

# Prevention of Cardiovascular Diseases through Yoga

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## ABSTRACT

A way of living and stress are major things that make it more likely that someone will get a disease help in stress reduction it may be an effective success ways in the first or most important prevention of CVD. Cardiovascular sicknesses (CVDs) are a group of problems of the heart and blood tubes in the body. These diseases may lead the death ratio in worldwide. Though the help of yoga gaining quality of being liked a lot or done for disease of the heart and blood vessels (CVD). Since yoga involves exercise and is thought to lot as a therapy, especially in CVD patients, there is a lack of a complete and thorough idea in the prevention of different CVDs and their things that make it more likely that someone will get a disease. This review hints that yoga may play a role as a in the prevention of different CVDs and their major factor.

**Keywords:** Blood pressure, Hyperlipidemia, Disability, Non-communicable disease

## INTRODUCTION

Yoga is a very old practice that involves holding and moving through a series of ways of standing or stands in a showy and fake way. It focuses on flexibility and strength-building and can also include deep thinking and breathing exercises to help calm the mind. The showy ways of mental attitudes and stretches did in yoga can also reduce long-lasting pain. Many of the ways of standing are weight-bearing ways of standing, which help strengthen bones and muscles. Yoga for related to the heart and blood vessels health includes simple stands in a showy and fake way to help increase in a good way flexibility, stress relief, and relaxation. It also helps, Increasing blood circulation and a healthy heart. Also, practicing yoga can help lower blood pressure, cholesterol, and blood sugar levels, as well as the heart rate - which can all add up to a lower risk of high blood pressure, stroke, and heart disease. Disease of the heart and blood vessels, namely heart-related heart disease and stroke, are the most common causes of death worldwide [1]. By 2030, it has been guessed a number that this number will increase to 23.3 million deaths. Disease of the heart and blood vessels is among the big causes of deadliness, disability, and work loss worldwide. Being the major non-communicable disease, disease of the heart and blood vessels makes up a big how money affects people's lives heavy load in all countries worldwide. Although more than two hundred disease of the heart and blood vessels things that make it more likely that someone will get a disease have been identified, the most important ones include high blood pressure, hyperlipidemia, excess blood sugar, and too much fat in the stomach area. About 80% of disease of the heart and blood vessels is mainly caused by able to be changed major factors. Yoga comes from Indian way to

learning about how people think and has been a part of traditional Indian related to religion or the soul practice for millennia [2]. In the last thing just mentioned setting, yoga is most often connected with physical ways of attitudes, 'Asana', breath control, 'Pranayama', and deep thinking i.e. 'Dhyana'; and different yoga schools have come out that put different focus on physical and mental practices. Pranayama, on the other hand, constantly changes the shape of the heart, in that way preventing the flow of the heart. Parana is the very important energy distributed by the nervous channel. Pranayama improves the rhythm of the heart. One who practices pranayama regularly all the time can reduce or increase the heart rate at will. Because of this, one gains control over the automatic machine of the body [3].

## CONCLUSION

Yoga can be applicable for everyone at any health problems. The body system is taken care of, with all the internal organs functioning together to improve the related to the heart and blood vessels wasting very little while working or producing something. Any professional or skilled person can benefit from the practice whether as serving to stop something bad before it happens, improvement or returning to usual and healthy condition. A daily Yoga practice leads to a healthy way of living. It changes the overall character of a professional or skilled person, controls high blood pressure and disease where blood sugar swings wildly. The effect is more important with a healthy diet. Pranayama provides accurate relaxation to manage stress. A conscious breathing rhythm controls the heartbeat.

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