

## The Effects of Yoga on the Body Systems

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### Abstract

The goal of this observe is to assess the findings of decided on articles concerning the healing effects of yoga and to provide a complete evaluation of the advantages of regular yoga practice. As participation costs in mind-body health packages such as yoga continue to boom, it's miles critical for fitness care professionals to be informed approximately the nature of yoga and the proof of its many therapeutic effects. Thus, this manuscript presents statistics concerning the therapeutic effects of yoga because it has been studied in diverse populations concerning a multitude of various ailments and situations. Therapeutic yoga is defined because the software of yoga postures and practice to the treatment of fitness conditions. Results from this take a look at show that yogic practices beautify muscular strength, body flexibility, promote and improve respiratory and cardiovascular characteristic, promote recuperation from treatment of addiction, enhance sleep patterns, and decorate overall nicely-being and exceptional of life.

**KEYWORDS:** asana, pranayama, meditation, cognition, body mass index, mind-body medicine

### INTRODUCTION

**Yoga** is one of the few disciplines that concentrate on the whole being, the entire individual. The practice of yoga is about integration of all of the aspects of oneself. We all know the practice of yoga postures, whether from personal experience or through that of another. Even though the practice of yoga is so much broader than simply physical, when practiced with precision, including the precise motion of the body, breath control and mental discipline, the physical response to the practice is impressive. The individual becomes grounded in the present moment and experiences life more fully, which is the main purpose of yoga. Yoga also restores flexibility and mobility by improving breathing, stamina, circulation, and nerve and gland efficiency. Yoga increases energy levels and sets the process of integration into motion. In order to attain or achieve these improvements, yoga interacts with the ten systems of the body.

The skeletal system is used to its maximum each day. By moving all of the joints in the body on a regular basis they remain as open and flexible as possible. Disorders in the body such as osteoporosis, scoliosis, spinal pain and arthritis are all improved in measurable degrees through the practice of yoga.

- Ujjayi is supposed to remove disorders from the bone and marrow.
- Those suffering from slipped disc shall practice Ujjayi Pranayama.

The muscular system is toned and lengthened, which releases tension, making the muscles more efficient and keeping the body supple. Working with the muscle body is beneficial for everyone. I have seen positive results in students ranging from age 5 to 85 years old. Students who have conditions such as multiple sclerosis or fibromyalgia find their bodies respond well to the yoga practice. They experience decreased discomfort and

increased abilities in balance, eye-hand coordination, mobility and an overall sense of well-being. Athletes benefit from yoga by working the muscle body in different ways than the repetitive nature that the sport demands.

- Extra oxygen supply and stimulation of the Nervous System:
- induces muscular relaxation (S&S, Ujjayi)
- Increasing healing powers for tissues (Bhram.)
- Removes Fatigue (N.S., Bram., Bhast.)

**The circulatory system** is exercised with an increased amount of blood flow to the different areas of the body. This increased blood flow equals improved tissue nourishment and therefore improved function of all of the systems of the body ranging from muscles to sensory organs, such as the ears and eyes.

The nervous system is kept open by keeping the spine flexible. This flexibility keeps the nerves uninterrupted and free from impingement, allowing proper functioning. When done correctly, yoga postures open and strengthen the spine. Specific postures are designed to support the lumbar, thoracic and cervical vertebra. I have seen wonderful changes in the spines of students with chronic back pain, resulting in increased range of motion and less pain.

- Extra supply of oxygen, stimulating, toning, balancing, strengthening and soothing effects on the Nervous System: Brain centers will be toned, so they can work close to the optimum capacity.
- Control over the body temperature will be stimulated: cooling (S&S) heating (Ujjayi, AgnisarKrya, Surya Bheda)
- Cerebral tension, stress and anxiety will be relieved, Insomnia (Ujjayi) Removes sleepiness (Kapalbhathi.), Vertigo (Bhram.), Head ache (N.S., Bhram., Ujjayi)
- Moreover: Pranayama helps for all kinds of skin diseases, healing power of tissues is stimulated.
- Ujjayi removes diseases from fat, skin and muscles. The reproductive Organs will be toned. For Menstruation Problems and Cramps, Abdominal Breathing and Ujjai help.
- During and after pregnancy, Ujjayi, light Bhastrika, N.S., Bhramari, and Kapalabhati can be helpful (stop Bhast. & Kap. After 3. month of pregnancy)

**The digestive system** is stimulated through various postures and, of course, through proper food choices. Spinal twists, forward folds and back bends all assist in keeping the digestive track happy and healthy. Practices such as abdominal pumping and diaphragmatic breathing also aid the digestive process.

- Abdominal movements: – influence on appetite (AgnisarKrya), control over hunger and thirst (Sheetali & Sheetkari)
- Keeps teeth and gum healthy (Seetkari)
- Stimulation of the metabolic rate (Bhast., Kap.)
- Massage on inner organs and toning digestive system (Bhast., Kap.)
- Removal of intestinal wind (Bhast. & Kap.)

- removes acidity from stomach ((S&S)
- Ulcers (N.S., Ujjayi, S&S, Bhram.) DONT do Kapalabhati
- Diarrhea ( N.S., Bhram, S&S)
- Constipation (N.S.)

**The eliminative system** is important because it rids the body of all waste products. Waste can clog up the body and make it sluggish and ill. As part of the digestive track, the colon is stimulated by the yogic practices that encourage both the process of digestion and elimination. The skin is the largest eliminative organ in this system. By sweating through held postures and fluid movement, the body eliminates many toxins.

The respiratory system is greatly improved by increasing oxygen capacity in the lungs. The physical movements of yoga teach us how to combine movement and breath, which in turn helps to free up the diaphragm and strengthen the respiratory system as a whole. Proper use of the diaphragm calms the nervous system, increasing the feeling of overall well-being. Diaphragmatic breathing also aids proper digestion and elimination.

- Using the whole lung capacity, expanding lungs and increasing efficiency: eliminates phlegm
- Removes throat disorders and inflammations (KapalBhati., Ujjayi, Sheetal&Sheetkari pranayama, Bhramary.)
- Therapy for lung disorders: Bronchitis, Asthma, Tuberculosis (Kapalbhati.,Nadi.Sodhan, Abdom.Br., Bhast.)
- Connection between breath and heartbeat: Extra supply of oxygen.
- Purification of blood: extra supply of oxygen, removing carbon dioxide and toxins.
- Removing disorders from blood (Ujjayi)
- High blood pressure (Nadi.Sodhan,Sheetali&Sheetkari pranayama, Bhramari).
- Slowing down heart rate (Ujjayi)
- Low blood pressure: (Surya Bheda)
- Heart diseases: NO retention and Bandhas

**The endocrine system** regulates the body's metabolism, sex drive, energy levels and mental state. Certain yogic postures, such as the head stand and shoulder stand, stimulate these glands, feeding them rich supplies of blood. When preformed properly, these postures can be the most beneficial of the entire yoga practice.

The pranic system is the life force and the basis for all yogic practices. Through meditation, yogis focus on the breath, which is the wave that the bio energy of the body rides upon. By connecting mind, body and breath, the practitioner is able to tap into this body energy and utilize it for better physical and mental health.

- Harmonizing, stimulating and increasing flow of prana.
- Clears out pranic blockages purifying and balancing in Ida and PingalaNadis.
- Increasing flow of prana in SushumnaNadi

Last but not least,

**The nervous system** is affected by yoga. If one does not have a sound mind, it is not possible to have a sound body. The fluid and precise movement of yoga postures, combined with proper breathing and various other concentration tools, leads to mental clarity and a focus on oneself and all that is around us. This integrated state grounds us in the present moment and allows us to experience life as it is. This grounded state is the main purpose of yoga.

- Calming effect on the mind and thoughts
- Cooling the mind, and mental and emotional excitation (S&S)
- Tranquility of thought, tranquilized before going to sleep (S&S)
- Preparation for mental work, concentration and meditation
- Relieves stress and anxiety
- Directs awareness inward, brings peace of mind and one pointed focus
- Leads to deep state of meditation
- Helps when suffering from Depression, Lethargy, dullness and sleepiness

#### **SOME YOGIC INTERVENTIONS:**

**Vakrasana:** Vakrasana is a simplified form of the ArdhaMatsyendrasana, an asana named after Matsyendranath, the founder of Hatha Yoga. It stretches the thigh and tones the abdomen.

**Padahasthasana:** Padahasthasana is a cultural asana that is also known as the forward bending asana. It is the seventh posture in the series of Hatha yoga positions.

**Naukasana:** Naukasana is a cultural asana where the final position of the practitioner mimics a boat, and decreases the deformities of the spine.

**Makarasana:** Also known as the crocodile pose, the Makarasana is known to bring about complete relaxation of the body.

**Shirshasana:** Shirshasana or the Yoga Headstand is an asana prescribed for the cure of a number of diseases.

#### **Discussion:**

Yoga Asanas have a profound impact on the systems of the human body. The muscles, bones, nervous system, respiratory, circulatory and digestive systems of the human body are greatly benefited from regular practice of Yoga Asanas. The body becomes more flexible, and more able to adjust to environmental changes after practising asanas. Documented scientific evidence strongly indicates that yoga has promotive, preventive as well as curative potential. As a non-pharmaco therapeutic and safe modality, it can be used as an effective lifestyle adjunct to medical treatment to reduce drug dosage and improve quality of life of the patients by working on different body systems. Most of the diseases that we conceive effect one body system or the other. It is to be emphasized that yoga is very effective for prevention as well as management of all-pervading stress and stress-related disorders as well as diseases that have physiological genesis. Modern medicine is very effective in controlling infections, performing surgeries and managing

diseases. However, it has limited role in stress-based, chronic degenerative, old age and lifestyle related disorders which are the bane of modern society. Yoga has been found to be very effective in these conditions. Our public health delivery system is under-staffed, fund-starved and reeling under severe economic burden. Knowledge of inexpensive, effective and easily administrable yogic techniques by health professionals will go a long way in helping us achieve the WHO goal of providing "physical, mental, spiritual and social health" to the society.

**Conclusion:** Through most of the research studies and systematic reviews give evidence of in enhancing physiological functions of virtually every system, more exhaustive and rigorous studies are still advocated required to establish these positive benefits in conclusive terms. It is important to not forget the qualitative aspects of such benefits in our quest for quantitative findings when dealing with mind-body therapies and lifestyle modifications that have preventive, promotive, rehabilitative and curative potential as an adjunct therapy.

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