



Practice of yoga can prevent disease and lead healthy life

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Abstract

Over the decades health are trying to develop specific method to prevent healthy life style persons to develop strength, endurance and body co-ordination if interest on practice of particular yoga the most familiar cues is always prevention ie. Prevention is better than cure. The yoga impact on physical mental and mental balance of man. Yoga gets calm mind if improves the performance of life style person. Yogic practices provide a competitive edge and keep a person high performance body in perfect physical condition.

Keywords: diabetics, yoga, strength, high blood pressure, flexibility

Introduction

There is no written evidence of who invention the yoga because it was practised by yogis long before any written account of it could have to come in to exist over the millennia passed down. The discipline to their students and many modified school of yoga developed as it spread. The earliest written document of yoga and oldest texts in existing is generally believed to have been written by pantanjali sage who lived somehow between 2000-2500 years ago patanjali tread yoga have been evolved the centuries they all follow the some fundamental.

Types of yoga

There are many types of yoga the evolved over here the centuries are different yogic development their own philosophy and who then passed them on to theun discipline for instance hatha yoga, kundalini yoga, raja yoga, bakthi yoga, jnana yoga, raja yoga, karma yoga, tantra yoga these are many types available on earth.

Benefits of yoga

Yoga are only beginning to accumulate and also so the evidence is not overwhelming or conclusive at this point one of the problem with is that he are done with small number of subjects and so many representation.

The body

Yogasana helps conditions your body there are thousands of yoga poses are there and in Sanskrit these poses are called kriyas, mudras and bhandas. A kriya poses focuses on the effort necessary to move energy up and down the spine yoga mudras is a guesture or movement to hold energy of concentration awareness and bandhas uses the technology of

holding muscular contraction to focus awareness.

The mind

Yoga focuses on the mond teaching everybody to concentrate on specific part of the body for instance everyone to many be asked by the instruction to focus deeply on spine let mind go and have aware of skin, this awareness keep the mind body connection sharp and doesn't allow a lot of time for external chatter instead. The focus is internal between head and body an example is savasana which is practiced by virtually all school and collage of yoga during practice lie on your back with eye closed and just let entire body it relaxed the complete body and get refreshes to activate all organs to stimulate functioning

The spirit

yoga uses the controlled breathing as a way to merge the mind body and spirit the breathing technique are called pranayama, prana- means social ethics if is believed that controle the energy flow in body it is experience that controlled breathing helps more focus on muscles that are working and duringit slow down heart rate, calm down the mind lead it a deep inner calm and sense of relaxation.

High blood pressure

The practising of yoga can help lower blood pressure by teaching breathing techniques and reducing stress if it is true that lifestyle. changes like regular practising of activity stress manage blood pressure must can help lower and manage blood pressure but it doesn't do in all case as for yoga there hasn't been enough research to make firm claims.

Mood

After just one yoga class men reported decrease the tension fatigue similar mood women reported similar mood benefit after practising regular yoga in daily life.

Diabetes

There is some evidence to prevent diabetes is reducing practising the yoga may lower the blood glucose after just eight days of yoga in men. Fasting glucose was better than at the beginning of the person. It also exposed to dietary counselling and so it difficult to know the yoga on its own responsible for change of glucose level in blood.

Carpal tunnel syndrome

Individual with carpal tunnel syndrome who did yoga twice a week those people with carpal pain in their wrist have to practice of yoga regularly is reduce carpal pain improved the grip strength

Strength and flexibility

Is one of the most persuasive? Yoga practice can improve the 18-27 years of age who participated in two years session per week of eight weeks increased the strength of their arm muscle 19% to 31% and 28% in legs. Their ankle flexibility 13% to 155%. Shoulder evolution 188% and flexion increased 14%.

Asthma

Reducing symptoms of asthma and even asthma medication are that result of regular yoga practice may positive result against asthma.

Conclusion

Even busy schedule life style practising particular yoga can prevent the disease free life and also regular practice can reduce the mode of disease even and some disease can curable through practice of yoga, it leads healthy life “yoga chittaha mukthaha roga”. So recommended practice of yoga.

The study was found the stress reducing, have significant difference between among the peoples, and also improve the diabetic condition of particular.

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