

Benefits of Yoga in Our Body Defense System

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ABSTRACT

There are many different micro-organisms that can enter our body and cause various diseases. In our very busy, everyday lives, we're likely to experience to get runny noses, coughs, head colds, stomach hurts and many other sicknesses. Proper sanitise and timely healthy food habits can reduce the risk of common diseases, but we don't have to stop there. Yoga can also help us fight infections by boosting our disease-fighting system, reducing stress and strengthening our body's functions and systems.

Keywords: Stress, Breathing, Mental wellness, Physical exercise

INTRODUCTION

Our body's disease-fighting system plays an important role in our health. It fights viruses, bacteria and defends us from sicknesses. For years, medical professionals have drew attention to the importance of building not able to get a disease, which can be accomplished or gained with effort by adopting a healthy way of living. A nutritious diet, healthy sleeping habits and physical activity such as Yoga, improves our body's natural defense method. Yoga is more than just an exercise. It is a way of life. A 5000-year-old difficult to notice science, it focuses on bringing harmony between the mind and the body. It is a combination of physical exercise, diet control, breathing ways of doing things and concentration, which strengthens the body and relaxes the mind. This, in turn, improves not able to get a disease. Yoga has been used for centuries in keeping the body functioning fit and fine, related to the whole or the completeness of something. It is mandatory for everyone to do yoga properly and limited to stress relief and mental wellness. If practiced properly, yoga can recharge your body, get rid of the poisonous chemicals, negative energy and keep your heart, lungs, liver, etc. functioning well. It can help you build toughness both inside and out. Certain yoga positions can help support, balance and boost the disease-fighting system. It can also help fight oxidative stress which causes a risk to the healthy cells. If done regularly, yoga reduces stress literally in the body, which in turn, cuts down swelling and getting worse. Yoga is a very old science established in India, which gives the professional or skilled person not only a healthy body but also a sound mind. Yoga has been shown to have effects on most body-structure-related systems of the body. Among the different chemicals in living things control of yoga, a decrease in the stress body chemical levels [1]. Control of blood sugar levels in diabetes patients. By some ways Yoga helps boost our defense system not able to get a disease. It reduces stress: Sasakasana: Also known as the rabbit stand in a showy and fake way; it is the perfect yoga way of standing for reducing stress. It supplies blood to the brain, which helps in stress relief. It also strengthens the spine,

stretches the back and shoulders while stimulating the unable to be harmed and endocrine systems. Shavasana: Also known as the dead body stand and model, it helps reducing fear and stress and blood pressure. It's also effective in treating cannot sleep. This position needs you to completely relax your mind and body while focusing only on breathing. It strengthens the breathing and lung related health: Breathing practices of Yoga, helps maintain the health of our breathing and lung related system. Controlled breathing improves blood flow, lowers stress levels and increases the wasting very little while working or producing something of our lungs. Some Yogasana will help improve breathing and lung related health [2]. Kapalabhati Pranayama: It involves forceful breathing, which strengthens the lungs and increases its ability to hold or do something. Practicing Kapalabhati regularly helps remove things preventing the flow of something from the heart and lungs. It also helps to clean frontal sinuses. It makes sure of best functioning of all organs: Practicing Yogasana improves blood circulation. This secures sure of all the organs get enough blood flow for their best functioning. These are 2 Yoga, ways of standing which stimulate blood flow in the body. Trikonasana: Also known as the triangles stand in a showy and fake way, it helps stimulate and improve blood circulation throughout the body. It also reduces blood pressure, stress and fear and stress. Ushtrasana: Also known as the camel stand in a showy and fake way, it increases blood circulation and stimulates the thyroid gland. This may help to spine strengthen and nervous system [3].

CONCLUSION

There are so many medical treatments, medicines, many more research publication newly developed but about all that things yoga is the natural remedy in traditional or ancient era. We developed our body defense system by many more medicines but we able to conscious our health is also a natural system, so we must do the natural remedy treatment every day. Because it is cost effective and depends on us to how much time we do yoga.

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