



Review

Sustainable Adaptation To Human Organism Through Regular Yoga Practicing During Covid-19 Pandemic Situation-a Review

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ABSTRACT

Recently our world have faced and gained experience of Covid-19 pandemic. This is a deadly communicable disease and spread in all the countries with a very speed. Mainly it affects the respiratory system first and from there the other systems start damaging. On that time, the ancient yoga: a body-mind-soul practice techniques has received an incredible response to fight against that pandemic. Especially the yogasana, pranayama and meditation practice was become more popular than ever. For physical body yogasana, for mental body pranayama and for spiritual body meditation was widely used all over the world in this time. Here, in this article the author discussed with the support of various internet sources about the sustainable adaptation of human organism due to the regular practice of yoga during Covid-19.

Ancient alternative therapies will have a huge role to play in resolving global pandemic situation. The world is full of many unknown viruses that are still unaware about. Therefore, rather than waiting for the cure for each, everyone must fortify ourselves by improving immunity. With escalating coronavirus pandemic, people are restricted to their homes and getting lazy. At this time, it has become very important for everyone to boost their immunity and fight the battle against COVID-19. While eating healthy is one way to stay fit, people often lack stamina even when they consume a good diet. Unfortunately, even in the well educate society no one can prepare a balance diet food according to their body weight and required energy consumption. One should eat a variety of fresh and unprocessed foods every day to get the vitamins, minerals, dietary fiber, protein and antioxidants, and drink enough water.

Under imminence situation one have to strengthen their immunity by improving the structural and functional adaptation of the organs as well as systems of our body which are mostly affected by the COVID 19. Apart from the nutritive food and sanitary measures to prevent the spread of this virus we need to practice regular physical exercise to bust our immunity. Among different physical exercise, yoga has been used for centuries in keeping the body functioning fit and fine, holistically as this physical exercise can easily practice by staying home and does not require any exercising partner.

Honorable Prime Minister Sri Narendra Modi, during the sixth International Day of Yoga (IDY):2020, said yoga has become more important at a time when the world is facing an unprecedented crisis in terms of coronavirus. The Prime Minister in his sixth IDY address to the nation as yoga is needed in the current times more than ever

and that several yogasanas, pranayama, meditation and other yogic techniques which can help people to protect and recover from various respiratory illnesses.

The United Nations offers yoga resources to its personnel and others on the Coronavirus portal's section on Wellness. The World Health Organization mentions yoga as a means to improve health in its global action plan on physical activity 2018–2030: more active people for a healthier world. UNICEF says kids can practice many yoga poses without any risk in the outdoor. These benefits include increased flexibility and fitness, mindfulness and relaxation. Harvard Medical School, USA has also recommended yoga, meditation and controlled breathing to address anxiety issues related to the novel coronavirus. A large number of COVID-19 patients all over the world are taking the benefits of all these techniques of yoga. The strength of yoga is helping them to defeat this disease. Delhi's first corona virus survivor says pranayama was very effective for him while being treated for COVID-19.

Many medical officers said that patients undergoing treatment for corona virus infection are now opting for yoga for speedy recovery. They had been holding yoga sessions daily for patients of Covid 19 for speedy recovery. With yoga, pranayama and simple dietary changes, one can optimize their immunity, naturally, elevate the body's defense mechanism and strengthen circulo-respiratory system. Among the eight limbs of yoga asana, pranayama and meditation are most effective to prevent the corona virus.

Yogic postures (asanas) allow to stimulate organs and pace up their function. The internal organs of the body also benefit from this practice, which then influences the regulation of the endocrine glands and the nervous system benefitting our entire body from the inside to out. The muscles are toned, the joints become stronger, the blood circulation is significantly improved and, above all, it helps create the premises for a total psycho-physical health. In particular, the digestive system, as well as the respiratory system, are two key areas of the body one can focus through the practice of yoga to help improve immunity.

Also yogasana strengthens lymphatic system due to numerous twisting and bending postures. It is important to drain out secretions from lymph glands in the body. Asanas stretch the body and create more space; this is particularly true of the chest region. The practice of yoga asanas opens up the chest region and a dramatic improvement in respiratory function is often seen. Not only the previously tight muscles in this area relax, but one begins to use areas of the lungs which had formerly consisted of "dead space."

Sirsasana, Salabhasana Sarvangasana, Halasana, Setubandaasana, Sarvangasana and Virparita Karani asana improve circulation throughout the body is radically altered and areas above the heart receive an increased supply of blood due to the effect of gravity. It should also be noted that the last two postures mentioned also have the additional respiratory benefit of stretching and massaging the diaphragm, the primary muscle of respiration. The process of "squeezing and soaking" occurs when a respiratory organ is constricted ("squeezed") during an asana and then, upon coming out of the position, subsequently released, upon which the body "soaks" it with an excess of fresh, nutrient-rich blood. These asanas drain toxins from lower limbs, reduces pressure on lower body and strengthen the diaphragm. Pranayama involves regulated breathing exercises which require a person to hold his breath, thereby maintaining isometric contraction of respiratory muscles. Furthermore, some pranayama requires forceful respiration. Both these types of breathing exercises may help to strengthen the respiratory muscles, thereby increasing respiratory endurance.

Pranayama breathing techniques are able to calm the mind as we focus on the inhalation and exhalation. This helps significantly reduce stress, anxiety, depression, or nervous hyperactivity, also disappear to leave room for a feeling of calm, balance and relaxation. Anulom vilom Pranayam - Alternate Nostril breathing cleans the internal energy channels and respiratory system more competently. It channelizes and balances neuroendocrine functions, thereby improving immunity. Kapalvati pranayama improves the respiration and the capacity of the lungs and improve blood circulation then boost up your immunity. This pranayama helps to clear mucus in the air passages, relieve congestion, reduce bloating, and improve lung capacity.

Research proven that meditation can significantly improve vital capacity, tidal volume, breath holding capacity and expiratory pressure which can improve the functional capacity of respiratory system that can directly diminish the corona affection.

Then proper practice of these yogic style allows one to rediscover his/her physical, psychological and spiritual potential. Body becomes more stronger, much lighter and more flexible. A single session of yoga can reduce stress, inflammation, and help the body to secrete hormones, which are immune boosting, especially a hormone and neurotransmitter called serotonin. Practices such as Kapalbhati and Suryabhedan pranayama boost serotonin levels. Naturopathy experts also said that regular yoga can aid faster recoveries post an infection. Yoga can help play the role

of post prophylaxis exposure. A combination of asanas, yogic kriyas, and pranayama complemented by medical support can speed up recovery.

A well-rounded yogasana, pranayama and meditation practice that includes calming, balancing, and stimulating exercises, can promote the health of the respiratory system by improving the strength, endurance and flexibility of intercostals muscles and diaphragm as well as improving the alignment of ribs and spine. Thus, regular practice of yogasana, pranayama and meditation may improve immunity, which was considered to be the medicine to fight against COVID 19 and in future if these types of disease may return.

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