

Yoga and Good Diet Improves Psychological Problems

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ABSTRACT: Our minds and our bodies are inextricably linked to each other. What we do with one dramatically affects the other. This connection between our minds (mental health) and our bodies has been studied for centuries and many interesting facts have been found. Recent research into the mind-body connection has once again offered the medical community an understanding of the importance of linking our physical health to our mental health. Here are some intriguing examples of the connection:

- Out of control anger can lead to heart problems, and suppressed anger can lead to cancer.
- Child abuse alters a gene in the brain of the abused child that affects a person's ability to deal with stress.
- There is a strong connection between getting enough restorative sleep and positive mental health.
- Correcting balance problems can often correct anxiety issues.

These are just a few of the ways that the stress from negative emotional experiences and repressed emotions can affect your physical health. There are also ways that we can positively affect our mental health including the food we eat and the activities we do.

I.INTRODUCTION

Research has found that yoga not only strengthens our physical bodies, it assists with our mental health in a variety of ways:

1. Practicing yoga relieves stress, which in turn relaxes muscles and reduces strain.
2. Yoga reduces inflammation and decreases pain, which allows us to focus more outwardly rather than inwardly.
3. Yoga enhances our concentration and sharpens our ability to focus our attention, making mental processing easier.
4. Doing yoga calms and balances our central nervous system.
5. Yoga helps to reduce anxiety and depression.
6. Yoga lessens the negative effects of traumatic experiences.

“Most individuals already know that yoga produces some kind of a calming effect. Individually, people feel better after doing the physical exercise,” says lead study author Dr. P. Murali Doraiswamy, a professor of psychiatry and medicine at Duke University Medical Center. “Mentally, people feel calmer, sharper, maybe more content. We thought it's time to see if we could pull all [the literature] together ... to see if there's enough evidence that the benefits individual people notice can be used to help people with mental illness.”(1)

II.DISCUSSION

The researchers focused on 16 studies that recorded the effects of practicing yoga on mental-health issues ranging from depression, schizophrenia, ADHD, sleep complaints and eating disorders to cognitive problems. They found positive effects of the mind-and-body practice for all conditions with the exception of eating disorders and cognition. Those studies involved too few participants or produced conflicting results to draw any meaningful conclusions.

Some of the studies included in the analysis even suggested that yoga might affect the body in ways similar to antidepressants and psychotherapy. For instance, yoga may influence brain chemicals known as neurotransmitters

(boosting levels of feel-good agents like serotonin), lower inflammation, reduce oxidative stress and produce a healthier balance of lipids and growth factors — just as other forms of exercise do.(2)

As participation rates in mind-body fitness programs such as yoga continue to increase, it is important for health care professionals to be informed about the nature of yoga and the evidence of its many therapeutic effects. Thus, this manuscript provides information regarding the therapeutic effects of yoga as it has been studied in various populations concerning a multitude of different ailments and conditions. Therapeutic yoga is defined as the application of yoga postures and practice to the treatment of health conditions and involves instruction in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Results from this study show that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.(3)

III.CONCLUSION

Yoga can play an important role in restoring health in a holistic manner and promoting better physical, mental, emotional and spiritual health. It is unfortunately a misunderstanding that since yoga is a passive fitness activity, it may not bring about desired weight loss results. In reality, even though yoga doesn't involve rigorous exercise like a HIIT session or fast-paced aerobic activities, it can still help your body burn fat fast. Yoga is a one-size-fits-all solution to stress and also helps alleviate other mental health issues such as depression and anxiety. Following a diet and eating in the right proportions can also aid in controlling blood pressure levels.

Yoga improves the functioning of your organs, strengthens your immunity, uplifts your mood and brings a plethora of additional benefits. To support a healthy lifestyle, you can adopt a healthy diet, cut down on your salt intake, and get quality sleep in order to feel refreshed and energetic each morning, says yoga expert Grand Master Akhsar.(4)

If you are on a weight loss journey, there is nothing more effective than yoga for overall health benefits. "The evidence of its effectiveness is in yogis who have been lean and healthy for centuries. In fact, the weight loss yoga trends like hot yoga and hath yoga are all based on the traditional form of yoga," says Dr Partap Chauhan, director Jiva Ayurveda. Apart from regular practice of yoga, one must also follow mitahara (measured eating), which is not the same as dieting.

Weekly sessions of yoga with each session lasting between 20 and 90 minutes over a period of around 2.5 months, on average may help ease depressive symptoms in people with other mental health issues, proves a systematic review and meta-analysis of existing research published online in the British Journal of Sports Medicine. Depression is the leading cause of disability worldwide, affecting more than 340 million people. And depressive symptoms often go hand in hand with other mental health issues, such as generalised anxiety and psychotic disorders, say the researchers.(5)

IV.FUTURE SCOPE

Yoga is a mind-body workout that includes strengthening and stretching poses with deep breathing and meditation and relaxation. There are different types of yoga poses such as Hatha, Vinyasa, Ashtanga, Bikram and Iyengar to help relieve stress. When the spiritual pendulum of a person becomes unstable, they become prone to diseases. Yogis and monks who spent their life the Himalayas survive because of their stability in the spiritual pendulum," says yoga therapist and physiotherapist, Sanal Kumar. Spirituality cannot be taught to someone but can be attained through proper directions by the guru. Once you attain it, you will have resistance against diseases," he says. Vinod Kumar, a yoga instructor from Bengaluru, agrees. "Once you practice yoga under the guidelines, you will be able to attain a certain level of resistance," he says.

Recommended to an extent So, why don't doctors recommend it? Doctors in Bengaluru prescribe yoga for mental health and for relaxation, but do not recommend it for everything. "Yoga is necessary to maintain a healthy life. In that context, yoga will help in bringing down the chances of getting cancer and leading a healthy lifestyle.(6)

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