

IMPACT OF YOGA ASANAS ON THE HUMAN BODY SYSTEM

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ABSTRACT

The effects of asanas on the human body system are vast and lasting. The human body's muscles, bones, nervous system, respiratory, circulatory, and digestive systems all benefit tremendously from frequent asana practise. Every bodily system works in unison with every other system. After completing asanas, the body becomes more flexible and capable of adapting to changes in its surroundings. The body's cells are all impacted by yoga. It enhances neuro-effector communication, strengthens the body, promotes optimal organ and system function, boosts resistance to stress and illness, and gives the practitioner peace of mind, equilibrium, a positive outlook, and composure, all of which help him live a longer, healthier life. Practicing asanas for therapeutic purposes is another option. For thousands of years, yogasana has been done to prevent illness in the human body. In actuality, yoga is a scientific form of physical treatment. With yogasana, many chronic and incurable ailments can be healed. The yoga treatment is an auto-rehabilitation technique that is fully scientific.

Key Words: Yoga Asana, Longevity, Health, diseaselessness.

INTRODUCTION

“Yoga doesn’t take time, it gives time.” — Ganga White

Both the English word "yoke" and the Sanskrit root "yuj," which signifies togetherness, are derived from this root. Yoga is a psycho-somatic-spiritual practise that leads to the ultimate unification of our individual consciousness with the Universal awareness, as well as union and harmony between our mind, body, and soul. As a result, a special spiritual personality that is a blessing to all of humanity is revealed.

The study of human physiology focuses on how the body works. This covers everything of a healthy person's mechanical, physical, bioelectrical, and biochemical processes, from the organs to the individual cells that make them up. The human body is made up of numerous interconnected organ systems. Joint names are used to refer to several combined systems. For instance, the neuroendocrine system is the result of the interaction between the neurological and endocrine systems. Together, these systems control the body's internal environment, preserving acid balance, blood flow, posture, energy supply, and temperature.

INFLUENCE OF YOGA ON SEVERAL SYSTEM OF THE BODY

“Yoga teaches you how to listen to your body.” — Mariel Hemingway,

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“Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.” — B.K.S. Iyengar

The head and the trunk are the two centrally located portions of the human body. The arms, or upper extremities, are attached to the trunk, while the legs are referred to as the lower extremities. The framework of the body's physical structure is made up of the toughest elements of the human body, the bones. The skeleton is the framework made up of bones that supports the body's softer tissues, including the muscles that are connected to it. It provides various other areas of the human

body with good protection as well. The long term benefits of asanas on the various functions are following:

Effects of Yoga on Cardiovascular System

- ❖ improves oxygen supply.
- ❖ Blood purification involves increasing oxygen supply and eliminating pollutants and carbon dioxide.
- ❖ Eliminating illnesses from blood
- ❖ elevated blood pressure
- ❖ lowering heart rate
- ❖ low Blood Pressure
- ❖ Good for heart ailments

Effects of Yoga on Respiratory System

- ❖ Improves vital lung capacity, and increasing efficiency: eliminates phlegm
- ❖ eliminates inflammations and diseases of the throat
- ❖ Therapy for respiratory conditions: Bronchitis, Asthma, Tuberculosis

Effects of Yoga on Digestive System

- ❖ Regulation of appetite and thirst
- ❖ maintains healthy gums and teeth by boosting metabolism
- ❖ Massages Internal organ and toning digestive system
- ❖ elimination of the intestinal wind
- ❖ eliminates stomach acidity
- ❖ Ulcers
- ❖ Diarrhea
- ❖ Constipation

Effects of Yoga on Skeletal System

- ❖ Ujjayi is believed to cleanse the bone and marrow of illnesses.
- ❖ People with slipped discs should do Ujjain Pranayama.
- ❖ For example, the arrangement of some bones protects the heart, lungs, spinal cord, brain, and spinal nerve.
- ❖ Through asanas, the skeleton, its joints, and its muscles are worked, resulting in the healthy growth of the bones and their eventual strengthening over time.
- ❖ By allowing the joints to move through their whole range of motion, the asanas promote mobility and reduce pressure..

Effects of Yoga on Muscular System

- ❖ Increased oxygen delivery and nervous system stimulation: causes muscles to relax, boosting tissues' ability to mend; eliminates fatigue

Effects of Yoga on Nervous System

- ❖ Increased oxygen supply, nervous system stimulation, toning, balancing, strengthening, and relaxing effects: Brain centres will become more toned, allowing them to function at nearly maximum efficiency.
- ❖ It will be easier to regulate body temperature: both heating and cooling
- ❖ Headache, vertigo, and tiredness are eliminated by insomnia, which also relieves cerebral strain, stress, and worry.
- ❖ Additionally, pranayama stimulates the body's natural healing ability and helps with a wide range of skin conditions.
- ❖ Ujjayi cures illnesses of the muscles, fat, and skin. Toning of the reproductive organs is planned. Abdominal breathing and Ujjai are beneficial for menstrual problems and cramps.

- ❖ Ujjayi, mild Bhastrika, Nadishodhan., Bhramari, and Kapalabhati might be beneficial both during and after pregnancy.

Effects of Yoga on Endocrine System

- ❖ Hormones are extracellular signalling molecules released by the glands that make up the endocrine system.
- ❖ In addition to controlling growth, development, and puberty as well as tissue function, the endocrine system also influences mood.
- ❖ Endocrinology is a subspecialty of internal medicine that studies problems of the endocrine system. Many research's in yoga has confirmed that asanas have a significant positive impact on the system.
- ❖ All of the body's glands secrete hormones, and asanas regulate and control this secretion. One gland malfunctioning alone can nevertheless result in a discernible decline in health.

Effects of Yoga on Mind and Psyche

- ❖ Calming down frequency of thoughts cycle and mind
- ❖ Calming the mind and stimulating the mind and emotions
- ❖ Peacefulness of mind, calmed down prior to sleep
- ❖ Getting ready for mental labour, focus, and meditation
- ❖ reduces tension and anxiety
- ❖ gives calmness, one-pointed attention, and inner awareness
- ❖ induces a profound state of meditation
- ❖ beneficial for depression, sluggishness, dullness, and sleepiness

Effects of Yoga on Pranic body

- ❖ balancing, energising, and expanding prana flow.
- ❖ removes pranic obstructions in Ida and Pingala Nadi, cleansing and balancing the body.
- ❖ Stimulates pranic flow through Sushumna Nadi, which activates third eye.

CONCLUSIONS

Several ailments have specific asanas to treat the conditions from the early stage. Many people practise yoga for conditions including diabetes, heart issues, neurological disorders, backaches, and so on. On the other hand, yoga specialists can recommend suitable asanas and kriyas that might help to heal the patient's body and mind. It's crucial to remember that in yoga treatment, the asanas selected for a certain patient are determined by the particular illness they are afflicted with.

The body's cells are all impacted by yoga. Better neuro-effect or communication is brought about, the body is strengthened, all organ systems function at their peak, resistance to stress and disease is increased, and the practitioner experiences calmness, balance, positivity, and equanimity, all of which contribute to a healthier and more fulfilling life.

“Yoga is almost like music in a way; there’s no end to it.” — Sting

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