

A REVIEW ON PSYCHO-PHYSIOLOGIC EFFECTS OF HATHA YOGA

Dr. Prithpal Singh Matreja*; Dr. V K Singh**

* Professor,

Department of Pharmacology, Teerthanker Mahaveer University,

Moradabad, Uttar Pradesh, INDIA

Email id: drpsmatreja@yahoo.co.in

** Professor,

Department of General Medicine, Teerthanker Mahaveer University,

Moradabad, Uttar Pradesh, INDIA

Email id: drvksingh.tmu@gmail.com

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ABSTRACT

Yoga has grown in popularity as a form of exercise and fitness training in Western countries, but it is still seen as fashionable, as shown by a Time magazine cover article on “The Power of Yoga” in April 2001. Yoga seeks to free a human being from the dualism (body–mind) conflicts that exist in all living things, as well as the impact of the gunas, universal energy characteristics that are present in all physical things, via its practices. Yoga needs to be more acknowledged by the medical profession as a complementary treatment to traditional medicine. An increasing number of research studies over the past ten years have demonstrated that Hatha Yoga may increase strength and flexibility, as well as aid regulate physiological factors like blood pressure, respiration, and heart rate, as well as metabolic rate, to improve total exercise capacity. This study summarizes medically supported evidence on the health advantages of yoga for both healthy individuals and those with musculoskeletal and cardiovascular illness.

KEYWORDS: *Asthma; Blood Oxygenation; Blood Pressure Regulation; Breathing; Cardiovascular Disease; Cardiovascular Function; Carpal Tunnel Syndrome; Chronic Bronchitis , Hatha Yoga*

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