

IMPACT OF YOGA ON HEALTH OF YOGA CAMP PARTICIPANTS

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ABSTRACT

Yoga camp was organized in the Karanja city for the duration of ten days, from 1st November 2019 to 10th November 2019. Blood sugar level, blood pressure and heart rate of all participants were measured at entry level and end date by using measuring instruments. Feedback of participants was collected on the components of mental and physical health. The report summarized effect of yoga on various components. It has observed that yoga reduces stress, anxiety, inflammation and also improve heart health.

Keywords: Yoga, Stress, Depression, Heart rate

Introduction

There are many types of technique of yoga to improve diseases. These are exercises (*asanas*), breathing techniques (*pranayama*), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psycho physiological benefits of the component practices. The physical exercises (*asanas*) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety [1] and thus result in higher quality of life. Other beneficial effects have been discussed for reduction of stress, blood pressure, and improvements in resilience, mood, and metabolic regulation [2]. A psychiatric, cardiovascular, and respiratory disorder has been studied [3]. We found some relevant publications, including two reviews on the effects of yoga on depression [4, 5], a description of studies on yogic breathing [6] for depression. Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression have been studied by R. P. Brown and et al [7]. Effect of exercise, meditation and breathing techniques has explained in the published articles [8-11]. B. Aljasir and et al [12] has

studied management of type II diabetes and techniques to control diabetes.

The main goals of "Yoga in Daily Life" are:

1. Physical Health
2. Mental Health
3. Social Health
4. Spiritual Health
5. Self- Realization or realization of the Divine within us

Mentally and Physical Health benefits of yoga are as follows

1. Builds Muscle Strength
2. Perfects Your Posture
3. Prevents Cartilage and Joint Breakdown
4. Protects Your Spine
5. Better Your Bone Health
6. Increases Your Blood Flow

Purpose of the Study

The main purpose of the study was to explain the effects of Yoga on mental and physical health of participants of Yog – Pranayam Camp.

Methodology

Yoga camp was organized by Art of living Karanja from 1st November 2019 to 10th November 2019, 6 a.m to 9a.m. In the camp 48 participants were participated. The Blood sugar level (Fasting), blood pressure and heart rate of all participants were measured at entry level and end date. The blood sugar was measured by using blood glucose monitoring system, Contour Plus Bayer

company and digital meter was used to measure blood pressure and pulse rate. The feedback of all participants were collected

from all participants and tabulated as follows.

Factor	Total Participants	1 st Nov.2019	10 th Nov.2019
A: Stress	48	12	05
B: Anxiety	48	14	05
C: Chronic pain	48	07	02
D: Bad sleeping quality	48	11	02
E: Blood sugar level above normal range	48	07	03
F: High blood pressure	48	08	03
G: High pulse rate	48	05	03

Result and Discussion

Figure 1 shows the result of feedback and measurement taken. The feedback showed that yoga helped ease stress therefore it may help to decrease risk factor for the health. The most of the participant started yoga practicing as a way to cope with feeling of anxiety. It has been observed that Yoga leads to decrease in symptom of anxiety. This study resulted that Yoga reduced

inflammation in the body and also reduced chronic pains. It has observed that Yoga decreases the symptoms of depression. It has resulted that sleeping quality of participant enhanced. Yoga incorporates many breathing exercise which helped to improve breathing and lung function therefore most of the participants have normal pulse rate.

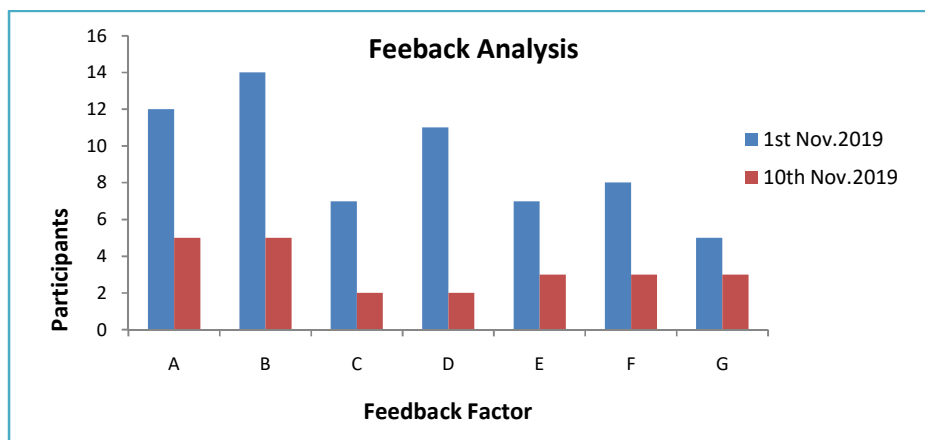


Fig. 1 : Feedback and measurement analysis of participants

Conclusion

Yoga helps to reduce Stress, anxiety and Chronic pains and also improve health heart, promote sleep quality, improve flexibility and improve breathing. Yoga helps to improve various component of mental and physical health

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