



IMPACT OF YOGA FOR IMPROVING QUALITY OF LIFE: A REVIEW SYNTHESIS

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ABSTRACT

Our modern lifestyle, habits, tough daily routine cause many types of disease, ignorance, egoism in human body. The environment is becoming more and more polluted arid resources are becoming scarce because of human over consumption and activity. Changing moral values in modern individuals leads to disease like diabetes, constipation, migraine headache, cardiac disorder, anxiety, sleep disorder, obesity, hypertension, stress, nervous problem, and many others. YOGA is one of the best stress busters; practicing yoga regularly not only helps in preventing from diseases, but also helps in recovering from ill health and increase quality of life. The objective of this study is to assess the effects of yoga on physiological and psychological health and to provide a comprehensive review of the increasing quality of life of regular yoga practice. Results from this study show that practicing yoga regularly not only helps in preventing from diseases, but also helps in recovering from ill health. Yoga improves flexibility of the body, helps to build and tone up muscles, perfects the body posture, prevents cartilage and joint breakdown, protects the spine, improves bone strength, helps to regulate the blood pressure, boosts immunity by improving draining of lymph's regulates heart rate, blood sugar and helps in maintaining good energy levels throughout the day. Yoga helps to improve the agility of the body, helps in maintaining a healthy nervous system. Improves all round fitness, helps in fighting with the weight loss,

stress free life, inner peace, and improves immunity, living with greater awareness, increased energy, better intuition and more. Since most of the yoga practices are directly associated with the breathing, hence helps in improving the health of the lungs. promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life. Yoga increased feelings of relaxation, self-confidence and body image, improve interpersonal relationship, work efficiency. Increase memory power, thinking power to set a perfect goal for encourages an optimistic outlook on spent quality of life.

Key words: yoga, physiological health, psychological health, quality of life

INTRODUCTION

The modern lifestyle, our habits, tough daily routine cause many type of disease, ignorance, egoism in human body. The environment is becoming more and more polluted arid resources are becoming scarce because of human over consumption and activity. Changing moral values in modern individuals leads to disease like diabetes, constipation, migraine headache, cardiac disorder, anxiety, sleep disorder, obesity, hypertension, stress, nervous problem, and many others. The old adage “A sound mind in a sound body” means that importance of healthy body. Body and mind are connected to each other. What do you think every day our body also responses according to your same way, According to Swami Vivekananda “Health is wealth peace of mind is happiness. Yoga shows the way. If we have prospered in the life, we must embrace the technique of yoga and follow its practice.” Now a day to improve our quality of life yoga is a very essential tool of all age’s people. Integrating the mind and body into union and harmony, yoga improves physical, mental, intellectual, and spiritual health. It also managing and reducing stress, anxiety, and depression and many other mind disorders. Yoga assists a practitioner in becoming one with god. It increasing feelings of relaxation, improve self-confidence which encourages an optimistic outlook on life. Yoga is not a religion. It is a method by which one obtains control of ones latent powers. It is the means to reach complete self-realization. Yogis achieve this by turning their thoughts inward, away from the objective world. By yoga life so organised and so satisfying that in its twilight a person will be content to let go without regrets and without a sense of leaving too much undone. Yoga is a re-education of one’s mental processes, along with the physical ones.

BACKGROUND OF YOGA

The word “Yoga” is perhaps older than the system of philosophy which goes by that name. The oldest use of word “yoga” as found in the Vedic literature, (e.g. Rigveda x, 114, 9: Atharaveda vi, 91 1) indicates a union of various things, especially the horses or the bullocks. The word “yoga” derived from the Sanskrit root “Yujir” meaning to “unite” or “connect”. In later times, however another technical meaning came to be associated with the term and this is derived from the Sanskrit root “Yuj” indicating control of the mind. The Kathopanished (11, 3, 10-11) defines yoga as “a state of steadiness and control of the senses, as well as the mind and the intellect, which when attained, makes an individual completely faultless and unoffending. Mahadev Desai, says in his introduction to the Gita and according to Gandhi, the yoking of all the powers of body, the mind, the emotions, the will, which the yoga presupposes, it means pose of the soul which enables one to look at life in all its aspects evenly. In Bhagvad Gita the main stress is on Karma Yoga (yoga by action). “Work alone is your privilege, never the fruits thereof. Never let the fruits of action be your motive, and never cease to work. Work in the name of lord, abandoning selfish desires. Be not affected by success or failure. This equipoise is called yoga. Lord Sri Krishna, in the Gita says that, “yoga is a way by which a person can discharge his duties efficiently with mental equilibrium and body poise”. According to Patanjali, “Yoga is affected by preventing the modification of citta or the thinking principle by keeping the mind in its unmodified state-a state clear as crystal when uncoloured by contact with our substances-and by the practice of vairagaya- a state of abstinence of no- attachment that is complete suppression of the passions.” In Indian culture or thought human beings or everyone on this earth is guided by the supreme universal spirit i.e. Paramatma or God of which the individual human spirit i.e. Jivatma is a part. Yoga is a way to secure liberation (Moksa) it is the means by which the Jivatma can be united to the Paramatma.

AIM OF YOGA

- The main aim of yoga is control over the mind.
- Yoga is to integrate the body, mind and thoughts to each other which direct energy by the right means.

- The mind will get sharpen and concentration and memory power may developed by the practicing of yoga regularly.
- Yoga lights his inner with the universal spirit, so he do every work peacefully and perfectly.
- Regular practicing yoga, build the body healthier and help to gain resistant power to fight against the diseases.

STAGES OF YOGA

Rishi Patanjali enumerates these means as the eight limbs or stages of yoga to secure purity of body, mind, and soul. These are also called as Ashtanga yoga. They are:

1.	Yama (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha)	Social discipline
2.	Niyama (Shuchita, Santosh, Tapas, Svadhyaya, Ishvara Pramidhana)	Individual discipline
3.	Asana	Postures
4.	Pranayama	Breath control
5.	Pratyahara	Discipline of the senses
6.	Dharana	Concentration
7.	Dhyana	Meditation
8.	Samadhi	Super consciousness

PHYSIOLOGICAL IMPACT OF YOGA

YOGA is one of the best stress busters; practicing yoga regularly not only helps in preventing from diseases, but also helps in recovering from ill health. Yoga improves flexibility of the body, helps to build and tone up muscles, perfects the body posture, prevents cartilage and joint breakdown, protects the spine, improves bone strength, helps to regulate the blood pressure, boosts immunity by improving draining of lymph's regulates heart rate, blood sugar and helps in maintaining good energy levels throughout the day. Yoga helps to improve the agility of the body, helps in maintaining a healthy nervous system, improves sleeping abilities and reduces depression. Improves all round fitness, helps in fighting

with the weight loss, stress free life, inner peace, and improves immunity, living with greater awareness, increased energy, better intuition and more. Since most of the yoga practices are directly associated with the breathing, hence helps in improving the health of the lungs. Yoga improves the conditions like ulcer, digestive system, irritable bowel, constipation, eye sight etc. Physiological benefits which follow, help yoga practitioners become more resilient to stressful conditions and reduce a variety of important risk factors for various diseases, especially cardio-respiratory diseases. Another study conducted to Changes in blood glucose and glucose tolerance by oral glucose tolerance test (OGTT) after 40 days of yoga therapy in 149 non-insulin-dependent diabetics (NIDDM) were investigated. There was a significant reduction in hyperglycemia and AIT with decrease in oral hypoglycemia and AIT with decrease in oral hypoglycemic drugs required for maintenance of normoglycemia. It is concluded that yoga, a simple and economical therapy, may be considered a beneficial adjuvant for NIDDM patients. Schell FJ1, Allolio B, Schonecke conducted a study on Physiological and psychological effects of Hatha-Yoga exercise in healthy women. Hatha-Yoga has become increasingly popular in western countries as a method for coping with stress. However, little is known about the physiological and psychological effects of yoga practice. They measured heart rate, blood pressure, the hormones cortisol, prolactin and growth hormone and certain psychological parameters in a yoga practicing group and a control group of young female volunteers reading in a comfortable position during the experimental period. There were no substantial differences between the groups concerning endocrine parameters and blood pressure. The course of heart rate was significantly different; the yoga group had a decrease during the yoga practice. Another study conducted on “Influence of Intensive Yoga Training on Physiological Changes in 6 Adult Women. They shows that the short-term effects of 4 weeks of intensive yoga practice on physiological responses in six healthy adult female volunteers were measured using the maximal exercise treadmill test. Yoga practice involved daily morning and evening sessions of 90 minutes each. Pre- and post-yoga exercise performance was compared. Maximal work output (W_{max}) for the group increased by 21%, with a significantly reduced level of oxygen consumption per unit work but without a concomitant significant change in heart rate. After intensive yoga training, at $154 W_{min-1}$ (corresponding to W_{max} of the pre-yoga maximal exercise test) participants could exercise more comfortably, with a significantly lower heart rate ($p < 0.05$), reduced minute ventilation ($p < 0.05$), reduced oxygen consumption per unit work ($p < 0.05$), and a significantly lower respiratory quotient ($p < 0.05$). The implications for the effect of

intensive yoga on cardiorespiratory efficiency are discussed, with the suggestion that yoga has some transparently different quantifiable physiological effects to other exercises. Another researcher Bandi Hari et al. conducted a study on Effect of Yoga Therapy on Heart Rate, Blood Pressure and Cardiac Autonomic Function in Heart Failure. In this study, they planned to examine the effects of a 12 week yoga therapy on blood pressure, heart rate, heart rate variability, and rate pressure product (RPP). Out of 130 heart failure patients recruited for the study, 65 patients were randomly selected to receive 12 week yoga therapy along with standard medical therapy (yoga group). Other patients (n=65) received only standard medical therapy (control group). Heart rate, blood pressure, cardiac autonomic function (by short-term heart-rate variability analysis) and myocardial oxygen consumption (by RPP) were assessed before and after 12 weeks. In the yoga group, 44 patients and in the control group, 48 patients completed the study. They found that there was a significant decrease in heart rate, blood pressure and RPP in yoga group compared to control group. Also, LFnu and LF-HF ratio decreased significantly and HFnu increased significantly in yoga group compared to control group. They conclude that Twelve-week yoga therapy significantly improved the parasympathetic activity and decreased the sympathetic activity in heart failure patients (NYHA I&II). Another study was investigated on the effect of yoga on cardiovascular system in subjects above 40 years. In this study they were wanted to examine the effect of yoga on cardiovascular function in subjects above 40 yrs. of age. Pulse rate, systolic and diastolic blood pressure and Valsalva ratio were studied in 50 control subjects (not doing any type of physical exercise) and 50 study subjects who had been practicing yoga for 5 years. From the study they were observed that significant reduction in the pulse rate occurs in subjects practicing yoga ($P < 0.001$). The difference in the mean values of systolic and diastolic blood pressure between study group and control group was also statistically significant ($P < 0.01$ and $P < 0.001$ respectively). The systolic and diastolic blood pressure showed significant positive correlation with age in the study group (r_1 systolic = 0.631 and r_1 diastolic = 0.610) as well as in the control group (r_2 systolic = 0.981 and r_2 diastolic = 0.864). The significance of difference between correlation coefficient of both the groups was also tested with the use of Z transformation and the difference was significant ($Z_{\text{systolic}} = 4.041$ and $Z_{\text{diastolic}} = 2.901$). Valsalva ratio was also found to be significantly higher in yoga practitioners than in controls ($P < 0.001$). The findings indicate that yoga reduces the age related deterioration in cardiovascular functions. Another study was conducted Swami Gourav et al. c on effect of yoga on pulmonary function tests of hypothyroid

patients. They were wanted to see any effect on respiratory functions in hypothyroid patients after pranayama (yoga). They were take 20 hypothyroid females, 39.70 ± 8.27 years of mean age referred from medicine department of UCMS & G.T.B. Hospital. Spiro metric recordings were taken with hypair (version-1.28). Baseline (first) recordings were taken when patient came for the first time. Patients came to yoga lab in physiology department for 21 days continuously where they were trained by the yoga instructors and then told to do pranayama at home and called at regular intervals after 7 days to see the compliance. The breathing exercises were done for 45 minutes every day. After 6 months of pranayama second recording was taken and compared with the baseline. There were saw significant improvement in forced expiratory volume in first second (FEV1), Maximum voluntary ventilation (MVV) and Inspiratory Capacity(IC). Thus Pranayama and meditation has beneficial effect on pulmonary functions of hypothyroid patients along with conventional treatment. Another study was conducted by Suchitra.B.Parkhad, Sachin.B.Palve, M. Chandrashekar and they wanted to saw the effect of yoga on indices of cardiovascular system in Maharashtrian adolescent girl. For this purpose they take 200 adolescent school-going girls and mainly focused on assessing the effect of yoga training on improvement of heart rate (HR) by using parameters such as RPP and DoP. Change in the HR with response to exercise was determined by using two constructed staircases, each of 9 inch (22.5 cm) in height. HR and blood pressure response to exercise were measured in when the subject were in supine position before exercise and at 1, 3, 5, 7, and 10 min after the exercise. Rate pressure product [RPP = $(HR \times SP)/100$] and double product (DoP = $HR \times MP$), which are indices of work performed by the heart, were calculated. It is concluded that after yoga training a given amount of exercise leads to a milder cardiovascular response, suggesting better exercise tolerance. Exercise produced a significant increase in HR, systolic pressure, RPP, and DoP, and a significant decrease in diastolic pressure. Therefore, Many researcher was conducted many research on yoga to seeing any effect on physiological parameters and they saw yoga has beneficial effect on it. In this way a lot of research work done on yoga. This all research work proves that yoga has great impact on physical health.

PSYCHOLOGICAL IMPACT OH YOGA

Apart from the physical benefits, yoga also helps in fine tuning the psychological problems in a person. Yoga helps one to remain healthy and happy, helps in developing a good and healthy lifestyle, helps in relaxing the body and rejuvenating the worn-out tissues. Helps in giving the much-needed peace of mind, increases self-esteem, given inner strength, one becomes conscious of changes and transformation which yoga brings into one's body, helps in improving and leading a happy family life, . Cabral, Meyer, Ames conducted a study on Effectiveness of yoga therapy as a complementary treatment for major psychiatric disorders. They reported the effectiveness of yoga in the management of psychiatric disorders, insomnia and Attention Deficit Hyperactivity Disorder (ADHD). A meta - analysis of effectiveness of yoga therapy as a complementary treatment for major psychiatric disorders provided a pooled effect size of $- 3.25$ (95% CI $- 5.36$ to $- 1.14$). Another researcher Khalsa.SB work on effectiveness of yoga in the treatment of chronic insomnia using sleep wake diaries showed that statistically significant improvements were observed in the participants' sleep efficiency, total sleep time, total wake time, sleep onset latency and wake time after sleep onset at the end of the treatment phase compared to their baseline pretreatment scores. Jensen PS, Kenny DT.were Investigated on the effects of yoga on the attention and behavior of boys with Attention Deficit/hyperactivity Disorder (ADHD). They suggest that yoga may have merit as a complementary treatment for boys with ADHD already stabilized on medication. Another study was conducted to investigate the effects of yoga on stress, anxiety, and depression in women living in Ilam, Iran. This study is a quasi-experimental study with pre-post-test. To collect data, the questionnaire of DASS-21 (Depression Anxiety Stress Scale-21) was used. For eligible samples, hatha yoga exercises and training sessions were held for 4 weeks (3 time/weeks; 60-70 min each) by a specialist. Data were analyzed using SPSS version 20. 52 women with a mean age of 33.5 ± 6.5 were included for analysis. Depression, anxiety, and stress decreased significantly in women after 12 sessions of regular hatha yoga practice ($P < 0.001$). Yoga has an effective role in reducing stress, anxiety, and depression. Thus, it can be used as complementary medicine. Another study conducted the effect of integrated yoga practice and guided yogic relaxation on both perceived stress and measured autonomic response in healthy pregnant women. The results for the 45 participants per group who completed the study were evaluated by repeated measures analysis of variance. Perceived stress decreased by 31.57% in the yoga group and

increased by 6.60% in the control group ($P = 0.001$). During a guided relaxation period in the yoga group, compared with values obtained before a practice session, the high-frequency band of the heart rate variability spectrum (parasympathetic) increased by 64% in the 20th week and by 150% in the 36th week, and both the low-frequency band (sympathetic), and the low-frequency to high-frequency ratio were concomitantly reduced ($P < 0.001$ between the 2 groups). Moreover, the low-frequency band remained decreased after deep relaxation in the 36th week in the yoga group. Yoga reduces perceived stress and improves adaptive autonomic response to stress in healthy pregnant women. Another study was conducted Kimberlee Bethany Bonura and Gershon Tenenbaum. They were investigated on the effects of yoga on psychological health in older adults. They were wanted to assess the effect of a yoga intervention on psychological health in older adults. They were took 98 older adults, ages 65 to 92. Participants were randomly assigned to chair yoga, chair exercise, and control groups and assessed pre intervention, post intervention, and 1-month follow-up on the State Anger Expression Inventory, State Anxiety Inventory, Geriatric Depression Scale, Lawton's PGC Morale Scale, General Self-Efficacy Scale, Chronic Disease Self-Efficacy Scales, and Self- Control Schedule. Over a 6-week period, their findings indicate yoga's potential for improving psychological health in older adults. Kuan-Yin Lin, Yu-Ting Hu, King-Jen Chang, Heui-Fen Lin, and Jau-Yih Tsauo conducted a study on effects of Yoga on Psychological Health, Quality of Life, and Physical Health of Patients with Cancer. They aimed to determine the effects of yoga on psychological health, quality of life, and physical health of patients with cancer. Studies were identified through a systematic search of seven electronic databases and were selected if they used a randomized controlled trial design to examine the effects of yoga in patients with cancer. The quality of each article was rated by two of the authors using the PEDro Scale. Ten articles were selected; their PEDro scores ranged from 4 to 7. The yoga groups compared to waitlist control groups or supportive therapy groups showed significantly greater improvements in psychological health: anxiety (), depression (), distress (), and stress (). However, due to the mixed and low to fair quality and small number of studies conducted, the findings are preliminary and limited and should be confirmed through higher-quality, randomized controlled trials. Findings most consistently support improvement in psychological outcomes (e.g., depression, distress, anxiety). Yoga is believed to have beneficial effects on cognition, attenuation of emotional intensity and stress reduction. Previous studies were mainly performed on eastern experienced practitioners or unhealthy subjects undergoing concomitant

conventional therapies. Further investigation is needed on the effects of yoga per se, as well as its possible preventive benefits on healthy subjects. We investigated the effects of yoga on memory and psychophysiological parameters related to stress, comparing yoga practice and conventional physical exercises in healthy men (previously yoga-naïve). Memory tests, salivary cortisol levels and stress, anxiety, and depression inventories were assessed before and after 6 months of practice. Yoga practitioners showed improvement of the memory performance, as well as improvements in psychophysiological parameters. The present results suggest that regular yoga practice can improve aspects of cognition and quality of life for healthy individuals. An indirect influence of emotional state on cognitive improvement promoted by yoga practice can be proposed.

INCREASING QUALITY OF LIFE THROUGH YOGA

Yoga joins the Jivatma with Paratma. Identifying himself as independent of thoughts, feelings, confidence and action. Yoga increased feelings of relaxation, self-confidence and body image, improve interpersonal relationship, work efficiency. Increase memory power, thinking power to set a perfect goal for encourages an optimistic outlook on spent quality of life. Yoga can lower symptoms of anxiety and stress, improve sleep quality, boost immune health, and improve memory. Yoga increases blood flow and levels of haemoglobin and red blood cells which allows for more oxygen to reach the body cells, enhancing their function. Yoga, breathing exercises, and meditation can reduce stress, promote healing, and enhance quality of life with cancer. Rakhshani.A, SMaharana. S, Raghuram. N, Nagendra.R.H, & Venkatram.P were conducted a study on Effects of integrated yoga on quality of life and interpersonal relationship of pregnant women. They wanted to investigate the effects of integrated yoga on the quality of life and interpersonal relationships in normal pregnant women. One hundred and two pregnant women between 18 and 20 weeks of gestation who met the inclusion criteria were recruited from the obstetric units in Bangalore and were randomly assigned to two groups of yoga (n = 51) and control (n = 51). Women with medical conditions that could potentially lead to pregnancy complications and those with abnormal fetal parameters were excluded. The yoga group received integrated yoga while control group received standard antenatal exercises, both for 1-h three times a week from 20th to 36th week of gestation. Pre and post assessments were done using WHOQOL-100 and FIRO-B questionnaires. Of the six domains of WHOQOL-100, between groups analysis showed significant improvements in the yoga

group compared to the control in the physical ($P = 0.001$), psychological ($P < 0.001$), social ($P = 0.003$), and environmental domains ($P = 0.001$). In FIRO-B, the yoga group showed significant improvements in 'Expressed Inclusion' ($P = 0.02$) and 'Wanted Control' ($P = 0.009$) domains compared to the control group. The integrated yoga is an efficacious means of improving the quality of life of pregnant women and enhancing certain aspects of their interpersonal relationships. Researcher to perform a systematic review of the effectiveness of yoga on exercise capacity, health related quality of life (HRQL), and psychological well-being for individuals with chronic disease and describe the structure and delivery of programs. Symptoms of anxiety were reduced after yoga in individuals with stroke, although this was not observed in individuals with COPD. The effect of yoga on symptoms of depression varied across studies with no significant effects compared with usual care. Yoga programs have similar designs and components across chronic disease populations. Compared with usual care, yoga resulted in significant improvements in exercise capacity and a mean improvement in HRQL. Yoga programs may be a useful adjunct to formal rehabilitation programs. Findings proved that practicing yoga daily it controls your body and mind and decreases the risk factors of diseases. so if your body will be fit and energetic your mind also happy and you feel fresh and relaxed.

CONCLUSION

Rapidly emerging in the Western world as a discipline for integrating the mind and body into union and harmony, when adopted as a way of life, yoga improves physical, mental, intellectual and spiritual health. Yoga offers an effective method of managing and reducing stress, anxiety and depression and numerous studies demonstrate the efficacy of yoga on mood related disorders. Currently, treatment for anxiety and depression involves mostly psychological and pharmacological interventions; however, mind-body interventions are becoming increasingly popular as a means to reduce stress in individuals. Yoga, a form of mind-body exercise, has become an increasingly widespread therapy used to maintain wellness, and alleviate a range of health problems and ailments. Yoga should be considered as a complementary therapy or alternative method for medical therapy in the treatment of stress, anxiety, depression, and other mood disorders as it has been shown to create a greater sense of well-being, increase feelings of relaxation, improve self-confidence and body image, improve efficiency, better interpersonal relationships, increase attentiveness, lower irritability, and encourage an optimistic outlook on life.

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