

The Study of the Effect of Yoga on Mental and Physical Health during the Corona Pandemic

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Abstract:

Every human being desire to live in harmony with himself and the environment. However, in the modern age, more physical and emotional desires are increasingly overwhelming many areas of life. As a result, more and more people suffer from physical and mental stress like stress, anxiety, insomnia, and an imbalance has been created in physical activity and proper exercise. This is the reason why new methods and techniques have increased in importance for maintaining and improving health as well as maintaining physical, mental, and spiritual harmony. In the Corona period, people adopted yoga to increase immunity and keep their body and mind healthy. This is the reason that more people are currently associated with yoga daily than the number of people who have joined collectively in the past years on International Yoga Day. According to an estimate, about three lakh people are doing yoga daily across the district including Ajmer. These people have learned yoga through online mediums sitting at home and have included it in their routine. What is the impact of yoga on mental health during the corona pandemic? What is the impact of yoga on physical health in the corona pandemic? The purpose of this research is to find answers to these questions.

Keywords: Yoga, Corona Pandemic, Immunity, Physical Health, Mental Health

Data Collection Method Used for Research:

Data for the research paper has been collected from books, websites and newspapers.

Objective of Research:

- 1) To study the impact of yoga on mental health during the corona pandemic.
- 2) To study the impact of yoga on physical health in the corona pandemic.

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Introduction:

June 21 is a festival for yoga and in such a situation, the number of people joining yoga on this day is more than other days, but at present, the situation is that people from every home and family are joining yoga. They are also learning through online mediums and are also practicing daily. More than 26 crore people worldwide are suffering from depression. Every 21st person in the country is a victim of depression. There are more than 60 million people in India who are in the grip of depression. India alone accounts for more than 18 percent of the world's people suffering from depression. Depression patients have increased by more than 50 percent in the last 10 years. Depression is the second leading cause of suicide among people aged 15 to 29 years. The role of yoga, exercise has always been important in staying

physically and mentally fit. Now its importance has increased even more in the Corona period. In many studies, it has been described as important for a healthy lifestyle.

The word "yoga" originates from the Sanskrit language and means "to join, to unite". Yogic exercises have a sacred effect and balance the body, mind, consciousness, and spirit. Yoga helps us to cope with the demands, problems, and troubles of daily life. Yoga helps to develop an understanding of ourselves, the purpose of life, and our relationship with God. On the spiritual path, yoga leads us to the eternal blissful union of the individual self with the cosmic Self and the supreme knowledge. Yoga is the supreme cosmic principle. It is the light of life, the creative consciousness of the universe which is always alert and never asleep; What always was, always is, and always will be - always will be. Many experiences and insights led to a very far-reaching and methodical practice known as yoga and have given us practical instructions for physical health, breath focus, relaxation, and meditation.

The word yoga is derived from the root Yuj which means to join. Connecting the consciousness of oneself with the consciousness of the universe is called yoga. Yoga also progressed as a guru-shishya tradition like Ayurveda. It is said that the knowledge of yoga was given by Adiyoga to the Saptarishis and through them, Yoga was spread all over the world. Yoga is described in all the Vedas and Upanishads. The description of Jnana yoga, Karmayoga, and Bhakti yoga is found in the Bhagavad Gita.

Along with asanas, pranayama has special importance for physical health in yoga activities. Various types of pranayama are described in the texts of yoga, which should be practiced only after learning from a trained yogi. The literal meaning of Pranayama is to give dimension or expansion to life. In Pranayama, a person changes the speed of his breathing and breathing according to himself. Inhalation is called puraka, exhalation is called laxative and to stop breathing is called kumbhaka. This is called the cycle of Nadi Shodhana or Anulom-Vilom Pranayama. Based on Kumbhaka, eight types of Pranayama have been described in the texts of Hatha Yoga – Surya Bhedan, Ujjayi, Sitkari, Sheetal, Bhastrika, Bhramari, Muchchha, and Plavni. By doing pranayama, the cover of light is removed, that is, knowledge is attained. Concentration increases and health is achieved. All pranayama should be practiced according to the rules and according to the ability. Due to good qualities, Anulom-Vilom, Sheetal, and Bhramari Pranayama have been included in the International Yoga Protocol.

For the attainment of physical, mental, and social health, yoga is divided into eight limbs, which are known as Ashtanga Yoga. In which to prevent the mind from getting attached to objects, for the conduct, social and moral development of the person, five Yamas named non-violence, Satya, Asteya, Brahmacharya, Apiragraha have been told. For the inner purification of mind and body, five rules have been prescribed namely Shaucha, Santosh, Tapas, Swadhyaya, and Ishwarpranidhan. Sitting still and comfortably is called asana. Stopping the movement of the breath (breath in) and exhalation (exhale out) is called pranayama. The separation of the senses of the body and the mind from one's objects is called pratyahara. To fix the mind on a particular country (goal) inside or outside the body is called Dharana. Where the mind is engaged, the continuous movement of the same instinct is called meditation, that is, meditation is the focus of the mind to remain fixed on one goal except for other subjects. Samadhi is the state of cessation or destruction of all the tendencies of the mind.

Yoga is not gymnastics or exercise which makes the muscles of the body tighter. Rather, yoga is such a discipline that gives a person the ability to remain in the same state for hours. Due to which different parts of the body are affected. Along with this, there is a balance in various activities to keep the body healthy. This affects the nervous system to the excretory system. For which it is enough for people to just practice different asanas. Physical refreshment and mental concentration are attained by the mere practice of various asanas. Lifestyle is affected. With peace comes decency in family and surroundings. Good thoughts are transmitted and there is happiness in society.

Effects of Pranayama Physiotherapy It is related to the regulation of vital gases (oxygen and carbon dioxide), it can change the law of circulation. Respiration exerts transformative pressure in the thorax (chest shell) where the heart, other major organs, and lungs are located. Therefore, due to changes in thoracic home pressures, there is a change in the availability of blood in the heart and large arteries. Thus, respiration affects the activity of the heart. Blood circulation is affected by the activity of the heart which results in the communication of the brain. The change in respiratory pattern moves the regulation and regulated change points within normal limits. The most important health indicator is the condition of the heart and blood vessels. Pranayama is a well-known means of improving and improving these important parameters. There is no need to make any special arrangements for the operation of yoga. Yoga can be practiced even in small spaces. Various asanas of yoga increase the activity of different organs inside the body. Enzymes are excreted by them only in the desired quantity. Which is useful in keeping the body balanced.

The Effect of Yoga on Mental and Physical Health During the Corona Pandemic:

The corona pandemic has made people aware to stay healthy and in such a condition people have started understanding the importance of yoga and pranayama to stay well. Learning yoga and pranayama, if the movement remained closed in the lock-down, then the craze of online was also seen among the people. There was an awareness among the people to make videos and order them and practice themselves through it. Also, there is a lot of interest in people in life. Yoga not only keeps you right but also keeps the body's immunity system well.

The main purpose of yoga in ancient times was spiritual development, but in the present-day yoga has a purpose for the preservation of physical health, for reducing mental stress, for the prevention and treatment of various psychosomatic diseases, and spiritual development. Yoga not only provides mental health but also physical health and also increases social cohesion by increasing equanimity among all. In yoga, various asanas, pranayama and hatha yoga activities like Nauli, Dhauti, Basti, Neti, Tratak and Kapalbhathi etc.

Immunity can be easily increased by the practice of yoga and can be kept ready to fight against infections and diseases caused by viruses. There are many such asanas, yogasanas, through which we can increase our immunity. Bhujangasana is an asana performed while lying on the stomach. The capacity of the lungs increases with the practice of this asana. Due to this, the respiratory system improves, as well as this asana also corrects our digestive system. Due to this the immunity of our body increases. Paschimottasana This asana is very beneficial for our physical and mental health. By the practice of this asana, blood circulation increases and the spine is flexible, as well as this asana removes brain disorders and reduces mental stress. By the practice of this asana, the immunity of our body also develops.

Ustrasana This asana is a sitting posture. The practice of this asana increases the capacity of our heart, lungs, and intestines. Simultaneously, physical and mental strength develops. Due to this the complaint of hypertension also goes away. This asana creates tension in your internal organs. Due to this, there are blood-related impurities and immunity power increases. Utkatasana is a standing exercise. The practice of this asana increases strength in our body. It strengthens our muscles, due to which the physical balance increases. At the same time, this asana increases mental concentration. With mental concentration, the functioning of our body works smoothly. Due to this, the overall immunity develops. Tadasana is practiced standing. This asana enhances our digestion capacity, which develops our immunity power. Along with this, this asana is also very beneficial in reducing mental stress.

The immune system of any person can be made very strong with yoga. This creates the ability to fight any disease in the body and no infectious disease can easily make us a victim. For this, yoga should be included in your daily routine. For the proper effect of yoga on the body, one should also eat sattvic food. Non-vegetarian or heavy food is difficult to digest and can lead to other disorders, so one should try to avoid it. To take proper advantage of any yogic action, first of all by doing Jalneti Kriya, one should clean his nostrils, so that the respiratory system can work better.

When a person concentrates and looks at a subtle target like a point on the wall or the flame of a lamp with a fixed vision, till the tears do not come out in the eyes, then this action is called Tratak. This action develops vision. Increases the concentration of the mind and helps in preventing laziness, sleepiness, and frequent generation of eye feces. Like a blacksmith's washer, puraka (breathing in) and laxative (breathing out) are called Kapalbhati. In Kapalbhati karma the practitioner voluntarily exhales forcefully and as an active action and the inhalation occurs automatically without effort. The practice of Kapalbhati has beneficial effects on blood circulation, the digestive system, abdominal organs, and lungs. Loss of body fat leads to weight loss. The face is radiant and the mucous gets dry, which is beneficial in diseases like colds etc. Due to these benefits of Kapalbhati, it has been kept in the Yoga Protocol of International Yoga Day.

Kapalbhati Pranayama is very important to increase our immunity. By the practice of this pranayama, all physical and mental disorders are removed. It is said that this pranayama alone can cure a hundred diseases. Kapal means brain or head and Bhati means cleanliness. That is, cleaning our brain from all the impurities, by its practice the brain is cleaned and the capacity of our lungs can be increased manifold. Due to this immunity develops.

Corona scared people and in such a situation, people found yoga to be the best way to solidify their immunity system. This is the reason that people may have been imprisoned at home in lockdown but did not leave yoga. Connect with yoga through online and line mediums. Yoga appeared to be the only solution for a healthy body and a healthy mind and people's interest in yoga increased.

The lifestyle of any person, attitude towards life, style of living - all these are governed by his thoughts and behavior. In the blind race of modernity, in trying to keep pace with each other, man is forgetting his real way of living, eating, speaking, and all the ways of living. This is the reason; he is falling prey to various mental/emotional pressures in no time. Due to disturbed mental balance, physical ailments also start taking their effect. The endless series of stresses/pressures associated with Corona has shaken the roots of human development. Yoga

is the only medium that can plan and concentrate the balance of life, increase immunity, can infuse new energy in the colorless music of life. When you have to fight a crisis like Corona, have to do many things, and are engrossed in it throughout the day, then you do not even have time to think about many other things. In such a situation, it often seems that time is running out very fast. Almost the same thing happens when meditating with concentration. The scientists also concluded that the more the experience of meditation, the more his sense of time is refined, the more he can adapt his time to himself.

An interesting thing has also come to the fore from the research of France that meditation is a more effective and succinct way than music to cultivate concentration, to overcome boredom, whereas we often consider meditation and yoga as monotonous things. Whereas the results of this experiment seem to be going in the opposite direction. Scientists have tried to explain it in other ways as well. Yoga is a safe and less-effective procedure for people suffering from diseases. At the same time, if you want to practice yoga to get control over any of your problems. There are many yoga exercises and combinations of yoga pose that you can try, depending on your fitness level. But adopting yoga in place of your practical treatment can take you away from the care you need. Yoga is a helpful practice for a highly-effective and active life.

Yoga has become a light in the corona epidemic, the increasing speed of corona is pushing humans towards unrest, imbalance, stress, fatigue, and irritability, due to which the disorder is increasing, diseases are increasing and the ability to fight them weakens. is going. Yoga is such a panacea medicine that keeps the mind cool and the body fit to keep such heterogeneous and discrepant life healthy and energetic. The pace of life can be given a musical pace through yoga. People who include yoga exercise in their daily routine have also been telling it's important that if it is done daily and regularly, then how much positive effect it puts on our body as well as mind and brain. Exercise keeps our body fit and makes the muscles strong. Exercising regularly keeps all parts of the body active, which helps fight diseases like heart disease, diabetes.

It is believed yoga that is capable of reducing mental stress and gives mental and physical relaxation. Doing yoga for just 15 minutes a day releases the hormones cortisol and catecholamines, which fight stress along with creating energy in the body through “fight or flight” syndrome. Doing yoga regularly helps people improve their attitude towards stress and good health. However, there are no conclusive results to prove that practicing yoga can reduce the effects and symptoms of stress-induced mental disorders.

A study published in the British Journal of Sports Medicine also said that people who do regular physical activity to keep themselves fit may reduce the risk of becoming seriously ill due to infection with Covid-19. In addition, many lifestyle problems have been observed in people who are less physically active, including obesity, diabetes, heart disease, which are directly related to the infection of Covid-19 and worsening of patients' condition and their death.

PCOS is a less serious condition and its effects can be reduced by adopting a healthy and clean lifestyle. Various studies have supported the benefits of practicing yoga while having PCOS. Doing yoga during low-stress levels opens up the pelvic area of the body and provides relief. There are many asanas for women suffering from PCOS which help them to lose about 5-10% of their weight and due to this their menstrual cycle becomes regular. Regular exercise

is also better in terms of mental health. Many studies have shown that physical activity also affects their thinking and memory and can reduce the risk of dementia by up to 30 percent.

For better health, oxygen must be properly circulated in the body. We are unaware of this and in the absence of adequate circulation of oxygen, many diseases are sustained. Depression is also one of these, but pranayama can eliminate this mental disease from the root. Due to this the level of oxygen in the body increases and the person feels refreshed and very light on the mental level.

A healthy body and this happiness can be achieved by regular yoga. If we do Yogasan and Pranayama regularly in life then we get positive thoughts. Success is achieved in life. By doing Surya Namaskar daily, we get energized and through pranayama we get concentration. Yoga is also known to be a beneficial activity for people suffering from various physical and mental problems associated with arthritis. Regular yoga practice helps in improving the functioning of the joints. Along with this, it becomes easier to sleep while reducing physical stress. Doing yoga also provides relief from recurring joint pain.

Due to the effect of yoga, the flow of negative hormones stops, and the flow of positive hormones increases, which is effective in keeping health strong and disease-free. Yoga is an important means to remove the disorders of the mind. Yoga is taken from the Vedas; Yoga has been adopted by the ancient sages and sages. Yoga is the attainment of knowledge by oneself. Not just a display item. Through yoga, we can convert the negativity inside us into positivity. We can make our life successful by knowing and using yoga in our life. By doing yoga, lust, anger, greed, item, attachment all go away from us. When we develop good thinking then we will get a pure, pure, mind. Maharishi Patanjali has given us the law of Ashtanga Yoga in the Yoga Sutras, which includes Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Yoga is a good physical activity if you want to improve the health of your heart and lungs. According to a study, people who practice yoga have lower blood pressure and pulse rate than those who do not do yoga. Yoga will improve the supply of oxygen to your body, increase work productivity at home and office, improve anaerobic threshold and blood lactate. Practicing yoga along with medicines helps in reducing blood pressure. Interestingly, doing yoga for just one hour a day will be as effective as any medical therapy in controlling blood pressure in hypertensive patients. Yoga has been proven to be beneficial in some other areas as well, but a little more research will be needed to prove that yoga is a definite treatment/prevention for heart diseases. Yoga increases physical and mental concentration. This empowers people to look into the inner mind and see the physical structure and the various organs working in harmony. Nowadays yoga has become our necessity. Its benefits attract people.

Conclusion:

There is a lot of discussion on yoga, but there is a lack of serious thinking. This cannot be done without understanding the concept of holistic health. Holistic health means balance in the physical, mental and spiritual elements of a human being. As the knowledge of the effect on the health of the coordination of mental and physical factors or lack thereof is increasing in medical science, in the same way the importance of the effect of the mind in disease is also increasing. Yoga is a means of controlling the unconscious and semi-conscious mind and preventing the generation of negative emotions and helps a person to take his conscious mind

in the right direction. Yogasana should be done in the morning or evening before taking food after retiring from defecation. Yogasana should be done in such a place where the ground is not high or low. The place of yoga should be clean and clean, pure air comes, do asanas by laying rugs or blankets. Yogasana should be done with patience and perseverance, not in haste. Any asana should not be done with a jerk, the number or time of any asana should be increased gradually. A healthy person must make a definite set of his posture, he should pray before yoga. It is better if you do Pranayama after yoga, for this Bhastrika, Anulom-Vilom, Kapal Bhati, Pranochar should be done.

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