

YOGA AND HOLISTIC HEALTH

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Abstract

Yoga is an ancient art based on a harmonizing system of complete equilibrium of body, mind, and spirit. The link to yoga is asana. Holistic health is an approach to life, rather than focusing on illness or a specific part of the body. The holistic health approach considers the whole person and how he or she interacts with his or her environment. It emphasizes physical, mental, social, spiritual, and, intellectual. Yoga means union, so yoga is the union of the mind emotions, and the body. Holistic wellness is significant between physical health and mental health. Yoga is a holistic science, it seeks to build a lifestyle that values calmness, harmony, and positive thinking. Multiple-way yoga approach helps towards the health and well-being of humans. India 's invaluable gift is yoga. Many research finding concludes yoga play in holistic care.

Keywords: yoga, holistic health, holistic wellbeing, health, positive thinking

Introduction

In Yoga, a typical representation of the human system is provided by the five-layer model. Panchakosa model – of the humans. These are Annamayakosa (covering made of food, namely the physical body); Pranamayakosa (prana sheath, body-mind nexus); Manomayakosa (mind sheath); Vijnanamayakosa (intellect sheath); and finally Anadamaya Kosa (the bliss sheath). Same way holistic health approaches include physical, psychological, social, spiritual, and intellectual. So, yoga plays a vital role in a holistic approach.

Yoga and physical health

Regeneration of cells of the pancreas occurs due to abdominal stretching during yoga exercise, which may increase the utilization and metabolism of glucose in peripheral tissues, liver, and adipose tissues through an enzymatic process.

Yoga postures can lead to improvement in the sensitivity of the b-cells of the pancreas to the glucose signal and also the improvement in insulin sensitivity, in turn, can be due to the cumulative effect of performing the postures. Direct stimulation of the pancreas by the postures can rejuvenate its capacity to produce insulin.

Pranayama practices stretch the lung tissue producing inhibitory signals from the action of slowly adapting receptors and hyperpolarizing currents. Pranayama modified various inflation and deflation lung reflexes and interact with the central neural element to bring new homeostasis to the body. left-sided unilateral

forced nostril breathing led to right-hemisphere dominance and improved spatial skills while maneuvering on the opposite side showed left hemisphere dominance with improved verbal skills. Common asanas help for physical health are Balasana, Marjari-sana, Bitilasana, and Adhomukho svnasana etc.

Sivaramakrishnan D et.al (2019) conducted a systematic review on the effects of yoga compared to active and inactive control on physical function and health-related quality of life in the older adult. The study finding reveals that yoga interventions improve multiple physical functions [1].

Yoga and psychological approach

Certain asanas and pranayama exercises promote hormonal balance and deep relaxation, helping to bring the adrenal and cortisol levels of stressed-out. Yoga poses such as asanas, relaxation exercises, pranayama, and meditation are effective stress busters. Yoga poses like asanas help to stretch the pelvic area and pranayama as well as meditation soothe the mind. Yoga can boost the body's production of the two hormones essential to cultivating happiness- oxytocin and endorphins

Common asanas that help with psychological health are Viparital Karani, Uttanasana, Sethubandhasana, Savasana, etc.

Gururaja D, Harano K, Toyotake I, and Kobayashi H (2011) conducted a comparative study to assess the effect of yoga on mental health among young and senior subjects in Japan. The study reveals that reduction in state and trait anxiety score sig-

nifies that yoga has both immediate as well as long-term effects on anxiety reduction. Yoga helps to improve the mental health of both the groups [2].

Sahni P, Singh K, Sharma Nand Garg N (2021) conducted a cross-sectional study to assess yoga as an effective strategy for self-management of stress-related problems and wellbeing during the covid lockdown. The study reveals that yoga was found as an effective self-management strategy to cope with stress, anxiety, and depression and maintain well-being during covid 19 lockdown [3].

Yoga and intellectual health

The holistic approach develops students to be critical, confident, and independent and aims to make learning a process of self-improvement that explicitly recognizes the self and social context of learning. Regular yoga can increase the size of the hippocampus, a part of the brain responsible for controlling memory.

Common asanas help for intellectual health are Meditation, Breathing asanas, Paschimottanasana and Vajrasana, etc.

Brunner D (2017) conducted a study to assess the yoga program for cognitive enhancement. The study reveals that yoga improves working memory and high-resolution information about the type of working memory subconstruct [4].

Sara Hoy et.al (2021) conducted a systemic review of randomized controlled trials to assess the effect of yoga-based interventions on cognitive function in healthy older adults. Four of the six articles reported significant positive effects of the yoga-based intervention on cognition [5].

Yoga and social approach.

Yoga practices for a month not only led to a reduced degree of optical illusion created by muller-layer lines and raised the critical fusion frequency but also improved neural performance, and higher critical fusion frequency indicating reduced fatigue and stress levels. A Headstand is a very effective pose that calms down the mind and increases blood flow to the pituitary gland. Therefore, it is very good for the thyroid, heart, and lungs. But initially practice this pose under the guidance of a yoga teacher as you might face problems in balancing the body

Mccoey M.C (2002) conducted the study of yoga, its health benefits, and the true self. The study finding reveals yoga is a method to assess the true self's connection to the self. Yoga brings them clarity and balances their emotions and state of being. Yoga control of the body is equated with the mastery of the external world and this control is achieved through focusing the senses [6].

Common asanas help for social health are Ashtanga yoga, Surya Namaskara, Tadasana, Katichakrasana and Simhasana etc.

Yoga and spiritual health

Yoga advocates purity of mind, speech, and body, contentment, acceptance of others, and contemplation of the supreme being. Yoga is a scientific method with a spiritually approaching practice to help the human consciousness to get command over the

mind and body. Yoga is a way of life spiritually transcending all religions. Yoga can practice by any person, belonging to any religion or belief system, to improve one's religion by increasing neurobiological fitness to the maximum.

Common asanas help for spiritual health are Padmasana, Virabhadrasana, Vrksasana etc.

Kimberly. et.al (2015) conducted a case study discussion on yoga research and spirituality. The study reveals yoga can be beneficiary as an aspect of self-care for people with arthritis. However, yoga may be less acceptable to different cultures, socioeconomic backgrounds, and ethnic identities. Need relevant conversation to develop an integrative health modality and underlying body- mind -spirit approach to yoga [7].

Sala B, Springinsfeld C and Koteles. F conducted a systematic review of empirical research to assess the relationship between Yoga and Spiritually. The study reveals yoga practice seems to be positively associated with spirituality.

Conclusion

Yoga is a holistic system within itself, where the mind and body act in unison and get completely rejuvenated as physical postures, breathing exercises, and meditation help in the overall wellbeing of an individual.

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