

# An Analysis upon Impact of Yogic Exercises/Asanas on Human Body System: A Review

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**Abstract – Yoga was conferred early in the day and at night hours with one hour for every day for a time of twelve weeks. The systolic, diastolic pulse, body weight and lipid profile including TG, TC, LDLC, VLDLC (aside from HDLC) were fundamentally low in yoga gathering ( $P < 0.05$ ) contrasted with the control gathering. HDLC esteems were altogether high in yoga gathering. The consequences of test uncovered that yoga was viable in controlling the factors of hypertension.**

**The goal of this investigation is to survey the discoveries of those articles with respect to the restorative impacts of yoga and to give an extensive audit of the advantages of general yoga. As cooperation rates as a primary concern body fitness projects, for example, yoga keep on increasing, it is essential for health mind experts to be educated about the idea of yoga and the proof of its numerous helpful impacts. Along these lines, this original copy gives data with respect to the restorative impacts of yoga as it has been examined in different populaces concerning a large number of various illnesses and conditions. Restorative yoga is characterized as the utilization of yoga stances and practice to the treatment of health conditions. Results from this examination demonstrate that yogic practices upgrade strong quality, body adaptability, advance and enhance respiratory and cardiovascular capacity, advance recuperation from treatment of compulsion, enhance rest examples, and improve general prosperity and personal satisfaction.**

**The examination uncovers that there is critical lessening in post-test condition. Yogic exercises demonstrated a positive and huge effect on diabetic grown-ups. On account of systolic circulatory strain, diastolic pulse it was discovered that the diminishment level was critical in post-test condition. Comparative investigation is important to watch the adequacy Asanas and Pranayama on various age level and sexual orientation. Another proposal may likewise be that these factors ought to be incorporated with different factors and distinctive time interims with a sorted out way. The expanded affectability is by all accounts supported for long time bringing about a dynamic long haul impact of Asanas. The examination is noteworthy on the grounds that, it has out of the blue endeavored to test the instrument by which yoga-Asanas decrease glucose. In the present examination there was a critical fall in the fasting blood glucose levels in the yoga gathering. Every one of the members in the yoga assemblies build up a feeling of prosperity with no reaction. So they are self-persuaded to proceed with the yoga rehearse as an everyday routine in their life.**

## INTRODUCTION

The expression "yoga" and the English word "burden" are gotten from Sanskrit root "Yuj" which implies association. Yoga is a psycho-physical profound train for accomplishing association and amicability between our brain, body and soul and a definitive association of our individual cognizance with the Universal awareness (Madanmohan, 2008). Yoga is mind-body procedure which includes unwinding, contemplation and an arrangement of physical exercises performed in a state of harmony with

relaxing. Being comprehensive, it is the best means for accomplishing physical, mental, social and profound prosperity of the professionals. This can be accomplished by systematic and taught routine with regards to fiery remains tang (eight-limbed) yoga portrayed by sage Patanjali. The initial two appendages of fiery debris tang yoga are yam and niyam which are moral code and individual teach for the advancement of our ethical, otherworldly and social viewpoints. third and fourth appendages regions and pranayama which help in our physical advancement and change of physiological capacities.

fifth and sixth appendages are Pratyahara and dhama for controlling our faculties and making our mind one-pointed, quiet and caution. The last two appendages of dhyana and Samadhi result in inward peace, happiness, more elevated amount of cognizance and a definitive association of our individual awareness with the Universal Consciousness, bringing about God acknowledgment the outcome is unfoldment of an extraordinary profound identity that is a gift for the entire humanity. Yoga helps in building up our aggregate identity in an integrated and all encompassing way.

Twenty first century has seen a land check improvement in science and innovation including space, protection, nuclear vitality, PC, network access and so forth. By the web creation we can gather required data inside a small amount of second from any piece of the world. Because of this progressed logical innovative creation, the body developments of the human being have been limited. Strain and aggressive feeling expanded. Man has been felt the prey of stress, hypo active and psychosomatic maladies. So time has come that man ought not overlook the significance of any physical exercises. Each one wants great health and it is a definitive goal of every one of the individuals who need bliss throughout everyday life. Everybody needs to take after great health rehearses in their normal life. Minor health issue are very basic to all. On account of real health issues, the prudent steps are bounty. A few people control their ailments like circulatory strain, diabetes, sharpness, asthma and so forth by taking pharmaceuticals frequently. Be that as it may, such practice does not in a way totally dispose of the health issue; then again it prompts a few other antagonistic health issues.

The consistent, systematic and normal routine with regards to Yoga and any physical exercises is a viable device to keep up great health and furthermore takes out all the repulsive sicknesses from the human body.

Physical instruction and games, being a vital piece of training, encounters the effect of logical progressions. Presently wears can give exceptional execution on account of contribution few deductively substantiated training strategies and methods for execution of games exercise, for example, sports systems and strategies change of games apparatus and hardware and additionally different parts and states of games training.

Physical teachers comprehend the logical establishment for what they show improvement over what they did years prior. They never again lead exercises and physical exercises essentially with the end goal of excitement or to empower strong action for its own particular purpose. Today they are keen on giving exercises and physical exercises that will achieve particular destinations for member, for

example, helping an impaired individual to have a feeling of achievement in physical movement to upgrade his or her self idea or helping a modern official in deciding his or her condition of fitness through refined estimation strategies. The physical training is moreover using PC innovation to store data that will be promptly accessible for moment recovery and application in their recorded.

Yoga, an old Indian Science has been polished as a healthy lifestyle. As of late yoga has been received as a way to deal with health inside elective medication. Current man is the casualty of stress and stress related clutters which debilitate to upset life completely. Yogic way of life, Yogic mentalities and different yogic practices help man to reinforce his body and psyche. Carrying on with a cheerful and healthy life on all planes is conceivable through the brought together routine with regards to yoga alongside asana and pranayama when performed deliberately and with mindfulness. Yoga stresses on controlled breathing (Pranayama), body pose (asana). Unwinding of psyche (reflection) keeps a man vivacious and healthy for keeping up health and fitness and for treating infections. Sudarshan Kriya of Yoga is an extraordinary breathing procedure supported by The Art of Living Foundation, Bangalore, India. The Foundation is one of the built up yoga school of global notoriety. Yoga is said to mend and clean from inside and is a characteristic and noninvasive method. Yoga has a sound logical premise and is a perfect instrument for enhancing the health. The act of yoga has useful impact on biochemical and physiological elements of man.

The yoga, exercise and unwinding, music, adjusted eating regimen are distinctive physical stress management strategies which are viably utilized by ladies to battle stress. Prior examinations demonstrated that arranging, social help and intervention are powerful stress management systems. The act of positive reasoning, choosing and reflecting standards of life will diminish stress and will reinforce the manageability of life.

Present day medications can treat hypertension to some degree yet over the long haul they have symptoms. In spite of the fact that there are a few reports accessible in writing the present investigation will give solid confirmation about the helpfulness of yoga in treating hypertension of working ladies in Maharashtra State of India. Lessening in stress through integrated approach of yoga treatment is accomplished by routine with regards to profound unwinding at the substantial level by various stances (asanas), ease back controlled breathing to diminish respiratory rate (pranayama), and methods for serenity of mind such of contemplation and droning.

## YOGA

Yoga intends to "burden" to "join together" to tie to "interface" to associate or to "consolidate". As burden consolidates two bulls, the yoga joins body and mind together. The merger of soul with God, and the experience of unity with him is yoga. It is conceivable just through the control over sense organs and through proceeded with training and separation. As indicated by the immense Sage Patanjali the withdrawal of sense organs from their common items and their control is yoga.

The point of man's life is to dispose of the stresses, tensions and sufferings of the world and to accomplish peace and rapture. To dispose of the enticing dreams, distresses and torments of the world, there are diverse ways of yoga specifically Bhakti yoga, Karma yoga, Dhyana yoga, Jnana yoga, Hatha yoga and different yogas. The ways might be unique yet a definitive point is the same. Our body has been known as the sanctuary of the God. As indicated by Shankracharya we can see the picture of God in our own body if kept up virtue and free from illness. Similarly as spotless mirror gives clear reflection, the body and brain if kept up virtue and health can pave the way to progress.

Yoga is an investigation of physical and mental control. It is a system of self recharging of brain and body. It is a methods for obtaining a thin supple and healthy body. It can be an approach to accomplish internal serenity. It is additionally a way to incredible otherworldly achievement. Our antiquated Rishis and sages have given eight phases of yoga. They are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Yoga is a psycho-substantial otherworldly train for accomplishing association and concordance between our brain, body, and soul and a definitive association of our individual cognizance with the all inclusive awareness. Pranayama is gotten from two Sanskrit words, in particular, prana, which implies essential power or life vitality, ayama intends to delay.

Supernatural reflection (TM) is one of the procedures of contemplation, which includes enabling the psyche to harp on a progression of words (called a mantra) given by the contemplation instructor, with no exertion. On the off chance that the consideration meanders it is permitted to meander till it comes back to the mantra.

At the point when a man hones yoga, with yogic disposition (state of mind of tolerance, industrious work on, defeating hindrances inside self, that is, trouncing apathy, outrage, fancy, and want for being extraordinary or superior to others), there are a few changes in physiology. With a specific end goal to give a general outline and comprehension, we played out a Medline inquiry to audit applicable articles in

English writing on physiological impacts of yogic works on including pranayama and TM. Information were built and issues were surveyed from that point.

Yoga stances can prompt change in the affectability of the b-Cells of the pancreas to the glucose flag and furthermore the change in insulin affectability thus can be because of the aggregate impact of playing out the stances.

Coordinate incitement of the pancreas by the stances can restore its ability to deliver insulin. Recovery of pancreatic beta cells could happen by yoga exercises that advance blood course in the locale of the pancreas and yoga asanas that animate the meridian of pancreas likewise could aid some diabetic patients.

Pranayama practices, stretches the lung tissue producing inhibitory signals from action of slowly adapting receptors and hyperpolarising currents. These inhibitory signals coming from cardiorespiratory region involving vagi are believed to synchronize neural elements in the brain leading to changes in the autonomic nervous system; and a resultant condition characterized by reduced metabolism and parasympathetic dominance.

Pranayama modified various inflatory and deflatory lung reflexes and interact with central neural element to bring new homeostasis in the body.

## YOGA IMPROVES CARDIO-RESPIRATORY EFFICIENCY

Madanmohan et al (2008) have detailed that yoga training of a month and a half span weakens the sweating reaction to step test and creates a stamped increment in respiratory weights and perseverance in 40 mm Hg test in both male and female subjects. In another

think about, they revealed that 12 weeks of yoga rehearse brings about huge increment in most extreme expiratory weight, greatest inspiratory weight, breath holding time after termination, breath holding time after motivation, and hand grasp quality (Madanmohan, 1992). Joshi et al (1992) have additionally demonstrated that a month and a half of pranayama breathing course brought about enhanced ventilatory capacities as brought down respiratory rate, and increments in the constrained imperative limit, constrained expiratory volume toward the finish of first second, most extreme intentional ventilation, top expiratory stream rate, and prolongation of breath holding time. Comparative valuable impacts were seen by Makwana et al (1988) following 10 weeks of yoga rehearse. Increment in inspiratory and expiratory weights recommends that yoga training enhances the quality of expiratory and in addition inspiratory muscles.

Respiratory muscles resemble skeletal muscles. Yogic methods include isometric compression which is known to increment skeletal muscle quality. Breath holding time relies upon starting lung volume. More prominent lung volume diminishes the recurrence and adequacy of automatic withdrawals of respiratory muscles, in this way reducing the inconvenience of breath holding. Amid yoga rehearse, one reliably and deliberately supersedes the boosts to respiratory focuses, in this manner getting control over the breath. This, alongside enhanced cardio-respiratory execution may clarify the prolongation of breath holding time in yoga prepared subjects.

## YOGA PROMOTES PHYSICAL FITNESS

Yogic procedures are known to enhance one's general execution and work limit. Sharma et al (2008) led imminent controlled examination to investigate the fleeting effect of a far reaching however short way of life mediation in view of yoga, on subjective prosperity in ordinary and infected subjects. Typical healthy people and subjects having hypertension, coronary vein ailment, diabetes mellitus or an assortment of different ailments were incorporated into the investigation. They detailed critical change in the subjective prosperity scores of 77 subjects inside a time of 10 days when contrasted with controls. Along these lines, even short mediation can make an apparent commitment to essential counteractive action and additionally management of way of life ailments. Oken et al (2006) found that hatha yoga hones for a half year by seniors (65-85 years) brought about huge change in personal satisfaction and physical measures contrasted with strolling exercise and hold up list control gatherings.

## IMPACT OF YOGIC EXERCISES ON DIFFERENT HUMAN SYSTEM

Nervous system - In an examination to evaluate the quick impact of three yoga breathing strategies on execution of a letter-cancelation assignment, the creators detailed that there were enhanced scores and less mistakes on letter cancelation undertaking and proposed that yoga practice could get change the errand which requires particular consideration, fixation, visual filtering capacities, and a tedious engine reaction. An examination on execution of members on reflect following assignment found that yoga bunch had enhanced inversion capacity, eye-hand co-appointment, speed and precision which were vital for reflect star following. In another investigation led to evaluate changes in p300 following two yoga-based unwinding procedures detailed a decrease in the pinnacle latencies of P300 after yoga based unwinding method and showed that yogic reflection upgrades intellectual procedures fundamental the age of P300.

Left-sided one-sided constrained nostril breathing prompted right-side of the equator strength and

enhanced spatial abilities while move on inverse side demonstrated left half of the globe predominance with enhanced verbal aptitudes. Honing asanas, pranayama, reflection, and tratakas (concentrated looking practices), and going to reverential sessions for 10 days prompted a critical change in fine organized developments. Yoga hones for a month not just prompted a diminished level of optical deception made by muller-lyer lines and raised the basic combination recurrence yet additionally enhanced neural execution, higher basic combination recurrence showing lessened weakness and stress level.

Respiratory system - In a randomized controlled trial (RCT) directed on 57 grown-up subjects with mellow or moderate bronchial asthma, there was an enduring and dynamic change in aspiratory capacities, the change being factually huge in the event of constrained expiratory volume in first second (FEV1) volume at 8 week, and pinnacle expiratory stream rate at 2, 4, and two months as contrasted and the relating standard esteem and furthermore a critical diminishment in exercise prompted bronchoconstriction and additionally in Asthma Quality of Life (AQOL) scores in the yoga amass contrasted and control gathering.

An examination with a mission whether yoga could lessen the essential issue in asthma (i.e., aviation route hyper responsiveness), demonstrated change on subjective measures and additionally aviation route hyper responsiveness to methacholine after sahaja yoga reflection.

In a setup of randomized, twofold visually impaired, hybrid trial configuration there was a critical increment in the dosage of histamine expected to incite a 20% decrease in FEV1 amid yoga breath, however not with the control. Yoga gathering, contrasted and control gathering, demonstrated more noteworthy change in scores for medicate treatment, crest stream rate, and diminished week after week assaults of asthma, following 2 weeks of yoga rehearse. Yogic exercise gather demonstrated most extreme change in respiratory capacity when contrasted and that enhanced by national guard training.

In a RCT directed at All India Institute of Medical Sciences, Delhi, India, demonstrated that including a far reaching yoga-based personality body intercession to the ordinary treatment enhanced a few measures of pneumonic capacity in subjects having mellow to moderate bronchial asthma, an abatement in exercise-actuated bronchoconstriction in the yoga gathering, especially in the exercise-delicate subjects. Yoga enhanced the QOL and lessened save drug use in bronchial asthma, and accomplished the decrease sooner than regular treatment alone.

Musculoskeletal System - Scientific examinations on yoga demonstrate that yoga enhances smoothness,

quality and musculoskeletal coordination of the specialists. Stances accepted amid yoga rehearse are principally isometric exercises which give ideally kept up extend to the muscles. Arrangement of asans include suspension of the posture took after by counterpose i.e. it includes co-ordinated activity of synergistic and hostile muscles which brings expanded unfaltering quality, quality, stamina, adaptability, perseverance, anaerobic power, better neuro-strong coordination and enhanced orthostatic resilience. Body weight is itself used to give load to the muscles and bones. This heap bearing reinforces the bones and averts age-related debilitating, subsequently helping in aversion of osteoporosis. A legitimately chose set of exercises extends almost all joints and joint containers without much threat of wounds and fatigue. Bera and Rajapurkar (1993) have announced noteworthy change in perfect body weight, body thickness, cardiovascular continuance and anaerobic power because of 1 year yoga training in kids matured 12-15 years. Plainly, yoga practices ought to be begun at an early life. Hart and Tracy (2008) considered impacts of Bikram yoga on quality, dauntlessness and adjust in 10 youthful grown-ups (29 +/- 6 years). 24 yoga sessions of administered, institutionalized stances for 1.5 hr were led for two months. They revealed that even here and now yoga program of this compose in youthful grown-ups enhanced the adjust, created unassuming upgrades in leg quality, and enhanced leg muscle control for less consistent subjects. Dhume and Dhume (1991) looked at the relative adequacy of dextroamphetamine and yogic reflection on the execution of restorative understudies to concentrate on the undertaking to adjust on an adjust board. The execution of meditators went on consistently and continuously expanding all through the time of 10 trial days with general percentile ascent of 27.8% while amphetamine utilize deteriorated the assignment execution of understudies. In this way, yogic reflection is of legitimacy to accomplish fixation for mental and also physical undertaking, for example, neuro-solid coordination and aptitude. Raghuraj and Telles (2008) considered the impact of breathing through one nostril on the lateralization of hand hold strength. 130 right hand predominant school youngsters 11 to 18 yr were haphazardly doled out to 5 gatherings. Each gathering had a particular yoga rehearse notwithstanding the general program for a 10 day yoga camp. The practices were: (i) right-, (ii) left-, (iii) substitute nostril breathing (iv), breath mindfulness and (v) routine with regards to mudras. Hand hold quality of the two hands was evaluated at first and toward the finish of 10 days for each of the 5 gatherings. The right, left and exchange nostril breathing gatherings had a critical increment in hold quality of the two hands, going from 4.1% to 6.5% with no lateralization impact. The breath mindfulness and mudra bunches demonstrated no change. Consequently, this examination recommends that yoga breathing through a specific nostril or through

substitute nostrils expands hand grasp quality of the two hands without lateralization.

Beam et al (2001) contemplated the impact of training in hatha yogic exercises on oxygen consuming limit and saw effort after maximal exercise in youthful grown-ups. They found that total estimation of VO<sub>2</sub> max expanded fundamentally in the yoga amass following a half year of training. The apparent effort scores after maximal exercise diminished fundamentally in the yoga amass after the a half year training period. In this manner, the act of hatha yogic exercises alongside diversions enhances high-impact limit. Chaya et al (2006) found that yoga hones (asan, contemplation and pranayama) for a base time of a half year brings about essentially bring down basal metabolic rate of the yoga experts when contrasted with that of the non-yoga gathering. It might be connected to decreased excitement, with the long haul routine with regards to yoga utilizing a mix of stimulatory and inhibitory yogic practices.

Endocrine and Reproductive System - Studies have demonstrated that routine with regards to yoga orchestrates calibrating and tweaks neuro-endocrine hub which brings about useful changes in the professionals. Chaya et al (2008) revealed critical decline in fasting plasma insulin in the yoga experts. They additionally found that long haul yoga rehearse (for 1 year or more) is related with expanded insulin affectability and constriction of the negative connection between body weight or midsection boundary and insulin affectability.

Manjunatha et al (2005) considered the impact of four arrangements of asanas in irregular request for 5 sequential days and watched that execution of asanas prompted expanded affectability of B cells of pancreas to the glucose flag. They recommended this expanded affectability is probably going to be a managed change coming about because of a dynamic long haul impact of asanas.

Kamei et al (2000) discovered changes in cerebrum waves and blood levels of serum cortisol amid yoga exercise in 7 yoga educators and found that alpha waves expanded and serum cortisol altogether diminished. Tooley et al (2000) discovered essentially higher plasma melatonin levels in experienced meditators in the period quickly following reflection contrasted and a similar period in the meantime on a control night. It was reasoned that reflection can influence plasma melatonin levels. It stays to be resolved whether this is accomplished through diminished hepatic digestion of the hormone or by means of an immediate impact on pineal physiology. In any case, assistance of higher physiological melatonin levels at suitable circumstances of day may be one road through which the asserted health advancing impacts of contemplation happen. In another investigation, Harinath et al (2004) assessed

the impacts of 3 month hatha yoga practice and Omkar contemplation on melatonin emission in healthy subjects. Yoga assemble subjects rehearsed chose yogic asanas for 45 minutes and pranayam for 15 minutes amid the morning, while amid the night hours these subjects performed preliminary yogic stances for 15 minutes, pranayam for 15 minutes, and reflection for 30 minutes day by day for 3 months. Results demonstrated that yoga hone for 3 months brought about a change in cardiorespiratory execution and mental profile. The plasma melatonin additionally demonstrated an expansion following three months of yogic practice. Additionally, the most extreme evening melatonin levels in yoga bunch demonstrated a critical relationship with prosperity score. These perceptions propose that yogic practices can be utilized as psychophysiology jolts to increment endogenous discharge of melatonin, which, thus, may be in charge of enhanced feeling of prosperity.

Diabetes - In an interventional look into including 98 subjects discovered fasting glucose (FBS), serum add up to cholesterol, low thickness lipoproteins (LDL), low thickness lipoproteins (VLDL), the proportion of aggregate cholesterol to HDL-C, and aggregate triglycerides were fundamentally lower, and HDL-C altogether higher, on the most recent day of the course contrasted and the main day of the 8-days course.

A correlation of yoga hone with physical training demonstrated that yoga hone for a half year diminished fasting blood glucose, lipid levels, markers of oxidative stress, while physical training additionally diminished fasting blood glucose yet had few of the other valuable impacts.

In an examination, 44 type 2 diabetic patients were shown yoga (n = 22) and pranayama for three constant months, 1 h consistently toward the beginning of the day by yoga master had huge decline in FBS, Postprandial glucose (PPBS), glycosylated hemoglobin (HbA1c), triglycerides and LDL of test assemble with  $P < 0.001$ , contrasted and control gathering (n = 22). The prerequisite of insulin in the yoga amass was likewise essentially decreased.

Arthritis - A randomized controlled examination to assess the adequacy of incorporating hatha yoga treatment with remedial exercises for osteoarthritis (OA) demonstrated that there were huge contrasts inside (Wilcoxon's,  $P < 0.001$ ) and between the yoga and control gatherings (Mann-Whitney U,  $P < 0.001$ ) on all the considered factors, with preferred upgrades in the yoga over the control gatherings.

In a pilot think about including 27 ladies with musculoskeletal issues, for example, OA subjected to experience 8 sessions (twice week by week for a month) of a yoga program showed that poststudy

estimations of patients' walk parameters were observed to be measurably higher than their pre-examine values ( $P < 0.05$ ). There was a decline in the rheumatoid factor levels alongside less torment and better capacity following seven days of yoga. Another pilot contemplate including 12 sessions of yoga for rheumatoid arthritis (RA) demonstrated factually noteworthy enhancements in RA. Sixteen postmenopausal ladies with RA subjected to three 75-min yoga classes seven days over a 10-week time span demonstrated a huge lessening in Health evaluation Questionnaire inability list, view of torment and depression, and enhanced adjust.

Cancer - another term, remedial yoga (This is a delicate, restorative style of Yoga that utilizations props to help the body to extend the advantages of the postures. It is a mitigating and sustaining practice that advances the impacts of cognizant unwinding) has been utilized to depict a delicate type of yoga which help females with ovarian or bosom cancer to diminish depression and also tension state, and better mental health and general QOL. There was additionally a lessening in weakness. Yoga additionally helped patients with cancer to manage distressful side effects and treatment related poisonous quality of chemotherapy. Yoga could impact safe system, particularly expanding the common executioner cells. Radiation causes DNA harm and yoga practice could lessen the harm. Expanded survival time were acquired by the relationship between neuroimmunotherapy with melatonin in addition to IL-2 and kriya yoga program (2 years), which was essentially longer as for that accomplished by strong care alone, Yoga alone, or IL-2 or more melatonin alone (1 year).

## IMPACT OF YOGIC EXERCISES ON DIFFERENT ORGANS

Yoga is a psycho-somatic-otherworldly train for accomplishing association and agreement between our brain, body and soul and a definitive association of our individual awareness with the Universal cognizance (Madanmohan, 2008). Yoga is mind-body strategy which involves unwinding, contemplation and an arrangement of physical exercises performed in a state of harmony with relaxing. Being comprehensive, it is the best means for accomplishing physical, mental, social and profound prosperity of the professionals. This can be accomplished by systematic and restrained routine with regards to yoga depicted by sage Patanjali. The outcome is unfoldment of an extraordinary profound identity that is a gift for the entire humanity. Yoga helps in building up our aggregate identity in an integrated and all encompassing way.

Effect of Yoga asanas on human body system is sweeping and everlasting. The muscles, bones, nervous system, respiratory, circulatory and digestive systems of the human body are enormously profit by

general routine with regards to yoga asanas. All the body systems are co-ordinated with each other. The body turns out to be more adaptable, and more ready to acclimate to environmental changes in the wake of rehearsing asanas. The thoughtful and para-thoughtful nervous systems are carried into a condition of adjust with the assistance of asanas.

**Impact on Skeletal System** - The human skeleton bolsters the gentler parts of the body, for example, muscles, which are joined to it and the organs, which it secures. The skeleton, its joints and muscles are exercised through asanas that prompts the best possible improvement of the bones and fortifies them with the progression of time.

The delicate extending of the muscles and joints discharges muscle pressure, in this manner expanding adaptability. The extending of the joints in asanas causes the discharge of a grease called the synovial liquid. This liquid is discharged into the joints that keep them supple, and in addition expelling waste items. The outcome is to lessen firmness, which will avert arthritis or enhance it if the individual as of now experiences the condition. Weight bearing asanas for the most part help counteract osteoporosis, and may likewise help the individuals who are as of now determined to have osteoporosis, rehearsed with mind. Long haul advantages of asanas incorporate reduced back agony and enhanced stance.

**Impact on Digestive System** - The significant elements of the digestive system are ingestion, processing, retention, and poo. Yoga Asanas impact enhanced blood dissemination and the kneading impact of surrounding muscles accelerates drowsy absorption. As a man gets more seasoned, the digestive system capacities with bit by bit reducing proficiency. The general routine with regards to asanas along these lines result in an enhanced blood and nerve supply to the digestive and eliminative systems keeping them working admirably. The stomach lifts while asanas are polished back rubs the digestive organs, and additionally contracting and extending them.

## **CONCLUSION**

Yoga influences each cell of the body. It realizes better neuro-effector correspondence, enhances quality of the body, expands the ideal working of all organ-systems, builds protection against stress and maladies and brings peacefulness, adjust, inspirational mentality and serenity in the professional which influences him to lead an intentional and healthier life.

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and ailments and brings serenity, adjust, inspirational mentality and poise in the professional which influences him to lead a deliberate and healthier life. The different roads of investigation of yoga rehearses surveyed in the present article demonstrated impressive health benefits, including enhanced insight, breath, lessened cardiovascular risk, BMI, circulatory strain, and diabetes mellitus. It likewise impacted resistance and ameliorated joint issue.

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