



# Impact Of *Yoga* In Daily Life-A Literature Review

Dr. Sujata Jena  
Asst. Prof. Department of Yoga & Naturopathy,  
MSCB University,  
Baripada

## Abstract

*Yoga* is a way to achieve complete balance between the body, mind, and soul. The Sanskrit word 'yuj', which implies union, is where the word *yoga* first appeared. Fusion of the individual and the collective mind. Practicing *yoga* can help you keep your equilibrium. Avoiding various health issues requires proper equilibrium. Your body gains a lot from *yoga*. Your ability to focus and how you approach problems both increases. It's a lifetime choice rather than just an activity. Your mind, body, and spirit will all benefit from it in various ways.

**Keywords:** *Yoga*, mind, body, balance, *Prāṇāyāma*.

## INTRODUCTION

People regularly practice *yoga* to correct their health problems and maintain a healthy lifestyle. Like fitness and exercise, to help manage stress and health problems. Some health problems may respond to *yoga* better than others. Recent research papers on *yoga* have been compiled for various health issues and groups in this topic of *yoga*. *Yoga* can help with stress management, mental and emotional health, supporting proper nutrition and exercise, sleep and balance, among other elements of wellness.

The body will suffer if the mind and soul are out of harmony. Adopting a regular *yoga* practice will enable your body to strengthen itself to naturally fight off sickness and your brain function to advance.

## What is *Yoga*?

A system of physical postures, breathing techniques, and sometimes meditation derived from *yoga* but often practiced independently especially in western cultures to promote physical and emotional well-being.

### Benefits of Yoga during Pregnancy:

1. Increases muscle tone, flexibility, and blood circulation in general.
2. Promotes relaxation of the body and mind through breathing and meditation.
3. Muscle healing following childbirth is accelerated.
4. Makes muscles stronger for less difficult labor.
5. Helps you stay calm and lowers tension and anxiety.
6. Reduce headaches, asthma attacks, carpal tunnel syndrome, nausea, and lower back discomfort.
7. Reduce the chance of preterm labor, pregnancy-induced hypertension, and intrauterine growth restriction—a disease that stunts the growth of the unborn child.
8. Builds stamina and strength.

### The Health Benefits of Yoga:

1. **Cardiovascular system (heart and arteries):** *Yoga* poses focus on holding the tension for short periods of time, called isometric postures. *Yoga* has a positive effect on heart health, since the emotional and physical effects of nursing can have a significant effect.
2. **Digestive system:** Drowsy assimilation is quickened by improved blood circulation and the rubbing impacts of the muscles around it. Any help to absorption and digestion system is welcome as a nurture who in some cases finds it troublesome to eat strongly on the run.
3. **Musculoskeletal:** The delicate extending facilitates joint and muscle solidness and pressure whereas advancing adaptability. Lower back distress and superior pose are long-term points of interest. To neutralize the negative results of being on your feet all day, you would like all of these points of interest.
4. **Nervous system:** The nervous system is calmed by increasing blood circulation, reducing muscle tension and focusing on breathing. Long-term benefits include a reduction in stress, anxiety and fatigue, improved energy and concentration, and an increase in peace and well-being.

### The Important Place of Yoga in Student Life:

*Yoga* can be useful for students in the long run if they practice it frequently. It's because *yoga* fosters control of the mind over the body and enhances both physical and mental wellness. Now consider how crucial *yoga* is to student life:

1. **Increases Concentration:** *Yoga* increases the concentration level of the student. Now you will see that increasing your concentration is the only good way to get good grades in exams. In addition, *yoga* promotes physical health by improving blood circulation, reducing stress, building self-confidence, improving sleep, reducing headaches, and most importantly, -improves intelligence.
2. **Reduce Stress:** There is no doubt that *yoga* is a powerful way to reduce stress. You will find that focusing on your breathing and your posture will help you forget all your problems and problems. This will help you feel relaxed and give you enough energy so that you can always be healthy.
3. **Increases Flexibility:** *Yoga* will help you increase your physical and mental flexibility. While helping you develop a flexible body, different positions can also help you feel relaxed, which will help you change your thinking.
4. **Numerous Physical Benefits:** *Yoga* has many physical benefits for students, including maintaining normal

blood pressure, heart rate, and circulation. Along with many other health problems, it will help you to avoid cardiovascular diseases.

### Benefit s of *Yoga* for Nurses

- **Increases** -Feeling of wellness, Positive attitude, Energy levels, Memory attention, Concentration, Social skills, social acceptance, Flexibility, Strength
- **Reduces** – Depression and tension, stress and anxiety, sugar and cholesterol levels, hyperthyroidism, weight, blood pressure, muscle tension, arthritis.

Although nurses are very interested in taking care of others, they often find it difficult to take care of them. Body chemistry, immunity, reduction or reduction of symptoms, and emotional health can all benefit from a regular *yoga* practice. What type of *yoga* is best for you? It depends on which part of the body you want to exercise more and draw attention to. You may want to pay attention to how your body is aligned, or perhaps the breathing and movements are better for you. Iyengar, *Aṣṭāṅga* Vinyasa, Ananda, Anusara, Bikram Kripalu and *Kuṇḍalinī* are some of the most popular forms of *Yoga*. Before signing up, find a *Yoga* class that fits your schedule and lifestyle and talk to the instructor about the benefits you hope to gain. *Yoga* will help nurses in training and nurses taking the exam. A regular *Yoga* a practice during final exam week can help improve focus and mental clarity, increasing the chances that students will be able to manage stress and exam stress.

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