

## CHAPTER : 31

### IMPACT OF YOGA ON PHYSICAL AND MENTAL HEALTH

1. Yoga has been used as a source of attaining physical, mental and spiritual gains. Many research works have proved that yoga is a blessing for man's physical and mental well-being.
  2. In gym, exercise is focused on a particular part of the body while in yoga every organ and organelle gets involved and the whole body starts working properly.
  3. Yoga increases the working capacity of immune system which increases resistance to diseases. One can feel young even in the old age. Skin glows and body becomes healthy, disease-free and strong.
  4. Yoga provides muscularity which makes even a thin body person strong and powerful and also lessens the body fat of an obese person. Yoga is useful for all types of body.
  5. Everyday yoga is a good exercise for the muscles which removes tension and the person sleeps well, gets good appetite and digestion remains perfect.
  6. *Pranayam* and meditation are also good for the body along with yoga. *Pranayam* helps in controlling the speed of inhalation and exhalation. *Pranayam* is useful for asthma, allergy, sinusitis, old cold, cough, and it also increases the oxygen inhaling capacity of the lungs which provides proper oxygen to the body cells and have positive effect on the body.
  7. Meditation is an important part of yoga. These days meditation is gaining popularity in our country as well in foreign countries. The materialistic culture, work pressure, doubt in relationships, etc have increased a lot. In such situations, meditation is the best remedy. Meditation reduces mental tension, increases internal peace and working capacity and induces good sleep. Mind concentration and focus increases.
  8. Yoga reduces sugar levels in the blood and this reduces L.D.L. or bad cholesterol in the body. Yoga is very beneficial for diabetes patients.
  9. Some yoga postures and meditation are useful for arthritis, back pain, etc and this reduces requirement of medicine.
  10. Yoga increases resistance power of the body and reduces dependency on medicines. Many researchers have proved yoga useful for asthma, high blood pressure and type-2 diabetes.
  11. Yoga removes depression from a person's mind and this reduces criminal mentality.
- In short, we can say that yoga is not just a physical activity or disease removing activity but it is a way of making life better. World Yoga Day is celebrated on 21<sup>st</sup> June all over the world to popularize the importance of yoga.