

The Impending Importance of Physical Exercise in Maintaining Perfect Bone Health and Preventing the Onset of Osteoporosis

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Abstract

The modern-day technology has certainly led to one of the most mysterious, yet unknown inventions and discoveries a species called social animal once never thought of. Yes! There's been well documented research and to be documented research in the near future, but, the importance of exercise in maintaining good health and excellent bone health can never be skedaddled off. Our objective in this report is to address this very stern and rhadamantine importance of exercise in maintaining regular bone health, swaying away from osteoporosis.

Introduction

Dear Distinguished visitors and August readers, we are indeed happy to come in touch with you. We are Sujatha Nellore and Ravi Teja Mandapaka from Hyderabad, India, aspiring connoisseurs of art and science, life science in particular though, and, dilettantes of nobility, in life.

The eternal star, our Sun, never shuns away its immortal shine. Likewise, our body, aka, human body, needs, or say, demands, nutrients for its betterment and for its improved but not impaired malfunction. Upon hearing the word osteoporosis, we as research scholars understand, it's a medical condition wherein the bones and cartilage become frangible and wean away from their humongous structure even at the slightest touch of a table spoon. It's indeed a bit easy and mundane to say, the deficiency of calcium or, if you are a biochemist, the deficiency of Calciferol and Cholecalciferol may end us all in this unacceptable immovable condition.

However, we neither are not-so-bad students of rich art, nor, was ever students of an adaptive wit. Yet, admittedly inferior and adorably vane, we were students and hence lived in rich academics. In fact, we are Post Graduates in the fields of Microbiology and Food Science. Our dream as kids was to do many a noble deed, before we rest our eye lids for one final time and that vacant grave beneath the soil gives us a good ring. That said, we understand the importance of being physically active and its sempiternal presence of keeping our body, this human body, clean, fit and healthy.

We believe, Life is nothing but an event of dastard injustice with a deepening dusk and an event of unwavering trust of a romantic disguise. We don't believe in the importance of laggard couch affinity, as it may lead us to nowhere but towards an abysmally apologetic and an alluringly idle time. We, for once and all believe in a life of worth and tranquillity with a rich haul of nobility, humility and compassion.

Besides that, we would say, our life experiences have moulded us into a hardworking and what we would call "unflappable" persons. We have learnt that in science, life and through performing exercise for a good 30 minutes in the allotted 24 hours, it doesn't hurt to have a

healthy sense of humour. To make things crystal clear, we swim for half an hour and then we indulge in aerobics for the same period of aforementioned time. Blessed to the depths of heavens, we are proud to say, we are free from any ailments that are concerning our body, and more aptly, as the title of the journal suggests, our bones are as strong as bony rocks on many a mountain. Well, to be frank again, we are not osteoporotic, and we wish, not to join the club anytime soon.

We urge performing physical exercise is one of the pivotal reasons; your life will adorn one of the most beautiful attires, one can ever imagine.

Conclusion

Lastly, but not surely, addressing this very issue on the importance of physical exercise and the ameliorated performance of bones, we would like to put in our thoughts in the form of sharing our research report entitled "Yoga as an Exercise in the Professional Life of a Swimmer Leads to Perfection – A Review" [1], which has been accepted for a publication in the Journal of Yoga and Physical Therapy, Omics International, an amalgamation of open access publications.

"We would like to dispel some misconceptions and half-understanding of yoga some people have. To think that yoga is all about the human body is wrong. It is about the body, mind and soul. Yoga helps in the unquestionable and indisputable truth that a sound mind in a sound body helps realize the meaning and purpose of life and helps in the communion with that invisible, inexpressible, incomprehensible, omnipotent, omnipresent and omniscient power called God. Yoga helps man rise above the innate animal instinct, live through the human instinct and reach the levels of divinity. Yoga helps man in all walks of life to transcend from selfishness to altruism, from hatred to love, from jealousy to appreciation, from parochialism to real patriotism. Yoga helps one to see the oneness of humanity and human unity. Yoga helps one to become a world citizen - craving for peace and crying against violence. If sport is to unite the world, every sportsman must embrace yoga – body, mind and soul".

References

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