

## Yoga Exercises as a Non-Physician Meditation for Patients

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### ABSTRACT

Yoga is a form of discipline - a physical, mental and traditional practice. It is a way of doing things of controlling mind and body. Cell is the most basic structure of any living body. Human body is made up of trillions of cells. Cells get gave life to again on a regular basis. Different yogic ways of standing make the body flexible providing uniform blood supply to all body parts. With good blood supply cells are well enough kept alive, helping new cell group of objects. Modern day yoga has taken different forms and always keeps changing and getting better. Some events that prove something's suggest that yoga could have been practiced many years ago. Physical exercise meditation is natural which can do much more than boosting the brain and it may even help you reduce your blood pressure, fight fear and stress, and help you fight pain. So in this view mostly focus on benefits through the non-doctor or non-related to medical drugs deep thinking for patients.

**Keywords:** Physical exercise; Mental sicknesses; Non-medical; Pranayama

### INTRODUCTION

A non-medical meditation means of changing the mind. You learn the patterns and habits of your mind help grow new, more positive ways of being. It helps one develop concentration, clearness, a quiet, relaxed mental state, emotional positivity, and understand the true nature of things. Physical exercise meditation is like mild exercise for your nerves and your brain. It brings in inner peace and harmony and helps in stress reduction boosting our disease-fighting system. It needs practice and guidance at first. It also reactivates nervous system; making steady most mental sicknesses and even curing them. A physical exercise can be as simple as doing some deep breathing, or as complex as repeating or doing amazing benefits. Any activity that helps to quiet the mind could be carefully thought believed a thoughtful activity, even sitting outside and quietly watching the world go by. Focused natural exercise is a good way to improve your concentration and focus. Focused is a way of doing things where you choose to focus on something like an object with single intent. If someone focus on this object to when something is kept out of all other things [1], For example, if can focus on a flower, a small stone, or anything find lying around like a candle or a serving to make something look prettier object. It can also focus on the object with your eyes open, and then close your eyes and try and imagine the object in every little detail. In this exercise, you would practice focusing with attention without trying too hard. By choosing to focus on one thing only, like a small object, you begin to quiet your busy mind and feel that sense of peace in the spaces between the thoughts. The focused deep thinking way of doing things is a very calming

and centering practice because it holds or secures security in the present moment, freeing from judgments about the past or worrying about the future. Yoga is a light resistance workout - helps build flexibility, muscle strength, bone strength. Yoga is a light resistance workout - helps build flexibility, muscle strength, bone strength. Yoga helps with improving flexibility of spine, curing back pain, shooting pain down the back and legs and neck pain, Controls blood pressure, control blood sugars - indirectly improving heart health [2]. Yoga improves our ability to focus one's effort and increases self-confidence. Helps build disease-fighting system, which reduces the number of times something happens of common sicknesses. Certain yogic exercises help improve thyroid gland ability to do things this way improving chemically processing and using food. There are so many yoga deep thoughts which are very effective for health benefits, no need to medical therapy. As compared to medical therapy, non-doctor therapy is very helpful to every people. No side effects of non-doctor therapy as compared to medical therapy. Everyday can't take medicine to keep healthy but daily yoga exercise may lead to healthy body always. Yoga is most powerful when it changes the patient's general health outlook, changing the importance and focus from causing reactions from other people or chemicals to acting to prevent problems before they happen health management. The yogic definition of health or "svastha" is when the functions of the body and mind are in harmony so that they can turn inward to reach the goal of Self-understanding. In yogic terms, when you are really your "Self", you are truly at "ease". It is the loss of the Self that creates "dis-ease". In this way of thinking promises again the understanding that the nature of yoga is to find one's never-ending Self of health, peace and well-being [3].

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Received: Aug 03, 2021, Accepted: Aug 19 2021, Published: Aug 28, 2021

Citation: Tunga S (2021) Yoga Exercises as a Non-Physician Meditation for Patients. J Yoga Phys Ther.11:365. Doi:10.35248/2157-7595.21.11.365

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## CONCLUSION

Yoga is a light strength workout. Yoga must always be combined with good air-using and eating lots of different healthy foods. Diet has effect not only on the body but on the mind too. Fill half of your stomach with food, a quarter with liquid and leave out a quarter for air, avoid irregular eating. Early to bed and early to rise gives to good health. A diet rich in natural fresh produce clean the blood and help keep live cell rebuilding or recreating. Most of the common sicknesses are self-made which

need to be fixed from within. Yoga, pranayama and physical exercise help in a big way.

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