

THE EFFECT OF YOGA ON HUMAN BODY

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The research task is to determine the health benefits of yoga. Before get into the benefits of yoga, it is important to understand what yoga really is. Many people call it an ancient method of training, and others call it a set of difficult poses. But the word ‘yoga’ actually means union. It is a practice that connects the body, mind, and spirit through different body postures, meditation, and controlled breathing. There are more than 100 different forms of yoga. Some are fast-paced and intense. Others are gentle and relaxing.

Examples of different yoga forms include *Hatha*. The form most often associated with yoga, it combines a series of basic movements with breathing. *Vinyasa*. A series of poses that flow smoothly into one another. *Power*. A faster, higher-intensity practice that builds muscle. *Ashtanga*. A series of poses, combined with a special breathing technique. *Bikram*. Also known as “hot yoga,” it’s a series of 26 challenging poses performed in a room heated to a high temperature. *Iyengar*. A type of yoga that uses props like blocks, straps, and chairs to help you move your body into the proper alignment.

Yoga as a practice has countless benefits that positively affect you both physically and mentally. There are 10 benefits listed: 1) Boost Immunity. A recent Norwegian study proves that yoga practice results in changes in gene expression that boost immunity at a cellular level. And it doesn’t take long. The researchers believe the changes occurred while participants were still on the mat, and they were significantly greater than a control group who went on a nature hike while listening to soothing music. 2) Ease Migraines. Research shows that migraine sufferers have fewer and less painful migraines after three months of yoga practice. The cause of migraines isn’t fully understood, but Bleier says it could be a combination of mental stressors and physical misalignment that create migraines and other issues. 3) Better sleeping. Researchers from Harvard found that eight weeks of daily yoga significantly improved sleep quality for people with insomnia. And another study found that twice-weekly yoga sessions helped cancer survivors sleep better and feel less fatigued. “Sleep issues are like anxiety. Your head can’t stop spinning, you don’t know how to

relax,” “Breathing and mental exercises allow the mind to slow down, so you’re going to start to see yourself sleep better.” 4) Emotional health boost. In fact, a study from Duke University Medical Center suggested that yoga could benefit those living with depression, schizophrenia, other psychiatric conditions, and sleep problems.5) Back pain treatment. Multiple studies have found yoga to be a more effective treatment for chronic back pain than usual care. In a study published in the *Annals of Internal Medicine*, people living with chronic lower back pain reported better back function, though similar levels of pain, after a few months of practicing yoga.. 6) Fertility aid. In recent years, couples have increasingly turned to yoga as a means of decreasing stress and increasing their chances of conceiving a child. And though there are few studies that indicate that yoga benefits include enhancing fertility, it has been shown to reduce stress and could indeed play a role. 7) Heart disease helper. In a study of 19 patients with heart failure, adding eight weeks of yoga to the treatment of nine of the patients increased their capacity for exercise, improved their heart health, and enhanced their overall quality of life. 8) Asthma ease. In a study of 57 adults with mild to moderate asthma, adding an eight-week yoga session to their conventional care dramatically improved asthma symptoms. 9) Arthritis fighter. A study indicated that iyengar yoga, known for its use of props like belts, blocks, and other positioning aids, might help people with rheumatoid arthritis.10) Multiple Sclerosis Help. The loss of muscle function, coordination, and other issues that come with multiple sclerosis can be frustrating, but some research indicates that yoga might help with MS by improving both physical function and mood.

Conclusions:

To sum up, Yoga affects every cell of the body. It brings about better neuro-effector communication, improves strength of the body, increases the optimum functioning of all organ-systems, increases resistance against stress and diseases and brings tranquility, balance, positive attitude and equanimity in the practitioner which makes him lead a purposeful and healthier life.

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