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EXPLORING THE THERAPEUTIC EFFECTS OF YOGA AND ITS ABILITY TO INCREASE QUALITY OF LIFE

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Abstract:

The objective of this study is to assess the findings of selected articles regarding the therapeutic effects of yoga and to provide a comprehensive review of the benefits of regular yoga practice. As participation rates in mind-body fitness programs such as yoga continue to increase, it is important for health care professionals to be informed about the nature of yoga and the evidence of its many therapeutic effects. Thus, this manuscript provides information regarding the therapeutic effects of yoga as it has been studied in various populations concerning a multitude of different ailments and conditions. Therapeutic yoga is defined as the application of yoga postures and practice to the treatment of health conditions and involves instruction in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Results from this study show that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

Keywords: Alternative therapy, depression, pain, quality of life, therapeutic yoga

Introduction:

A 3,000 year old tradition, yoga, is now regarded in the Western world as a holistic approach to health and is classified by the National Institutes of Health as a form of Complementary and Alternative Medicine. The word "yoga" comes from a Sanskrit root "yuj" which means union, or yoke, to join, and to direct and concentrate one's attention. Regular practice of yoga promotes strength, endurance, flexibility and facilitates characteristics of friendliness, compassion, and greater self-control, while cultivating a sense of calmness and well-being. Sustained practice also leads to important outcomes such as changes in life perspective, self-awareness and an improved sense of energy to live life fully and with genuine enjoyment. The practice of yoga produces a physiological state opposite to that of the flight-or-fight stress response and with that interruption in the stress response, a sense of balance and union between the mind and body can be achieved.

Objectives of the study:

- To understand the therapeutic effects of Yoga on human life
- To explore the role of Yoga in increasing the quality of life

Methodology:

The research methodology is the most important factor to understand the research problem in scientific way. The researcher has used descriptive research design to understand the Exploring the therapeutic effects of yoga and its ability to increase quality of life

Stress, Anxiety and Depression:

Yoga is effective in prevention as well as management of stress and stress-induced disorders. A systematic review based on eight studies observed that though they reported positive results but due to methodological inadequacies it is not possible to say that yoga is effective in treating anxiety or anxiety disorders in general. However, there are encouraging results, particularly with obsessive compulsive disorder. A systematic review has demonstrated beneficial effects of yoga interventions on depressive disorders. A study on patients who were taking antidepressant medications but who were only in partial remission showed significant reductions for depression.