

Editor's Desk



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YOGA IS IT A LIFESTYLE OR SCIENCE

June 21st is international yoga day. The theme of this year's yoga day celebrations is Yoga for humanity.

The United Nations official websites says "The essence of yoga is balance-- not just balance within the body or that between the mind and the body ,but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation ,discipline and perseverance.

The yoga is mainly asanas (postures), pranayama (breathing control) and dhyana,(meditation)

Yoga- the science behind it

Yoga may reduce inflammatory markers are shown by decrease in IL 6 , CRP and TNF alpha and improve endothelial functions (adenopectin).(Sarvottam et al 2013).

Yoga may also reduce oxidative stress and improve procoagulant status.

Yoga may effect gene expression in only 3 months turning on disease preventing gene and turning off gene that cause prostrate cancer and heart disease.(Penish 2008).

May increase Telomerase enzyme that lengthens Telomeres which control ageing.(Ornis, Blackburn 2008)

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Numerous studies shows that regular practice of yoga and medication can reduce psychosocial stress , anxiety and depression through several mechanisms.

It has been suggested that yoga reduces allostatic load in the stress response system by the activity of PNS and GABA systems so that optimal hemostatic is restored.

Yoga has also been shown to reduce the risk of cardiovascular disease through two interconnected pathways 1 by decreasing the reactivity of the sympathoadrenal systems and hypothalamic pituitary adrenal (HPA) axis coupled with increased Parasympathetic activity through vagus.

There is a strong evidence that yoga can reduce stress and lead to improvement in both cardiovascular response and recovery from stress

Several randomized studies and meta analyses suggest that yoga is extremely beneficial in controlling anxiety, depression and psychosocial stress. Therefore, yoga /meditation have

been extensively used as an effective technique for stress management

The mechanism maybe alterations in the neurotransmitters like serotonin, GABA and decreased sympathetic activity.

Benefits of yoga

- Decrease in inflammation oxidative stress
- Improved endothelial function
- Weight reduction smoking and alcohol control
- Decrease in LVH
- Regression of atherosclerosis
- Control of arrhythmias, heart failure ,lipids
- Control of depression, anxiety ,stress.

Yoga Claimed to be beneficial in

Mental health condition (depression, anxiety insomnia, ADHD addiction)

Muscular skeletal conditions (low back arche, arthritis , fibromyalgia, headache)

Diabetes mellitus, metabolic syndrome

Heart disease (CAD, hypertension, CHF, arrhythmias)

Respiratory disease (COPD, asthma)

GI diseases (IBD, ulcerative colitis)

CANCER DURING TREATMENT AND SURVIVORS

Pediatrics, geriatrics, obstetrics and gynecology

Wellness and positive health

Can improve immunity

One must learn to develop meditating attitude and practice yoga as a way of life

Best wishes

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