



Yogasanas In The Management Of Lifestyle Disorders - An Overview

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Abstract

Siddha system of medicine is one of the oldest traditional systems of medicine, which has been originated from India and is practiced mostly in the southern part of this country for treating or managing the various diseases including lifestyle disorders. The modern world facing a pandemic of Lifestyle disorders like hypertension, coronary artery disease, bronchial asthma, diabetes mellitus, obesity, chronic liver disease, psoriasis, arthritis, cancer, etc. Irregular lifestyle, unhealthy habits, inadequate exercises and inadequate proper diets causes the various lifestyle disorders. Yoga is very popular in all over the world practiced for health life. Asanas are now focused as the prime factor of Yoga. Practicing the different types of asanas for health is considered good and provides physical, mental, as well as spiritual benefits and cleanses the body. Regular practice of the stretches, twists, bends, and inversions are the basic movements of the asanas and restores the strength and stamina to the body. Yogic practices play significant role in prevention and management of lifestyle disorders with reducing the stress and gives the energy to the body. Yogic diet, yogic Lifestyle, Yogic positive attitude and various Yogic practices gives the energy and the strength to the human being to live long peacefully. This present study was done to find out the selected asanas used to efficiently help to manage the lifestyle disorders.

Keywords: Asanas, lifestyle disorders, Yogam, Strength

Introduction

Siddha System of Medicine is one of the ancient medical systems in India considered as the mother medicine of South India. Siddha system of Medicine is a unique science and increasing the quality of human life through Astanga yoga which contains eight divisions. Yoga and the yogic postures are dealt in the third limb or division of Astanga yoga in Siddha system of medicine.

Lifestyle disorders are defined as disease linked with the way people live their life. These are mainly non-communicable diseases and commonly caused due to lack of physical activity, unhealthy food habits, alcohol, drugs, smoking and environment. Researches has found that globally, about 15 million people die every year. Between the ages 30-69 and the primary reasons for these deaths are directly associated with problems like heart attacks, diabetes and high blood pressure. From another perspective, a lack of regular exercises and the easy availability of resources has made life a tricky prospect, which has become concerning and vulnerable to problems, which are known as lifestyle disorders.

Yoga is an ancient discipline aimed at balancing the physical, mental, emotional and spiritual health of an individual. Yoga provides great options to overcome from the lifestyle disorder like cardiovascular diseases, Diabetes mellitus, COPD, Cancer, Bronchial asthma, Stroke, obesity, Insomnia and thyroid disorders, coronary artery diseases, chronic liver disease, psoriasis, arthritis etc. [1]. Yoga is an art of life management and a universal means for self-realization and has potential in the prevention, and rehabilitation of many of the lifestyle disorders. Yogic lifestyle, yogic diet, yogic attitudes, and various yogic practices help humans to strengthen themselves and develop positive health, thus enabling them to withstand stress better.[2]

Regular practice of Yoga is supposed to empower overall health, happiness and harmony and therefore help in the prevention and management of a wide range of lifestyle disorders. Asanas not only tone the muscles, tissues, ligaments, joints and nerves. But also maintain the smooth functioning and health of all the body's systems. They relax the body and mind, allowing both to recover from fatigue or weakness, and the stress of daily life. Regular practice improves blood circulation, tones up the musculature and enhances energy levels.[3]

Yoga Asanas (Poses) have been developed over centuries of research and experience by the Great Siddhar and Yogis. They have been found to be extremely effective nowadays. We should adopt Yoga positions and preferably Yoga routine in our life. Yoga results in number of benefits in terms of correcting metabolic disorders, overcoming stress and mind behaviors that seem beyond our control and changing firmly entrenched attitudes or personality disorders.[4]

In this present study was carried out with extensive literature review to find out the asanas used to efficiently help to manage the lifestyle disorders.

Materials and methods

Data collection and images of asanas in *Siddha* literatures, textbooks, articles, magazines, e books and electronic media. Literatures from library of National Institute of *Siddha*, library of Government *Siddha* Medical College, library of *Siddha* Central Research Institute and *Anna* Centenary library.

Results and Discussion

There are so many asanas are practicing for so many diseases to manage the illness as well as prevent the diseases for a healthy life. The following nine types of lifestyle disorders and practice of selected asanas for the management or cure or prevent the diseases are identified.

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|----------------------|---------------------------|
| 1. Thyroid disorders | 6. Insomnia |
| 2. Obesity | 7. Diabetes mellitus |
| 3. Anxiety – stress | 8. COPD |
| 4. Bronchial asthma | 9. Chronic liver diseases |
| 5. Hypertension | |

Thyroid Disorders [05-20]	
S. No	Aasanas
1	Vipareethakarani
2	Padhahasthasanam
3	Halasanam
4	Arthasirasasanam
5	Paschimothasanam
6	Sirasasanam
7	Sarvangasanam
8	Vajrasanam
9	Viruksasanam
10	Trikonasanam
11	Garudasanam
12	Pujangasanam
13	Shavasanam

Obesity [05-18,20-22]	
S. No	Aasanas
1	Arthachakrasanam
2	Padhahasthasanam
3	Bhujangasanam
4	Parvathasanam
5	Vakrasanam
6	Dhanurasanam
7	Vipareethakarani
8	Navasanam
9	Ushtrasanam
10	Trikonasanam
11	Naukasanam
12	Halasanam
13	Marjariasanam

14	Shavasanam
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Anxiety - Stress [05-18,20,23]	
S. No	Aasanas
1	Arthachakrasanam
2	Padhahasthasanam
3	Bhujangasanam
4	Ardhakatichakrasanam
5	Vrikshasanam
6	Dhanurasanam
7	Konasanam
8	Makarasanam
9	Uttitapadasanam
10	Sarvangasanam
11	Matsyasanam
12	Pavanamuktasanam
13	Setubandasanam
14	Shavasanam

Bronchial asthma [05-18,24,25]	
S. No	Aasanas
1	Arthachakrasanam
2	Padhahasthasanam
3	Bhujangasanam
4	Ardhakatichakrasanam
5	Sarvangasanam
6	Matsyasanam
7	Vipareethakarani
8	Sasangasanam
9	Salabhasanam
10	Trikonasanam
11	Sirasasanam
12	Halasanam
13	Dhanurasanam
14	Shavasanam

Hypertension [05-18,26,27]	
S. No	Aasanas
1	Arthachakrasanam
2	Padhahasthasanam
3	Bhujangasanam
4	Ardhakatichakrasanam
5	Ardhahalasanam
6	Vipareethakarani

7	Ardhamatsyasanam
8	Makarasanam
9	Chakrasanam
10	Ardhasalabhasanam
11	Vakrasanam
12	Pavanamuktasanam
13	Setubandasanam
14	Katichakrasanam
15	Vajrasanam
16	Gomukasanam
17	Tadasanam
18	Trikonasanam
19	Veerasanam
20	Dhanurasanam
21	Shavasanam

Insomnia [05-18,23,28,29]	
S. No	Aasanas
1	Parvathasanam
2	Navasanam
3	Bhujangasanam
4	Dhanurasanam
5	Vajrasanam
6	Padmasanam
7	Sarvangasanam
8	Halasanam
9	Makarasanam
10	Tadasanam
11	Arthakatichakrasanam
12	Arthachakrasanam
13	Vakrasanam
14	Matsyasanam
15	Shavasanam

Chronic liver diseases [05-18,33]	
S. No	Aasanas
1	Ardhamatsyendrasanam
2	Gomukasanam
3	Dhanurasanam
4	Balasanam
5	Shavasanam

COPD [05-18,32]	
S. No	Aasanas
1	Tadasanam
2	Sukhasanam
3	Padahasthasanam
4	Vrikshasanam
5	Bhujangasanam
6	Paschimottanasanam
7	Pavanamuktasanam
8	Makarasanam
9	Matsyasanam
10	Salabhasanam
11	Vajrasanam
12	Shavasanam

Diabetes mellitus [05-18,30,31]	
S. No	Aasanas
1	Trikonasanam
2	Veerasanam
3	Vakrasanam
4	Ardhamatsyendrasanam
5	Ushtrasanam
6	Paschimottanasanam
7	Yoga mudra
8	Bhujangasanam
9	Dhanurasanam
10	Naukasanam
11	Makarasanam
12	Pavanamuktasanam
13	Setubandhasanam
14	Matsyasanam
15	Sarvangasanam
16	Shavasanam

Mostly practicing some common asanas for the lifestyle disorders and its benefits also given below in the table with pictures:

No	Common asanas for lifestyle disorders	Benefits of this asanas	Duration of each asana
01	Dhanurasanam	Treats Diabetes Massages the Digestive System Stretches the Chest Stress Reliever Effective in Weight Loss Enhances Blood Circulation	Recommended to hold the final pose for 15 seconds, gradually increasing the duration up to 1 minute
02	Vakrasanam	Helping keep the mind calm and stable Helping to relieve knee pain Increasing blood circulation to the lower abdominal region Helping to reduce obesity	
03	Vipareethakarani	Helps to lower stress and anxiety.	

		It stretches the hamstrings and lower back, relieving tension in the back. It helps improve digestion and sleep. It helps to increase circulation	
04	Bhujangasanam	Reduces extra fat. Boosts digestion. Improves blood circulation. Helps in fatigue and reduces stress. Reduces symptoms of asthma.	
05	Padhahasthasanam	Abdominal diseases Indigestion Liver diseases Spleen disorders	
06	Savasnam	It may help in lowering the high blood pressure. Effective in the management of Diabetes, depression and insomnia.	Relaxation poses: 2-5 minutes as needed

A number of studies demonstrate the potential beneficial effects of yoga interventions on depression, stress, and anxiety.^[34-36] In addition to this, the regular Yoga practice can reduce the levels of oxidative stress and cellular ageing. The Yoga-Asanam can restore internal balance and homeostasis of the body by influencing of body constitution and humours.^[37] The practice of yoga generates balanced energy which is vital to the function of the immune system.^[38]

Yoga increases blood flow and levels of hemoglobin and red blood cells which allows for more oxygen to reach the body cells, enhancing their function.^[39] Yoga also thins the blood which can decrease the risk of heart attack and stroke, as they are often caused by blood clot.

Furthermore, yoga helps to improve the cardiovascular efficiency and homeostatic control of the body and results in improvements in autonomic balance, respiratory performance, and overall well-being.^[40] It improves physical, mental, intellectual and spiritual health also.

As for thyroid disorders, Dr Jyoti Agrawal^[18] is the Yoga will release serotonin hormone which is a mood stabilizing and happy hormone and some yoga asanas like Sirshasana will increase the blood supply to thyroid gland which will help to maintain hormonal metastasis and ultimately it will cure the hyperthyroidism.

As for obesity patients, Chandrasekhar B. Kadu^[21] that we can understand that very effectively shows the marked reduction in blood sugar, especially fasting blood sugar, after the regular practice of yoga in various researches.

In patients of elevated hypertension, yogic exercises are seen to relieve the stress induced sympathetic hyperactivity thereby restoring the BP to normal level even in elderly patients with long history of elevated hypertension in addition to restoring the normal baroreflex sensitivity.^[25]

Therapeutic practice of Yoga - Asanam indicates the positive impact on life-style related disorders. This review shows that yogic practices enhance strength and flexibility of body, promote the systemic and cellular metabolism, reduce stress, anxiety thereby improves general health and quality of life.

Regular practice of Yoga to induces sleep in many ways in affected insomnia patients. The quality of sleep will improve because of the stimulatory effect of yoga on the nervous system, and in particular on the brain. Yoga helps in improving organic functions leading to smooth psycho physiological reaction pathways which results in improved sleep time, poise, and mental health which facilitates a harmonious body mind

relationship through proper co-ordination, balance and neuromuscular control, thus leading to the removal of this psycho physiological disorder.^[27]

Untreated asthma can lead to impaired lung function over time. These lung changes cause damage, which may weaken the body's immune system, by Yoga immunity is able to be improved that helps in reducing the disease. Yoga improved the working efficiency of respiratory coordination that help in prevention and cures of the disease.

In most of the studies group of Yoga-asanas were incorporated with Meditation, Pranayamam and other yogic interventions. Hence the results of the studies reviewed are not so promising the effect of individual Yoga-asanam in therapeutic intervention. There is a need of detailed scientific studies to explore the background and effectiveness of Yoga-asanam mentioned in Siddha literatures.

Conclusion

Yogic lifestyle also gives an appreciable contribution to improvement of health of our body is evidenced by this extensive literature study. It has the potential to prevent progression of the disease and if we practice yoga started early, maybe even possibly manifest a cure the diseases. Doing one asana alone or sometimes in combination with another will give you the most beneficial effect in lifestyle disorders. The dedicated practice of Yoga as a way of life is no doubt for treating psychosomatic disorders, stress related and help us to regain our birthright of health and happiness as well as a simple, safe and economical therapy. It is considered as a beneficial adjuvant for patients in the management of lifestyle disorders.

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