

Yoga for Life

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EDITORIAL

We have taken many resolutions in year 2020 but within three month the situation has changed to pandemic and still continued to New Year 2022. Universe has experienced increased stress and anxiety levels. In this difficult times Yoga, Pranayama and Meditation contributed a lot to university in reducing the impact from the pandemic.

Yoga is a centuries-old guide to healthy living developed by ancient Indian sages. Yoga helps you to maintain physical and mental balance which is required in this tough situation and it is only possible through Yoga, Pranayama and Meditation.

Hatha and Raja Yoga is known for its practical aspects, particularly its asanas (postures) and pranayama (breathing exercises), This path teaches ways of controlling the body and mind, including meditation, and its practices gradually transform the energy of the body and mind into spiritual energy, This path suits people who are looking for inner and outer transformation.

Benefits of Asanas

- Asanas work primarily on the spine and central nervous system. The spine gains it strength and flexibility, practicing asanas it will increase oxygen supply to the each cell of body. Asanas increase motion in the joints and flexibility in muscles, tendons, and ligaments. Asan massages internal organs, boosting their function.
- Yoga can do more than just relax your body and mind especially if you're living with diabetes. Some asanas like Mandukasana and Arch Matsyendrasana used in treatment of diabetes.
- Yoga has all the benefits to reduce obesity and prevent related diseases Asana and Pranayama keep the whole body in a proper condition. Regular practice of asanas & Suryanamaskar is useful to reduce fat in various parts of our body (one round of suryanamaskara consumes 13.9 k.cal) which leads to weight loss and gain flexibility (Figures 1-4).

Some Asanas:

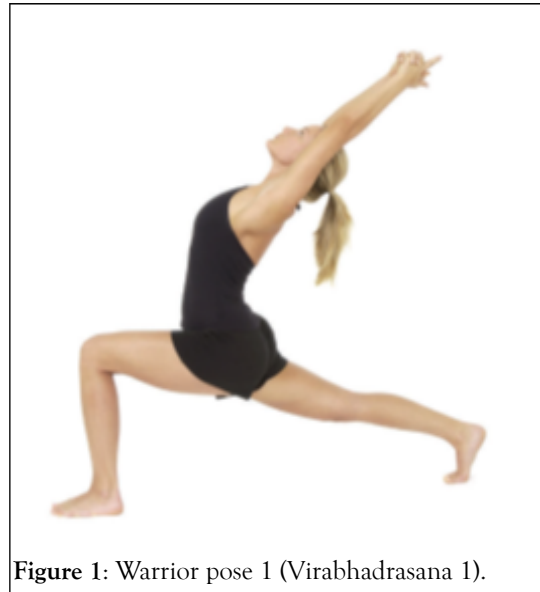


Figure 1: Warrior pose 1 (Virabhadrasana 1).

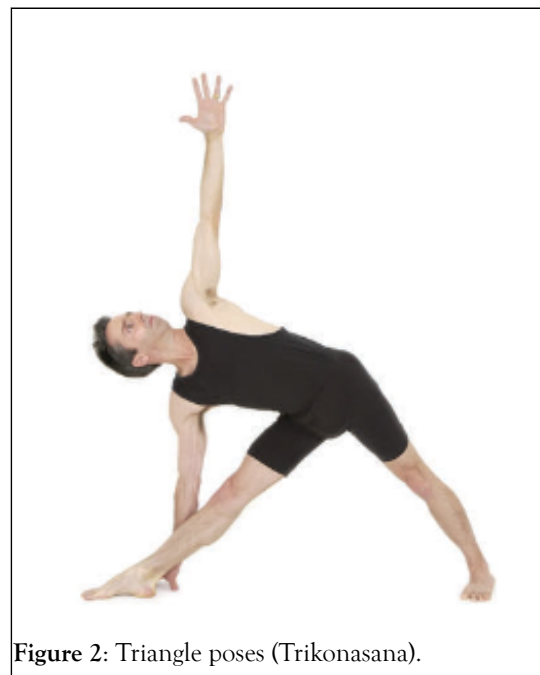


Figure 2: Triangle poses (Trikonasana).

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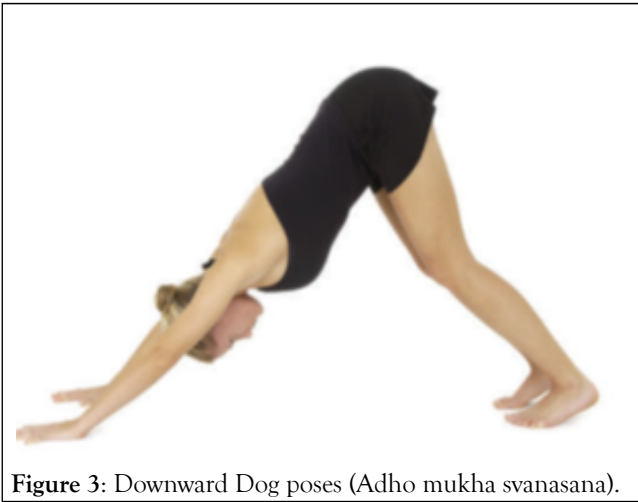


Figure 3: Downward Dog poses (Adho mukha svanasana).

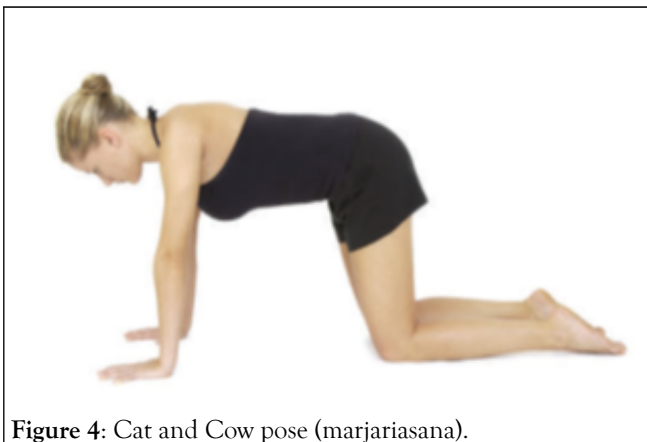


Figure 4: Cat and Cow pose (marjariasana).

Pranayama: (Breathing Technique)

The classical yogic practices of pranayama have been known in India for over 4,000 years. Pranayama means controlling the breath. This will be done in three stages; inhalation (Pooraka);

Retention (Khumbaka) and Exhalation (Rechaka). By permuting and directing these three stages, the different practices of pranayama are obtained. Pranayama clears up the nadis, energy pathways in the body.

The scriptures say that there are over 72,000 nadis or pathways of prana in the pranic body and they travel through six main chakras. Out of all nadis, there are three main nadis (Ida, Pingala and Sushumna). Responsible for major energy flow.

However, in the average individual, many of these pathways are blocked and the chakras release only partial energy. The negative conditions we experience (physical or mental) are the consequence of these blockages.

Benefits of Pranayama:

- Will have always full of fresh energy.
- The mind and thoughts become more powerful.
- Negative tendencies begin to drop off almost automatically.
- Chest is opened to its fullest extent and lungs are stretched to the utmost.
- This strengthens respiratory muscles and makes the lungs more elastic.
- Breathing with slow, deep and long gives rest to the Heart.
- Regular practice of nadi shodhana leads to correct Heart rhythm restoration.
- Pineal gland is responsible for growth. Therefore children from the age of seven or eight should begin the practice of pranayama for good growth.
- Pranayama is practised to bring the mind under control, and for this purpose the inhale is usually begun from the left nostril.
- By practicing pranayama systematically for a few years, a gradual transformation is brought in the nervous system. Ultimately, there comes a moment when one closes his eyes, he achieves a state called meditation.