

# Role of Yoga to Increase Flexibility, Strength and Mental Health

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**Abstract – This paper abridges the present proof on the impacts of yoga interventions on different segments of mental and physical health, by focussing on the proof depicted in audit articles. All things considered, these audits propose various territories where yoga likely could be advantageous, however more research is required for basically every one of them to immovably set up such advantages. As of late the practice of yoga has picked up acknowledgment as a type of physical fitness and exercise and has been said to improve strength and flexibility. A noteworthy reason for some ceaseless infections and way of life issue was observed to be an inappropriate way of life and stress prompting corpulence and diabetes. The practice of yoga can improve health and by and large fitness, direct all the body capacities in a reasonable way and is useful in giving feasible health.**

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## I. INTRODUCTION

Yoga one of the antiquated Indian orders gives a stable and supporting body framework when done in a deliberate way. Asanas, a part in the yogic framework tune the scope of the flexibility of the expert. The study of yoga announces that yogic systems and practices go for particular just as healthy moulding of the human body and brain. Subsequently a specific bundle of yogic practices of Asana (Physical Postures), Pranayama (Breathing Practices) and Meditation (Mental Practices) would demonstrate a positive effect among the soccer players in executing the skills for the better playing exhibitions.

Yoga is an antiquated type of relaxation and exercise has numerous health benefits, including bringing down cholesterol. At the point when the cells work as one, they bring back agreement and health to the framework. 20 to 25 minutes (each morning or night) of pranayama practice expands lung capacity, breathing proficiency, course, cardiovascular productivity, standardizes circulatory strain, strengthens and tones the sensory system, battles tension and melancholy, improves rest, processing and excretory capacities, gives mass ATGe to the inward organs, invigorates the organs, upgrades endocrine capacities, standardizes body weight, gives extraordinary moulding to weight reduction, improves skin tone and appearance. The present period of human way of life expanded strains and pressures. It converts into the way of life-related

health problems, for example, corpulence, diabetes mellitus, hypertension, and coronary illness

The application of yoga as a therapeutic intervention, which started from the get-go in the twentieth century, exploits the different psychophysiological advantages of the segment practices. The physical exercises (asanas) may build patient's physical flexibility, coordination, and strength, while the breathing practices and contemplation may quiet and focus the brain to create more noteworthy mindfulness and decrease uneasiness, and subsequently bring about higher personal satisfaction. Other gainful impacts may include a decrease of pain, circulatory strain, and upgrades in strength, state of mind, and metabolic guideline.

From a theoretical perspective, the eight appendages of Patanjali yoga unmistakably imply a various levelled (in spite of the fact that it need not be successive) example of creating awareness from gross to an unobtrusive level in a methodical way. Yama, Niyama-Behavioral Level Asana, Pranayama-Physical level Pratyahara, Dharana-Mental level Dyana, Samadhi - Spiritual level. In this way, the idea of yoga has been manufactured with accomplishing harmony instead of health alone not at all like exercise. The ordinary practice of yoga advances strength, continuance, flexibility and encourages qualities of benevolence, sympathy, and more noteworthy restraint while developing a feeling of smoothness and prosperity. Yoga treatment is the two-overlap therapeutic

framework that counteracts and relieves different ailments through practice of yoga. Yoga concentrates on purging of body and brain, through this integrated all-encompassing methodology one can beat practically a wide range of torments throughout everyday life. It is a sort of low-sway physical exercise, and is utilized for therapeutic purposes.

Yoga brings the body into agreement, adjusting the brain, body, and soul. The advantages of yoga include:

- Increases the scope of movement of the joints prompting better flexibility.
- Builds muscular strength.
- Tones the body.
- Maintains a supple spine.
- Improves vitality levels.
- Calms and focuses the psyche.
- Increases by and large sentiments of health.

## II. YOGA AND MENTAL HEALTH

### *Depression*

We discovered four important distributions, including two surveys on the impacts of yoga on depression, a portrayal of concentrates on yogic breathing for depression, and one "summary". The auditing creators have detailed that the examinations checked on demonstrated an enormous assortment of judgments running from "significant depression or some other sort of analysed depression" to "raised burdensome indications". Albeit a few randomized controlled preliminaries (RCTs) revealed advantageous impacts of yoga interventions for treating burdensome side effects, the quality and amount of the information from these investigations seem deficient to close whether there is significant clinical support to think about yoga as a treatment of depression. Contrasted with aloof controls, the yoga interventions appear to be successful; when contrasted and dynamic controls, as anyone might expect, the impacts are less convincing. The examination results are so far not adequate in amount and quality to decide if considers with a focus on the asanas are increasingly successful when contrasted with concentrates with reflection focussed or pranayama-focussed styles. Along these lines, there is a solid need to direct progressively convincing investigations with high methodological quality and bigger patient samples. Regardless of whether the inspiration for discouraged patients could be an issue or not stays to be explained. There has been an endeavour to investigate systems of activity and to comprehend the total image of the

impacts of yoga in depression taking a gander at electrophysiological markers of consideration, and synapses that were found to change with yoga.

### *Fatigue*

We discovered one deliberate survey/meta-analysis assessing the impacts of yoga on fatigue in an assortment of ailments. The audit included 19 RCTs and included healthy people just as patients with cancer, multiple sclerosis, dialysis, chronic pancreatitis, fibromyalgia, and asthma. By and large, a little beneficial outcome with a SMD of 0.28 [0.24–0.33] was found. This standardized mean difference (SMD) portrays the difference in the group mean values separated by the particular standard deviation; an incentive somewhere in the range of 0.3 and 0.5 can be viewed as little, SMD somewhere in the range of 0.5 and 0.8 as moderate, and SMD >0.8 as huge. For those investigations that included cancer patients (n = 10), the treatment impact of yoga was 0.20 (0.15–0.24); for every single other examination that did exclude cancer patients (n = 9), the impact was 0.46 (0.24–0.67). By and by, there are a few investigations on cancer-related fatigue which demonstrate that treatment impacts of yoga could be improved in well-designed future examinations.

### *Anxiety and Anxiety Disorders*

There is one precise audit looking at the impacts of yoga on anxiety and anxiety disorders, a Cochrane survey on reflection therapy for anxiety disorders (referring to one yoga ponder), a depiction of concentrates on yogic breathing (which are additionally tended to in the deliberate survey), and one rundown.

Most investigations portrayed valuable impacts for the yoga interventions, especially when contrasted and uninvolved controls (i.e., examination anxiety), yet additionally contrasted and dynamic controls, for example, relaxation reaction or contrasted with standard medications. Be that as it may, there are at present no meta-investigations accessible that would unmistakably separate this significant issue. In any event, the AHRQ report expressed that "yoga was no superior to anything Mindfulness-based Stress Reduction at decreasing anxiety in patients with cardiovascular diseases"

### *Stress*

One precise survey depicts the impacts of yoga on stress-related side effects. Chong et al. recognized 8 controlled preliminaries, 4 of which were randomized, which satisfied their choice criteria. Most investigations portrayed the gainful impacts of yoga interventions. Despite the fact that not all investigations utilized adequate and additionally predictable instruments to gauge stress, they by the by demonstrating that yoga may diminish

apparent stress as powerful as other dynamic control interventions, for example, relaxation, psychological conduct therapy, or move.

### **Posttraumatic Stress Disorder**

A single survey article took a gander at the current research on yoga for posttraumatic stress disorder (PTSD). Seven articles were surveyed which included 8 thinks about on PTSD following introduction to catastrophic events, for example, a tidal wave and a typhoon (1 RCT, 1 NRCT, 3 group examination, 2 single-arm considers, 1 cross-sectional investigation) and 2 contemplates on PTSD because of battle and terrorism (1 RCT, 1 single-arm ponder). After a cataclysmic event, yoga practice was accounted for to altogether decrease side effects of PTSD, self-rated side effects of stress (dread, anxiety, irritated rest, and misery) and breath rate. So also, yoga interventions had the option to improve the indications of PTSD in people with PTSD after the introduction to battle and terrorism. The interventions fluctuated in length from multi-week (when interventions were given on the site) to a half year. The survey proposed a conceivable job of yoga in overseeing PTSD, however long haul studies directed with more noteworthy meticulousness are required.

### **III. YOGA FOR FLEXIBILITY**

Yoga has picked up a great deal of prevalence in the Western world, especially over the most recent couple of years. In connection to yoga and flexibility, Instagram is loaded up with yogis in pretzel-like shapes with their bodies. Individuals regularly avoid attempting yoga since they think they aren't flexible enough.

The useful impacts may be clarified by expanded physical flexibility, by quieting and focusing the brain to create more prominent mindfulness and lessen anxiety, a decrease of distress, improvement of mind-set, etc. Since patients may perceive that they can be physically dynamic, even regardless of enduring agony indications, they may, in this way, experience higher self-fitness and mindfulness, which adds to higher personal satisfaction.

Possibly, asanas especially positively affect fitness and physical flexibility with an optional impact on the mental state, while the pranayama practices and relaxation/reflection strategies may bring about more noteworthy mindfulness, less stress, and higher prosperity and personal satisfaction. Notwithstanding, these remaining parts to appear in well-performed future studies.

Unexpectedly these 'less flexible' individuals are the ones most needing yoga. So why precisely is flexibility significant?

- Increases range of motion
- Improves posture
- Delays muscular fatigue
- Keeps belt supply which thus expands flexibility

### **IV. YOGA FOR FOCUS**

Yoga has such huge numbers of fabulous advantages. Every individual understudy starts yoga considering a specific objective. For by far most of the yoga understudies, they initially start yoga with the point of expanding their level of flexibility. Valid, with reliable practice and persistence, expanded flexibility can be accomplished yet yoga offers far beyond this. There are such a significant number of other stunning advantages yoga offers which is the reason huge numbers of us become to some degree dependent on the practice and hold returning to the tangle over and over for our next 'hit'! A colossal piece of yoga for me is that it causes me to escape my head and into my body. It enables me to focus on. Yoga gives you a chance to leave accounts of the past and the future outside. It strips things back, enabling us to completely welcome the present minute and for only some time, disregard our life battles.

Yoga in itself is a reflective practice. As we synchronize the development with the breath we become totally present and aware existing apart from everything else. Anything which removes us from our head and into the present minute can be considered contemplation. I likewise prefer to sit in stillness and ruminate for at least five minutes either toward the start or end of my yoga practice. This stillness and quietness bring a feeling of smoothness and clearness. Sit in an agreeable position and watch the breath as it enters and leaves the body. It truly is that basic. It's normal for the brain to meander or be attracted to a story. In the event that this happens basically take your consideration back to the breath. Dissect each piece of the breathe in and breathe out, feel the sensations in the body as the air enters and leaves. With time and practice, the reflection will end up simpler and thus your mind will be more clear and you will most likely focus simpler in your day by day life.

### **V. CONCLUSION**

These audits propose various zones where yoga might be useful, yet more research is required for practically every one of them to all the more completely build up advantages. In any case, this isn't astounding given that examination studies on yoga as a therapeutic intervention have been directed distinctly in the course of recent decades

and are moderately very few. Normally, individual studies on yoga for different conditions are little, low-quality preliminaries with multiple occasions for inclination. What's more, there is generous heterogeneity in the populaces examined, yoga interventions, length and recurrence of yoga practice, examination groups, and result measures for some conditions (e.g., depression and agony). Unraveling the impacts of this heterogeneity to all the more likely comprehend the estimation of yoga interventions under different conditions is testing. For some conditions, heterogeneity and low quality of the first preliminaries showed that meta-investigations couldn't be fittingly led.

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