

SayedMdMumtaz^{*1}, Yogesh Kumar¹, Mustaq Ahmad¹, Naseha Batul¹, Jainik Khamar¹, Salman Ahmed²

^{*1}Research Scholar, Department of Pharmacology, Delhi Pharmaceutical Sciences and Research University, New Delhi,

¹Research Scholar, Department of Pharmacology, Delhi Pharmaceutical Sciences and Research University, New Delhi

²Research Scholar, Department of Pharmaceutical Analysis, JamiaHamdard University, New Delhi

Address for Correspondence: editorjohp@gmail.com

Abstract: According to Patanjali Yoga is “*YogasChittaVrittiNirodhah*” which means “Yoga is the removal of the fluctuation of the mind. There are eight steps or limbs of yoga i.e. Yama, Niyama, Asanas, Pranayama, Pratayahara, Dharana, Dhyana, Samadhi. Yoga is assuming importance in improving mental health and quality of life in the treatment of a number of diseases. Yoga have a beneficial effect or play a vital role in the human's life in the prevention of aging, stroke, cardiovascular disease, diabetes, obesity, chronic obstructive pulmonary disease, oral cancer. Yogic practice might optimize health, delay aging and ameliorate chronic illness and stress from disability. Yoga, a type of mindfulness – based intervention, shown to be effective in people with other chronic illness. Yoga exercises reduce diastolic blood pressure and resting heart rate. The modulating effects of yogic practices (e.g. meditation, asanas, pranayama) can be shown in the prevention of aging, stroke, cardiovascular disease, hypertension. Yoga is not a religious and means a meditation, there is a different form of yoga each of which has an importance and has a unique benefit.

Keywords: Cardiovascular disease, Yoga intervention, Yoga myths

INTRODUCTION OF YOGA:

Yoga is heritage an ancient Indian culture for physical, psychological, and spiritual development. The word “yoga” is derived from the Sanskrit root, “yuj”, meaning to bind, join, and yoke. This reflection of the union of the body, mind, and spirit is what differentiates yoga from general exercise programs. Patanjali's famous definition of Yoga is “*YogasChittaVrittiNirodhah*” which means “yoga is the removal of the fluctuation of the mind” Chitta is mind, Vrittis are thought impulses, Nirodah is removal. According to Maharishi Patanjali, yoga is the suppression of modification of the mind. According to BhagvatGita, yoga is clear, discerning totally voluntary, dynamic participation in one's life. Yoga is sacrifice that elevates us, motivates us, and actively engages us. The most usually performed practices of *Hatha Yoga* are physical postures (*asanas*), breathing exercises (*pranayama*), and meditation (*dhyana*). *Asanas* are physical postures which stretch and strengthen different parts of the body, massage and bring fresh blood to the internal organs while rejuvenating the nervous system and lubricating the joints, muscles, and ligaments. Each *asana* is supposed to have different effects. several are stimulatory to the nervous and circulatory systems, some extend coordination and concentration, while others have a calming effect on the body. Some postures such as the corpse pose, are used for elongated periods of relaxation. *Pranayama* consists of a variety of

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