



Yoga Can Help, Treat & Cure Chronic Diseases

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Yoga can cure almost any disease under the sky. In fact it would be fair to say that you can stay free from all diseases if you practice yoga asanas regularly. And if you have developed a particular disease, the natural cure for that ailment might be there in yoga. After all, yoga is the collective wisdom of ages and encompasses a system of cure without modern medicines.

Yoga therapy is most commonly used to manage a broad range of chronic disease conditions. Chronic conditions are those that are long lasting and that do not heal quickly or of their own accord.

Yoga can cure many chronic diseases like asthma and arthritis if it is practiced regularly. Yoga cannot cure diabetes but it is effective in controlling the blood sugar to a normal level. There are various yoga asanas that are natural cures for lower back pain and indigestion. The splitting headaches that are symptoms of migraine can be easily cured through yoga.

Let's take a look at some chronic illnesses/ diseases that can be cured by yoga.

1. **Heart disease.** Yoga reduces stress, lowers blood pressure, keeps off weight, and improves cardiovascular health, all of which lead to reducing your risk of heart disease.
2. **Cholesterol.** Yoga practice lowers cholesterol through increased blood circulation and burning fat. Yoga practice is a great tool to fight against harmful cholesterol levels.
3. **Osteoporosis.** It is well documented that weight-bearing exercise strengthens bones. and helps prevent osteoporosis. Additionally, yoga's ability to lower levels of cortisol may help keep calcium in the bones.

4. Type II Diabetes. In addition to the glucose reducing capabilities of yoga. It is also an excellent source of physical exercise and stress reduction that, along with the potential for yoga to encourage insulin production in the pancreas, can serve as an excellent preventative for type II diabetes.

5. Asthma. There is some evidence to show that reducing symptoms of asthma and even reduction in asthma medication are the result of regular yoga.

6. Arthritis. The slow, deliberate movement of yoga poses coupled with the gentle pressure exerted on the joints provides an excellent exercise to relieve arthritis symptoms. Also, the stress relief associated with yoga loosens muscles that tighten joints.

7. Cancer. Those fighting or recovering from cancer frequently take advantage of the benefits that yoga provides. Cancer patients, who practice yoga gain strength, raise red blood cells, experience less nausea during chemotherapy, and have a better overall wellbeing.

8. Blood pressure. A consistent yoga practice decreases blood pressure through better circulation and oxygenation of the body.

9. Stress Reduction. The concentration required during yoga practice tends to focus your attention on the matter at hand, thereby reducing the emphasis you may have been putting on the stress in your life.

10. Hypertension. High blood pressure can be caused due to a number of reasons. It is a disease that can be cured only by regular practice of meditative yoga asanas like the pranayam.

11. Lower Back Pain. Lower back pain has become a chronic disease among working professionals and people even undergo surgery for it. Try yoga poses like tadasana or the tree pose.

12. Depression. Yoga is one of the most potent cures for depression. If you don't want to be dependent on anti-depressants and sleeping pills, try yoga asanas like uttanasana.

Conclusion:

The practice of various styles of yoga has become popular in worldwide. Recently, chronic diseases, such as chronic obstructive pulmonary disease, cancer, cardiovascular diseases, obesity and diabetes mellitus, have emerged as serious

problems worldwide, and it has become important for older adults to maintain or improve their immune functions.

Yoga is a wonderful option for individuals looking for a way to boost their energy, manage anxiety, and cope with a chronic illness. The practice of yoga perpetuates calmness and provides health benefits that are beneficial to everyone, but can be specifically helpful to those suffering from chronic illness.

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