



## **Benefits of Yogic Exercise on Human Health**

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### **Introduction**

Yoga is a great way to work on your flexibility and strength. Just about everyone can do it, too -- it's not just for people who can touch their toes or want to meditate. Some types of yoga are about relaxation. In others, you move more. Most types focus on learning poses, called asanas. They also usually include attention to breathing.

### **History of Yoga**

Yoga was first developed in the Indus-Saraswati civilization and was included in the oldest Veda, the Rig Veda. Following this, Patanjali's Yoga Sutra was the first methodical treatise on Yoga that organized it and its principles. Modern times saw its advent in Western civilization with the starting of colonization. As the word spread, Yoga started receiving greater attention throughout the globe and several prominent personalities arose in this field who promoted Yoga for its inherent potential. Some asanas like Vrikshasana, Apanasana, Sirsasana, Sarvangasana, Tadasana, etc have now come to form a part of our lives. The importance of Yoga in our life thus lies in using the Asanas with breathing techniques.

### **Reduces Stress and Relieves Anxiety**

Yoga has the ability to reduce stress by diminishing mental discomfort. It promotes relaxation by controlling the secretion of the stress hormone called Cortisol. Scientific research undertaken to relate Yoga and stress found that Yoga decreases the production of cortisol resulting in diminished stress. Furthermore, it also helps in relieving anxiety in students which eventually leads to better academic performance. Hence, when it comes to the importance of Yoga in our life and in a student's life, it helps them perform to the best of their potential while maintaining a balanced state of being and peace of mind!

### **Enhanced Flexibility and Posture**

Developing a poor posture in the formative stage of life due to long school hours and college classes can result in physical complications at a later stage. These complications can be anatomical and will finally result in dependence on medical health for assistance. Performing Yoga from an early age results in the development of the right body posture and enhances the flexibility of an individual, thus making their body better suited to withstand strenuous work



hours, especially, when you need to **work from home**. The equilibrium of the body is maintained by improving the vitality of a person and this eventually results in a positive mindset. Yoga thereby not only helps in the development of a correct anatomical posture but also of a healthy and rational mentality.

### **Better Memory and Attention Span**

Students often look for solutions on **how to concentrate on studies**, this is where Yoga comes into the picture. Practicing Yoga results in reducing hyperactivity and inattentiveness in students, improving their attention span. A greater attention span helps in retaining the information for a longer period. The direct effects of Yoga on memory can be seen with better academic grades and a longer concentration span. Thus, the importance of Yoga goes beyond reducing stress and anxiety!

### **Mindfulness**

Mindfulness is the ability to be physically, mentally, and spiritually present in a particular moment. By doing Yoga regularly, people learn to direct their attention in the present by controlling their wandering minds and focusing on the immediate surroundings. It reduces stress, makes the thinking process more clear, and enhances the ability to make the right decisions. Students who are trying to master the concept of mindfulness can use Yoga to creatively visualize solutions in the present and implement them in their lives. In this way, the importance of Yoga is not restricted to the physicality of a student but embraces the mental processes too.

### **Correct Breathing Techniques**

Yoga plays an insurmountable role in bettering the breathing techniques of an individual. Pranayama, which is a breath controlling technique, forms a vital part of Yoga. Breathing correctly not only helps increase concentration but also enhances the quality of living by reducing blood pressure, increasing mindfulness, and improving the sleep cycle. This technique also forms an essential component of the Bachelor in Naturopathy and Yogic Sciences (**BNYS course**). Hence, the importance of Yoga lies in curing physical ailments too.

### **Enhances Self Control**

Yoga, as a discipline, teaches a key concept of leading a better life and that is self-control. The importance of Yoga can be found in its ability to better the mental functioning of an individual. Students who practice Yoga have better control over their emotions and impulses and therefore are pragmatic and take meaningful decisions in life. Having self-control can lead to a rational lifestyle while ensuring a complete awareness of the decisions taken.



### **Increases Self Esteem and Confidence**

Yoga can work wonders in building the self-esteem and confidence of a student. It helps in being in complete control of the bodily processes and increases endurance, determination, and positivity. This helps the students in accepting and tackling arduous situations that life throws at them. Thus, apart from physical and mental ailments, the importance of Yoga in our life is also visible in **personality development!**

### **Increases Immunity and Stimulates Organs**

Yoga and immunity are inextricably linked. Yoga works to heal and enhance every cell in the body, so your body becomes more immune as a result. As a result, your immunity will improve. When you practice yoga, your inside organs are massaged, boosting your resistance to sickness. You'll also be able to know right away if your body isn't functioning properly if you've been attuned to it after years of practice.

### **Teaches Balance and Increases Core Strength**

Yoga also focuses on increasing balance and giving you more control over your body. Yoga will improve your ability to balance poses in class and focus outside of it if you do it regularly. It's critical to realise that when your core is strong, your entire body is strong. The weight of your body is supported by your core. It helps in increasing your resistance to injuries and also help you heal better. Yoga works on the core and makes it healthy, flexible and strong.

### **Brings About a Positive Outlook to Life**

Another great importance of yoga is that it brings a positive outlook to life and reduces hostility. When yoga is done on a regular basis, many hormones in the neurological system are normalised. This helps you become more positive, and you tend to see life in a more refreshed and cheerful light as a result. Anger is substantially managed when yoga is practiced on a daily basis. The nervous system is calmed through breathing and meditation, which reduces wrath and animosity. Reduced aggression translates to lower blood pressure. This automatically promotes a stress-free and healthier lifestyle.

### **Promotes Tranquility and Calmness**

You can withdraw from your thoughts by breathing and meditating. This aids in your relaxation. With regular yoga practice, you'll discover that tranquility becomes more than a component of your practice – it becomes a way of life!

### **Physical Benefits of Yoga**

The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome. Some of the important physical benefits of yoga are:



- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintaining a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury

### **Mental Benefits of Yoga**

Aside from the physical benefits, one of the most valuable aspects of yoga is how it aids in the management of stress, which has been shown to have negative consequences on the body and mind. Stress can manifest itself in a variety of ways, including back or neck pain, insomnia, migraines, drug misuse, and inability to concentrate. Yoga can help you improve your coping abilities and have a more positive attitude in life. Yoga incorporates meditation and breathing, which can assist a person's mental health. Yoga also promotes body awareness, eliminates chronic stress patterns, relaxes the mind, directs attention, and sharpens concentration. Thus, when it comes to the importance of Yoga in our life, the benefits are limitless and all-encompassing! Less known yet highly beneficial, there are scores of vocational and degree courses like that in Psychology, Physical Education, Yoga, etc that focus on the physical and mental well being of an individual. If you want to know more about the admission process and eligibility for such programs, then consult the team of experts at **Leverage Edu** who will provide guidance right from choosing a university to completing the admission formalities!

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