



Yoga The Prevention and Management For Lethal Sicknesses

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Abstract

Balancing activity of propensity framing diseases should be astonishing and sorted out and it has to join preparing of social aptitudes, fundamental initiative abilities, family intervention, etc. Correspondingly, convincing treatment is regularly since a long time ago runs, intentional and entangled. Physical effort and yoga will be valuable sections of thoroughgoing abhorrence and treatment programs. Of course, forceful expert sports rather increase the measure of peril portions of substance-related issues (wounds, push, doping, lopsided strain, exhaustion, inconsistent methodology of life, and afterward forward.) reasonable inclusion with the utilization of yoga in substance subordinate patients and psychoneurotic player's square measure reported. The upsides of yoga fuse the compromise of physical effort and unreeling. Adjoining the current, yoga isn't focused on, doesn't require expensive equipment and it will in general be utilized even in patients with genuine restorative issues. The demonstration of yoga can help individuals with predominant the suppositions and interests and check the executives augments and removes the irritating components from mind. Yoga keeps up pleasant eudemonia and giving restriction, stamina, vitality and vitality to the body. Yoga is that the best medicinal and preventive medication. The quality of our body and mind relies on the adequacy of the eudemonia of our inward organs the inside, lungs, guts associated structure, organs, nerves system, strong structure and afterward forward. Yoga rehearses carefully tone and structure the body, improve position, capacity and lift sentiment of flourishing headway to positive eudemonia, to the expert in expanding their abilities and upgrade the private fulfilment.

Keywords: Yoga, Management, Sicknesses**Introduction**

Yoga is a claim to fame of right living and it works when merged in our bit by bit life. It wears out all bits of the individual: the physical, mental, energized, mystic and amazing. The word yoga signifies 'solidarity' or 'solidarity' and is gotten from the Sanskrit word 'yuj' which infers 'to join'. Yoga improves the success of the body and cerebrums. The word yoga hopes to inconvenience or to join all bits of the body and psyche. Understanding solidarity and superior to anything normal variety, yoga's decisive point is a logically huge association with ourselves and the world around use for some superb once we sway this connection we to can lead a veritable nearness of grater bliss, confirmation and agreeableness.

"Yoga" starts from the Sanskrit root yuj, which infers "to join" or "to inconvenience". Yoga is an utilitarian guide, not a religion. Yoga is an outdated workmanship subject to a fitting approach of progress for the body, psyche, and soul. The proceeded with routine concerning yoga will lead you to an assumption of understanding and thriving, and also an inclination of being at one with their condition. This is a reasonable definition. The show of yoga makes the body solid and mobile; it in like way improves the working of the respiratory, circulatory, stomach related, and hormonal frameworks. Yoga recognizes anxious strength and lucidity of cerebrum. In the exhibit of Yoga a decisive point is one of self-awareness and self-attestation.

Yoga the counteractive action and the treatment for substance-related issues

Asthma: The main supportable treatment for asthma lies in yoga. Inhalers can spare your life when you get an asthma assault yet for a long haul fix you need to rehearse pranayama.

Diabetes: Diabetes is one of the significant serious illnesses on the planet. You can't really treat insulin opposition however some yoga asana like the triangle posture can direct your glucose levels.

Hypertension: Hypertension can be caused because of various reasons. It is an ailment that can be relieved uniquely by standard act of reflective yoga asana like the pranayama.

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Indigestion: Acid reflux isn't only a sickness however a scourge among working individuals nowadays. In any case, you can treat heartburn with solutions by attempting the youngster posture or wind diminishing posture.

Migraine: Headache cerebral pains are regularly caused in light of the fact that there isn't sufficient blood supply to the cerebrum. Attempt the yoga presents like sirs-asana or complete headstand to treat headache migraines as opposed to popping torment executioners.

Lower Back: Agony Lower back torment has become a ceaseless ailment among working experts and individuals even experience medical procedure for it. Attempt yoga presents like tadasana or the tree present.

Arthritis: Joint inflammation is a sickness that causes serious joint agony and shockingly hopeless. Be that as it may, yoga can help control the measure of agony caused because of joint inflammation. Attempt the surya namaskar as an adaptable method to fix joint pain torment.

Liver Problems: Liver issues can run from minor ingestion to the extreme greasy liver disorder. To have your liver sound, attempt some essential yoga represents that expansion the blood course in the belly. The extension posture and feline posture are great cases.

Depression: Yoga is one of the most intense solutions for melancholy. In the event that you would prefer not to be snared on antidepressants and resting pills, attempt yoga asanas like uttanasana.

Poly Cystic Ovaries: PCOS is one of the pestilences that are assaulting young ladies nowadays. The side effects are sporadic periods and it can even prompt fruitlessness. So attempt yoga presents like the body posture to fix ovarian blisters without medicine or medical procedure.

Conclusion: Yoga helps in keeping up great wellbeing and giving obstruction, stamina, essentialness and force to the body. Yoga is the best healing and preventive drug. The wellbeing of our body and brain relies upon the sufficiency of the soundness of our inward organs the heart, lungs, stomach related framework, organs, nerves framework, solid framework and so forth. Yoga practices tenderly tone and shape the body, improve stance, adaptability and add to

sentiment of prosperity advancement to positive wellbeing, to the expert in expanding their aptitudes and improve the personal satisfaction.

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