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Yoga: Natural Remedy for Healthy Heart

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Abstract:

The Science of Yoga is an ancient one. It is a rich heritage of our culture. Vedas and several older books make a mention of the usefulness of Yoga in the treatment of certain diseases and preservation of health in normal individuals. The problem of Heart has grown enormously in last decades. Heart diseases describe a range of conditions that affect your heart. Disease under the heart disease umbrella include blood vessel diseases, Such as Coronary artery disease, heart rhythm problems(arrhythmias) and heart defects you're born with (congenital heart defects),among others. Regular Yoga practice can help to reduce the level of sugar in blood, along with lowering blood pressure. Yoga also keeps our weight in control and reduces the severity of the symptoms and slowing the rate of progression of the diseases. The improvement in various biochemical indices and stress reduction by practicing Yoga can enable a person with better healthy living.

Key words: Heart diseases, Yoga, Stress reduction, Healthy living.

Introduction:

“Movement is a Medicine for creating change in a person’s physical, emotional, and mental states.”

--Carol Welch

Yoga is an ancient Indian mind-body technique which is becoming increasingly popular throughout the world because of its several health benefits. Yoga is an integrated system of self-culture which aims at harmonious development of body, mind and covers all aspects of human life that lead to physical wellbeing, mental harmony culminating into positive thinking, happiness and peace. Yoga envisages health in totality on the principle of healthy a few postures (Asanas) but a holistic life style which promotes, physical, mental emotional and spiritual wellbeing. Modern life style stresses have been shown to be a major contributory factor to many diseases including CVD (Heart Diseases). USA based study has demonstrated that mindfulness based stress reduction (MBSR) such as Yoga, reduced the average number of visits to primary care physicians in inner city areas suggesting that Yoga may contribute to general health and particularly in cardiac health in populations that are subject to significant mental stress.

Cardiovascular diseases overview:

As the largest single cause of death on the planet, cardiovascular diseases (CVD) in all its forms is an important and life or death matter. CVD in all its forms is an important and life or death matter. CVD is not single diseases, but a cluster of diseases and injuries that affect the

cardiovascular system (the heart and blood vessels). These are most commonly diseases of the heart, blood vessels of the heart and brain. CVD is actually a collection of diseases affecting the cardiovascular system. These include; coronary heart disease ; angina; stroke; rheumatic heart disease; congenital heart diseases; peripheral arterial diseases; aortic aneurysm and dissection; deep vein thrombosis; and other, less common cardiovascular disease.

General symptoms of Heart Diseases:

Heart diseases symptoms depend on what type of heart diseases you have. CVD symptoms may be different for men and women for instance, men are more likely to have chest pain; women are more likely to have other symptoms along with chest discomfort, such as shortness of breath, nausea and extreme fatigue.

Symptoms can include-

- Chest pain, Chest tightness, Chest pressure and chest discomfort (angina)
- Shortness of breath
- Pain numbness, weakness or coldness in your legs or arms if the blood vessels in those parts of your body are narrowed
- Pain in neck, jaw, throat, upper abdomen or back

It is important to watch for cardiovascular symptoms and discuss concern with your doctor.

Role of Yoga in CVD management:

Yoga consists of graded sets of exercise, including very simple ones, so that all can practice on their own, even after the first lesson, whether or not they have done yoga before. Commencing with gentle stretching and breathing exercise, it varies up to a range of classical Asanas and Pranayama practices: The Asanas have a variety of effects, including:

- Relaxation, strengthening and balancing of muscles
- Mobilization of joints
- Improvement of posture
- Action of pressure points
- Improvement of breathing
- Calming of nervous system
- Promotion of homoeostasis in cardiovascular, digestive, endocrine and other system



Pranayam:

Breathing in deeply and breathing out helps oxygenate our blood, and improves circulation. It also calms the mind and gives our rattled nerves some much needed rest.

Setubandhasana:

This pose not only helps keep one's blood pressure in control it also helps to relax the mind, improves digestion, relieves the symptoms of menopause in women and stretches the neck and spine.

Balasana:

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Known quite aptly as the child's pose this is a great stress buster. It gently stretches the hips, thighs and ankles, calms the mind and helps relieve stress and fatigue. It is also a great remedy for that lower back pain we might have from long hours of sitting.

Vajrasana:

This is a simple pose that is great to relax the mind, improve digestion and massages the kanda. According to Ayurvedic principles, kanda is a spot about 12 inches above the anus that is the point of convergence for over 72000 nerves.

Sarvangasana:

This pose is essentially known for its ability to regulate the working of the thyroid glands. These glands are responsible for the proper functioning of the entire body including the digestive, nervous reproductive system, regulating metabolism and respiratory system. Apart from that, it nourishes the spine with a good supply of blood and oxygen, helping our beat nervous system disorders, and improving our round health.

Halasana:

This pose is great for those who sit for long hours and tend to have bad posture. It stimulates the thyroid glands, parathyroid glands, lungs and abdominal organs, therefore helping the blood rush to our head and face, improves digestion and keeps the hormonal levels in check.

Dhanurasana:

This pose is great strengthening our back and spine. Stimulate the reproductive organs, beats stress and fatigue, and relieves menstrual pain and constipation.

Chakrasana:

This pose is great to stretch the spine and relax the muscles of the back. Moreover it helps relax the mind and make it stress free.

Paschimotasana:

This is a forward bending pose that helps the blood to flow to the face. Apart from that, it helps the stomach function better, strengthens the thigh muscles and relaxes the back and arms.

Ardha Matsyenasana:



This asana is specifically designed to increase the capacity of our lungs so it can inhale and hold more oxygen. It also loosens up the spine and relieves backaches and discomfort in the back.

Conclusion:

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional and spiritual dimensions of the individual. A comprehensive yoga program has the potential to enhance the beneficial effects of standard medical management of heart diseases management and can be used in an effective complementary or integrative therapy program. The improvement in various biochemical indices and stress reduction by practicing yoga can enable a person with a better healthy living.

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