes cough, difficulty in breathing, and tightness in the chest. Usually, stressor allergies are the reason behind asthma. Yoga, as an intellectual or cognitive activity, has been shown to increase health and improvement in the full health of an individual [8]. Here are some yoga asanas for asthma relief:
- Sukasana Pose- It focuses on your breathing and improves the functions of the lungs.
 - Dandasana- It stretches your chest and improves posture.
 - Upavistha Konasana- It opens up your chest and stretches your upper body. It will help you breathe better.
 - Uttanasana- It is a forward bending pose and a calming pose. It is a natural treatment for asthma as it will open your lungs.
4. Hypertension- When the quantity of blood flowing through a narrow artery is higher than the normal evaluation, it increases your blood pressure. High blood pressure is also called hypertension. Yoga can also promote mental balance by improving psychological circumstances for monitoring and regulating negative emotions such as fear, as well as increasing positive emotions [9]. Here are

some yoga asanas that help relieve hypertension.

- Shishuasana- This pose is very effective in loosening your body and calming your nervous system down.
 - Vajrasana- It is a very simple way of affecting your digestive system and nervous system. This is a very easy to adopt but very highly effective yoga asana.
 - Paschimottanasana- It is a pose that stretches your spine to help benefit the nervous system and the general wellbeing of your body.
 - Sukhasana- It helps ease blood pressure.
 - Badhakonasana or Butterfly Pose- This asana stretches out the legs and thighs. It also stretches your leg muscles while simultaneously easing the blood circulation.
 - Setu Bandhasana – It works wonders for glutes, thyroid, and weight loss.
 - Uttanasana- It is a head-to-toe pose but standing up. The intense stretch pose helps in aiding blood circulation.
5. Arthritis- It is a condition in which one or more joints swell and become tender. Bone pain and stiffness are the most common symptoms of arthritis, which normally worsen with age. Some Recommended poses are as follows:
- Virabhadrasana-It helps in strengthening the arms, legs, and lower back. It is also beneficial for frozen shoulders.
 - Vrikshasana- It improves your balance and strengthens your legs and back.
 - Trikonasana- It stretches the legs and torso, mobilizes the hips, and promotes deep breathing, leaving one with enlivening effects.
 - Setubandhasana or Bridge Pose- Stretches the back muscles. Chest, neck, and spine. It helps in relieving back pain and is good for osteoporosis.
6. Diabetes- People with diabetes are at the risk of developing several health complications. Besides medications and insulin therapy, yoga is the best way to adjust your blood sugar levels to normal. Some recommended yoga postures are as follows:
- Dhanurasana or Bow Pose- This pose helps in strengthening and regulating the pancreas.
 - Balasana- This pose involves hamstrings, rotator muscle, and spinal extensors. It helps in relieving stress, fatigue, and back and neck pain.
 - Bhujangasana- In this pose spinal extensors, triceps, and quadriceps muscles work together. As a result, it increases the strength of your muscles.
 - Corpse Pose or Shavasana- It is the ultimate resting pose. It allows your body to cool down and enter into the meditative stage. Practice this pose at the end of the yoga session.
 - Legs up the wall- It stimulates your internal organs like Pancreas. Regularly practicing this pose helps in lowering your blood sugar levels and controlling blood pressure. Along with this, the legs up the wall pose relaxes your body by improving blood circulation and improving energy levels.
 - Mountain Pose- It helps in improving concentration, increases the strength of your knees, and promotes flexibility of your spine. It helps improve blood circulation and promotes insulin sensitivity to control your blood sugar levels.
 - Mandukasana or Frog Pose- It helps in stretching in the pancreas to promote the release of insulin.
 - Chakrasana- This asana helps in stretching your spine and relaxes it. It strengthens the pancreas that stimulates the release of insulin for balancing your blood sugar level.
 - Halasana- People with diabetes who have a sedentary lifestyle should practice halasana. This pose involves your abdomen muscles. Therefore, it helps in reducing belly fat and promotes the secretion of insulin in your body.
7. Backache- Back pain is a common problem in the modern age. Every next person is having complaints of backaches. Some important yoga postures are recommended for the back ache are:
- Cat-Cowposes – This gentle, accessible backbend stretches and mobilizes the spine. Practicing this pose also stretches your torso, shoulders, and neck.
 - Downward – Facing dog- This traditional forward bend can be restful and rejuvenating. Practicing this pose can help relieve back pain and sciatica. It helps to work out imbalances and improves strength.
 - Extended Triangle- This classic standing posture may help alleviate back pain, sciatica, and neck pain. It stretches your spine, hips, and groin, and strengthens your shoulders, chest, and legs. It may also relieve stress and anxiety.

- Sphinx Pose- This gentle backbend strengthens your spine and buttocks. It stretches your chest, shoulders, and abdomen. It may also relieve stress.
 - Locust Pose- This gentle backbend may relieve lower back pain and fatigue. It strengthens the back torso, arms, and legs.
 - Bridge Pose- This is a backbend and inversion that can be stimulating or restorative. It stretches the spine and may relieve backaches and headaches.
 - Child's Pose- This gentle forward fold is the perfect way to relax and release tension in your neck and back. Your spine is lengthened and stretches your hips, thighs, and ankles. Practicing this pose can help relieve stress.
8. Stress and anxiety- To get relief from stress, people are in looking for newer ways like calming teas, sound therapies, and spa treatments. However, one of the best ways to beat stress is not new, but rather an ancient practice: yoga. Practicing yoga lowers your blood pressure and relieves symptoms of stress and anxiety. According to Dalgas et al., the nature of yoga is to manage the psyche and central nervous system, and unlike most sports, it has a moderating influence on the nervous system, hormone discharges, physiological factors, and nerve impulse modulation, thus it can help with depression and mental problems [10]. Here is a list of yoga asanas that will help reduce stress and anxiety.
- Sukhasana- It will lengthen your spine and open your hips. It will help you to calm down and eliminate anxiety. It will also reduce mental and physical exhaustion.
 - Balasana- It is beneficial for your lymphatic system and nervous system. It will calm your mind and release stress. It stretches your thighs, hips, and ankles. It also relieves neck and back pain.
 - Paschimottanasana- It will stretch your spine, hamstring, and lower back. Apart from relieving stress, this pose will improve digestion, stimulate the liver, reduce fatigue, and relieves symptoms of menopause.
 - Anand Balasana- It will help to calm you and get rid of fatigue and stress. It will gently stretch your spine and groin.
 - Uttanasana- It will relieve mild depression and stress. It will calm your brain and stimulate your kidneys and liver. It will also strengthen your knees and stretch your hips, calves, and hamstring.

III. RESULTS

According to the qualitative and quantitative research reviewed yoga plays an important role in the life of human beings. It gives positivity to the cognitive and physical strength in our life. Spiritual ambitions, a desire for foresight, an integrating worldview, a higher purpose and serenity, trust, optimism, compassion, and happiness inside are all explored in this study. The regular practice appears to be necessary to reap the spiritual advantages of yoga. Yoga practitioners appear to practice for both body and soul reasons. Physical intentions, at least in Western countries, are more common than spiritual ones. Spirituality and its meaning for yoga practitioners are also examined.

IV. CONCLUSION

Yoga practice has been linked to a variety of spiritual characteristics. Further research on the topic is recommended for greater evidence. We propose, in particular, that holistic kinds of yoga practice be included, as well as a comparison of Eastern and Western orientations to yoga. If an individual practices the yoga exercises in a daily routine he or she can have perfect mental and physical fitness. No kind of disease can grab anyone. So, after going through all these we intersect the conclusion that we should adopt the yoga asanas in our routine life if we want to stay away from the doctors

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