

## Benefits and Self-Regulation of Yoga on Mental Health of Human Being

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### DESCRIPTION

Yoga integrates physical, mental, and spiritual elements to create an artwork of awareness on the mind, body, and soul. Yoga is a long-standing Indian tradition of physical activity that has both positive physical and mental effects on overall health.

Physical postures, breathing techniques, and spiritual reflection make up the three main core components of its many systems. It is commonly accepted that it has health benefits [1]. It is also linked to human psychology, which has a positive in many ways. Although everyone can see the physical benefits of yoga, its importance in the mental battlefield cannot be overstated.

#### Physical wellbeing

Yoga includes a variety of positions, or asanas, that gradually stretch our muscles and increase flexibility throughout our body's numerous muscle groups. The majority of yoga poses are designed to strengthen the body from the inside out. Yoga can help to lose weight, protect from injuries, improves the body posture, vitality, and metabolism in addition to improving the flexibility, strength, and toning of muscles [2]. Studies from all over the world have demonstrated that practicing yoga regularly significantly improves bodily processes like breathing, heart rate, and other physiological measures.

#### Mental health

Yoga practice has a variety of favorable effects on mood, behavior, and general mental health. Daily yoga practice improves focus, promotes relaxation, mental clarity, and reduces the signs of worry and stress [3]. Only by regularly practicing meditation and yoga combination can one achieve incredible levels of mental clarity and peace.

#### Psychological health

People doing yoga, feels healthier and have a greater sense of gratitude and wellbeing. In addition, yoga is widely recognized as a complementary therapy to enhance people's quality of life because it provides a fantastic way to achieve the "flow state". Regular yoga practice assists individuals in gaining mindfulness, greater inner peace, tranquility, and enhances our capacity for concentration and joy throughout the day.

### Yoga for self-regulation

Yoga is a 3,500 year end meditation practice with Indian roots that has one main goal i.e to reduce suffering and encourage the best possible state of bodily and mental well-being. Yoga is frequently associated in modern Western contexts with specific breathing exercises, yoga postures, and meditation techniques. The practice of yoga, however, was once thought to be far more extensive and varied, encompassing a greater range of methods to the wellbeing and a balance between mind-body functioning. Each of these offered techniques to lessen the suffering, to promote the higher states of awareness, and they include routes focused on devotion, intellectual foresight, service, and meditation [4]. As raja and hatha yoga enhances the self-regulation their prominence in contemporary practice is more than other yoga's.

Hatha, or post classical yoga, developed on the postures and breathing techniques of raja yoga is primarily used to prepare for meditation. Raja yoga is a discipline of meditation. Thus, contemporary yoga practitioners who practice for reasons other than physical fitness learn Hatha yoga.

### CONCLUSION

The impact of yoga practice on psychological wellness and distress is becoming more and clearer, but the psychological mechanisms by which this occurs are still largely unknown because of the literature's emphasis on physiological aspects. Yoga therapy, which can range from basic to advanced, can support other kinds of treatment for some mental health conditions. Although yoga has not yet been demonstrated to be a successful stand-alone, curative treatment, it is very likely to promote patient self-efficacy, self-competence, physical fitness, and group support. It may also be beneficial as a supportive addition to mitigate medical disorders.

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