

Yoga and Physiotherapy

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INTRODUCTION

Yoga, as adjunctive remedy and a way of helping and maintaining wellness, offers a brilliant example of the mind-body connection. It has been proposed that yoga has various clinical and non-clinical applications in the physiotherapeutic method. This is mainly attributed to the degree of complication and multidimensionality of impacts that is apparent in both yoga workouts and physiotherapy as continuous progressions. Yoga exercises collective with physiotherapeutic progressions, both in clinical and non-clinical situations, can affect several body structures and systems such as the musculoskeletal, nervous, visceral, endocrine and immune structure. The aim of this study is to extant yoga's potential role in terms of the total physiotherapeutic process. The imaginary cross-fertilization of their mutual expectations would lead to various benefits in relationships of the patient mind-body relationship and general wellness. Consequently, this would indicate the possible incorporation of yoga with the physiotherapeutic process at the conceptual level. The probable integration of yoga's essence, such as beneficial effect on overall health.

Brief characteristics of yoga

Yoga offers a moral system for approaching strength holistically. Yoga originates from Ayurveda – ancient acquaintance that aims to discover the true wisdom of human life and to find medicines for diseases. It is estimated that yoga has been evolving for four to five thousand years, mainly in asia. Nowadays, yoga is being viewed within Complementary and Substitute Medicine as a form of mind-body medicine. A wide-ranging renaissance of yoga is being practical across the world.

Physiological Benefits of Yoga

Practicing yoga workouts leads to the autonomic nerve plexuses and the endocrine structure stimulation by an improved pressure in the abdominal wall. Thus, it is advised that yoga asanas progress the performance of the cardio-respiratory system, enhance lung function together with increased strength and endurance of respiratory muscles, top to increased vital

capacity. It also regulates blood pressure and improves resistance, reduces heart rate, respiratory rate and increases red blood cell volume. A substantial reduction in the amount of oxygen used up with decreased breathe rate and improved breathe volume has also been found.

Neuropsychological Benefits of Yoga

Yoga seems to excite the right brain hemisphere and growth alpha wave frequencies. Patients working yoga may also show a significant drop in the number of faults during static motor performance as well as perfection in sensory-motor performance and greater processing ability of the central nervous arrangement and eye-hand management.

Benefits of Yoga

Psychological and Spiritual Wellness Yoga Asanas have revealed significant reduction in the signs of anxiety and depression. They can also decline oxidative stress and relieve pressures leading to better relaxation and meditation.

Musculoskeletal Developments and Posture Control Some publications indicate that yoga exercises can stimulus the musculoskeletal and nervous systems via organization or auto-mobilization of both joints and nerves together.

Beneficial aspects of yoga in clinical practice

There are several clinical suggestions to the consideration of yoga asanas as a beneficial adjunct to the physiotherapy method. Frequently, physiotherapists have to be able to serious clinical conditions, including cardiologic, metabolic, musculoskeletal, orthopedic as well as psychosomatic syndromes.

Effects of Yoga on Compromised Groups

Sign shows that yoga is a safe and effective clinical handling modality in patients with end-stage renal disease. Yoga may prime to an improvement in aphasia as well as fine motor organization in stroke patients. Yoga appears to bring about deviations in some of the electrophysiological comebacks studied in epileptic patients.

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Received date: July 16, 2020; **Accepted date:** July 17, 2020; **Published date:** July 24, 2020

Citation: Adah M, (2020). Yoga and Physiotherapy. Doi: 10.35248/2157-7595.2020.10.306

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Generally, yoga workouts are performed slowly and cautiously in closed kinematic chains that may take in active stretching, isometric muscle retrenchments, mindful concentration and proper breathing patterns. Analogically, physiotherapeutic methods are "designed" to expand range of motion, flexibility, strengthen faded muscles, alleviate pain symptoms or enhance patient's function in general.

This lets the patient to find a position of ease, change self-actualization, self-confidence and self-efficacy, encourage effectiveness and own development, enhance well-being and benefit to cope with stress. Yoga exercises may be combined into physiotherapy practice leading to positive health impacts in terms of cardio-pulmonary, orthopedic and neurological roles. To be more accurate, for example, panic breathing patterns power be useful for various groups of conceded patients, specifically those with cardio-pulmonary disturbances. Improved muscle strength may also be helpful in orthopedic

patients who have immobilized limb(s).

It can also be advised that yoga's "popularity" may bring helpful effects on patient's will to exercise, especially among the elderly.

Therefore, the essential worth of yoga exercises, with their multidimensional impact and "interdisciplinary" style to human unity and truth should be particularly useful in

Physiotherapy exercise on a routine basis. After, physiotherapists may understand that yoga's philosophy or underlying ethics can be a useful adjunct to their regular therapeutic management. It may lead to their patients' total health and well-being as their physical, mental, spiritual and common well-being may be affected at the same time, i.e. holistically. Yoga exercises can be also viewed as an active "psychological rehabilitation" by improving patients' sensitive wellbeing, cognitive functions, motivational forms and engagement in the regaining process.