



Discussion

YOGA - AS I SEE IT

Prof. Alok K. Banerjee

Former Vice-Chancellor, University of Kalyani, West Bengal

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ABSTRACT

For many years I had a belief that yogic practice is good for those who are unable to perform dynamic exercises. Existing literature by leading yoga researchers claimed to have multiple benefits of yoga, since yoga creates a healthy climate in mind and body. Gradually more and more research publications have been appearing and in good number of journals researchers have established with sufficient and convincing explanation that practicing yoga have many psycho-physiological benefits too.

I have gone through a few good standard literature including research articles and now it has been established that yoga not only for senior persons unable to perform dynamic exercises, yoga for everyone, interested to have better way of life, peaceful life. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind. It also helps manage stress and anxiety. Moreover by practicing yoga any one can increase their flexibility, muscular strength and muscle tone.

Recent researches have established the clinical relevance of yogic practice and indicated that yoga is complementary to traditional clinical procedure and may be considered as an alternative medicine for body and mind. It may be used as a preventive measure as well as for the purpose of rehabilitation. Yoga appears to have multiple health benefits too, particularly on musculoskeletal system, nervous system and cardiovascular system. In a research report conducted by Washington State University researchers, claimed to have cured patient with neck pain, brachial neuralgia and vertebro-basilar-insufficiency. Intervention programme conducted on 102 patients ages 18-60, with moderate to severe pain history for many years. Patients had to pursue

specific asana twice daily for 8 weeks. After 8 weeks reassessment of pain was made and 100% of patients reported no pain. In another study with 42 patients with Carpal Tunnel Syndrome, patients had to undergo 11 asana, twice weekly for 8 weeks. Following intervention programme significant improvement was observed in grip strength, Phalen sign and reduction in pain. Specific yogic asana, as intervention programme was successful in significant reduction of blood pressure among patients with reported hypertension.

Quite a good number of researches have been conducted relating to pranayanama, ancient practice of controlling our breath. It has been shown that pranayama or breathing exercise can influence our body in different ways – it can decrease stress, improves sleep quality, increases mindfulness, improves lung function and enhances cognitive performance.

Many such citations are available in online mode and also in published journals. My purpose of mentioning such research reports is to show that yoga philosophy, a traditional Indian culture, has a strong scientific basis too. Many people now a day think yoga as an alternative form of fitness exercise, but yoga is actually a comprehensive life philosophy that originated more than 4000 years ago in India.

Email : alokbanerjee2002@gmail.com

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Yoga is not only a set of asana, but it is the union of body, mind and soul. It is a highly scientific practice with deep understanding on how to keep one's body fit and mind calm and composed.

I like to conclude this write up with my feelings in research related to yoga in the profession of Physical Education. Many young researchers in this field are using yoga or more specific yogic asana as an intervention programme and almost all of them showed to have found significant result in many physiological parameters, which are not beyond doubt. Young researchers should be very careful in methodology, particularly if it is blood related or oxygen uptake and required to be more authentic in explanation to defend their findings. Read,

re-read and make yourself involved in the Philosophy of yoga, then provide scientific evidence so that research relating to yoga be more meaningful and authentic.

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