



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2021; 8(3): 290-292
© 2021 IJPESH
www.kheljournal.com
Received: 10-03-2021
Accepted: 14-04-2021

Biswajit Hembram
Research Scholar, Department of
Physical Education, Jadavpur
University, Kolkata, India

Important of yoga during covid-19

Biswajit Hembram

Abstract

In this current era of the pandemic, when the Covid- 19 pandemic rapidly spread across the world, the population at a large scale suffered from fear, worry, and certain concern regarding himself/herself as well as for their families especially adults and children. From the Wuhan city of China a case of pneumonia has been reported in December, 2019, with a new type of pathogen. World Health Organization had given a name of this as Novel Corona virus (COVID-19). People suffering from various physical problems like respiratory problems, diabetes, kidney problems or low immunity have high risk of death. Throughout the world about Yogic practices are prescribed by different doctors, medical scientists, virologists even the scientists of WHO for boosting the immunity. In the context of COVID 19, most of the patients deceased are seniors and 85 to 90% deceased had comorbid conditions such as diabetes and hypertension. Yoga therapy is the most ancient approach of the Indian traditional medicinal system. The yoga therapy can be bifurcated into four approaches. Those are Vedic yoga (This kind of yoga has described in the different vedas like, Yajur, Sama, Atharva and Rig and Vedic yoga is also known as Archaic Yoga) Preclassical yoga (This type of Yoga includes different gestures and affectations and very closely associated with the vedic yoga), Classical yoga, Postclassical yoga and Modern yoga.

Keywords: COVID-19, pandemic, immunity, yoga therapy

Introduction

The current outbreak of the novel corona virus SARS-CoV-2 (corona virus disease 2019; previously 2019-nCoV), epicenter in Hubei Province of the People's Republic of China, has spread to many other countries. India and also the world at the end of 2019 and early 2020 were horrified by the outbreak of new pneumonia that began in Wuhan which then spread rapidly to more than 190 countries and territories. The Corona virus Disease 2019 (COVID-19) outbreak caused by SARS Corona virus 2 (SARS-Cov-2), began to appear in Wuhan, Hubei Province, China in 2019. Viruses are named Corona virus(COVID-19) [1]. In recent past, World Health Organization (WHO) has declared the extreme outburst of SARS Corona virus disease (COVID-19) as PHEIC (Public Health Emergency of International Concern) [2]. The pandemic scare shuts the world down for all life activities. Yoga is an art and science of healthy life, which focuses on bringing harmony between mind and body by principle of subtle science. Yoga practices creates a perfect concord between body and mind, human and Mother Nature, individual cognizance and commoncognizance; Ayush Ministry (2020).Yoga has been practiced in India since ancient times and is increasingly being accepted by the Western world as a medical practices [3] A healthy immune system is vital for children as they are exposed to a plethora of germs. Immunity is the state of having sufficient biological defenses' to avoid infection, disease, or other unwanted biological invasion. It is the capability of the body to resist harmful microbes from entering it [4]. One of the oldest methods of Indian culture is yoga that teaches us how we enhance our positive health. Throughout the world, yogic practices are prescribed by different doctors, medical scientists, virologists and even the scientists. Scientists say that if we develop our immune system then we can combat with this virus. The different research proved that the practice of yoga improves our immune system and respiratory capacity [5].

Covid-19 and pandemic: The current outbreak of the novel corona virus SARS-CoV-2 (corona virus disease 2019; previously 2019-nCoV), epicenter in Hubei Province of the

Corresponding Author:
Biswajit Hembram
Research Scholar, Department of
Physical Education, Jadavpur
University, Kolkata, India

People's Republic of China, has spread to many other countries. On 30. January 2020, the WHO Emergency Committee declared a global health emergency based on growing case notification rates at Chinese and international locations. The case detection rate is changing daily and case tracked in almost real time on the website provided by Johns Hopkins University and other forums. As of midst of February 2020, China bears the large burden of morbidity and mortality, whereas the incidence in other Asian countries, in Europe and North America remains low so far [6]. Most patients with COVID-19 exhibit mild to moderate symptoms, but approximately 15% progress to severe pneumonia and about 5% eventually develop acute respiratory distress syndrome (ARDS), septic shock and/or multiple organ failure. The mainstay of clinical treatment consists of symptomatic management and oxygen therapy, with mechanical ventilation for patients with respiratory failure. Although several antiviral drugs, including the nucleotide analogue remdesivir, are being actively tested, none has been specifically approved for COVID-19. In addition to vaccine development and approaches that directly target the virus or block viral entry, treatments that address the immunopathology of the infection have become a major focus [7] Extensive research in disaster mental health has established that emotional distress is ubiquitous in affected populations — a finding certain to be echoed in populations affected by the Covid-19 pandemic. After disasters, most people are resilient and do not succumb to psychopathology. Indeed, some people find new strengths. Never-the less, in “conventional” natural disasters, technological accidents, and intentional acts of mass destruction, a primary concern is post-traumatic stress disorder (PTSD) [8].

Yoga: Yoga, with origins in ancient India, is a generic term that refers to specific physical, mental, and spiritual disciplines that are practiced in order to establish a state of permanent inner peace. Yoga is described in its foundational text, the Yoga Sutras, as a holistic health system; in written form, the Yoga Sutras are credited to Patanjali a Hindu philosopher, Sanskrit scholar, and medical physician [9].

- **Yamas:** Dealing with the world around us. This is our moral code of conduct. These are the moral principles that govern the way you treat others and the world around you.
- **Niyamas:** Dealing with yourself. These are five observances or rules of conduct, by which we should live our lives i.e. purity, modesty, contentment, discipline, selfstudy and acknowledgement of our own limits.
- **Asana:** Dealing with the body. These are the physical postures or exercises in yoga.
- **Pranayama:** Dealing with breathing. This is the conscious control of energy by practising controlled breathing techniques.
- **Pratyahara:** Dealing with the senses. This denotes the withdrawal of the senses. It teaches us to close the doors to the senses so that the mind can still be aware of external stimuli but no longer responds to them.
- **Dharana:** Concentration. This is the ability to focus our entire concentration on one object, one question, or one consideration and keep it there.
- **Dhyana:** Meditation. This is an interaction with the object of concentration whereby we become observers and view the object intuitively, free from subjective notions. It is an acceptance.
- **Samadhi:** The absolute: the inner freedom. This is the

complete feeling of being at one with the world, knowledge of the true self. Ultimate enlightenment! Inner Happiness! [10].

- **Yogic practices for respiratory system (Asana) Supine Posture:** Sarvangasana, Setubandhasana, Matsyasana.

Prone Posture: Bhujangasana, Naukasana, Dhanurasana.

Sitting Posture: Ustrasana, Mandukasana.

Standing Posture: Hastauttanasana, Virabhadrasana [5].

Physical fitness, well- being: Several studies have examined the effects of yoga on physical fitness including flexibility, balance, spinal mobility and muscular endurance. Cognitive functions have also been assessed including executive function, attention, processing speed and memory [11]. A large number of studies show that yoga-practicing can significantly decrease basal anxiety scores. A study conducted by Khalsa *et al.* showed that 2 months of yoga and meditation techniques can reduce performance anxiety and reduced mood disturbance in young professional musicians [12] Lifestyle refers to one's way of living. This includes diet, sleep, relaxation, exercise and daily work schedule. Many of our health problems develop on account of adopting a faulty lifestyle. In his famous book, Reversing Heart Disease, Dean Ornish (1990) has shown that coronary heart disease develops because of wrong living habits. Yogic lifestyle does not mean just adding the practice of a few asanas and/or pranayamas to one's daily schedule of activities. It actually means to live a self-disciplined life of anasakti. For many people yoga means certain asanas and pranayamas, but these are only two of the eight steps of raja yoga. In fact there are different kinds of yoga [13].

Effect of acute and chronic immune system: Two key concepts underlie the impact of stress on immune function. Firstly, most chronic, maladaptive stress has a significant psychological component for the simple reason that we succumb rapidly to physical stressors, while psychological and social strain can grind on for years. Modern brain imaging techniques offer insight into the relationships between neural networks and processes such as cognition, emotion, and memory. This intimate mind / brain relationship leads to the second important concept, namely, that the brain and immune system are closely related via functional neuroendocrine-immune pathways [13]. The ability to proactively handle stress in everyday life could alleviate the constant activation of the endocrine system, which in turn, increases the effectiveness of the immune system. Psych immunological studies have used a number of diverse strategies including hypnosis, relaxation, exercise, classic conditioning, self disclosure, and exposure to phobic stressor to enhance perceived coping and self efficacy. Cognitive behavioral therapies have also been tried with different population samples and these interventions have generally produced positive changes [14]. Yoga generally implies to various body postures and most of these postures are not convenient to older people to learn and practice comfortably. In contrast, Yoga Prana Vidya is a proven integrated system of simple physical exercises, rhythmic breathing exercises and meditation techniques of Forgiveness and planetary peace [15]. “This has been a very successful strategy throughout modern science, but our obsession with quantification and measurement has also exacted a heavy toll [16] We agree completely with the statement that, in terms of cardiovascular health, “something is better than nothing” [11]. Nonetheless, we intend to establish more precise knowledge about the most

beneficial exercise guidelines, bearing in mind the individual demands of each person and the particular situation of the quarantine^[17].

Conclusion

The purpose of this review is to discuss research findings on the therapeutic effectiveness of yoga as an intervention for treatment of depression; specifically, the studies in this review examined yoga styles in which the practice of asanas is the core component^[9]. The current can mitigate all sorrows. public health recommendations promoting physical activity during COVID-19. If we successfully adopt yogic culture^[5]. Future research can be carried out to define a schedule of Yoga Asana to be performed in more detail in support of the result. In follow-up studies, it seems worthwhile to develop a guideline on yoga for society on aligning the health care mission and to achieve the safety of life in country^[3]. Now it's well-known fact that Yoga as means, as world view and as study of consciousness is essential for dealing with all kinds of problems. It has been part and parcel in Indian life right from the Veda and now it has been accepted by even modern physics^[16]. Need serious assistance by the government, community groups, families and individuals in providing social assistance in overcoming mental health problems.

References

1. Praghlapati A. mental health in pandemic COVID-19. 2020, 1–7.
2. Majumdar A Das, Soni VM, Munjal N. Ayurveda and Yoga: An Immunity Booster at the Time of COVID-19 Pandemic 2020;(6):3–5.
3. No TI. Yoga – An Adjunct therapy to Elude COVID-19. XII(Xi):525–30.
4. Uppinakudru S, Rao PN. Review on the concept of immunomodulation in ayurveda with special emphasis on prakara yoga. 2014-2015.
5. Roy R, Mukhopadhyay MK. Yoga for combat with COVID-19 epidemic 2020;5(1):97–9.
6. Velavan TP, Meyer CG. The COVID-19 epidemic [Internet]. Bd. 25, Tropical Medicine and International Health. Blackwell Publishing Ltd; 2020 [zitiert 3. Juni 2021]. S. 278–80. Verfügbar unter: </pmc/articles/PMC7169770/>
7. immunology XC-N reviews, 2020 undefined. COVID-19: immunopathology and its implications for therapy. nature.com [Internet]. [zitiert 3. Juni 2021]; Verfügbar unter: <https://www.nature.com/articles/s41577-020-0308-3/1/auth-1>
8. Pfefferbaum B, North CS. Mental Health and the Covid-19 Pandemic. N Engl J Med [Internet]. 6. August 2020 [zitiert 3. Juni 2021];383(6):510–2. Verfügbar unter: <https://www.nejm.org/doi/full/10.1056/NEJMp2008017>
9. Louie L. The Effectiveness of Yoga for Depression : A Critical. 2014;265–76.
10. Journal I, Sciences S. ISSN : 2278-6236 ISSN : 2278-6236. 3(12):224–30.
11. Field T. Yoga research review. Complement Ther Clin Pract [Internet]. 2016;24:145–61. Verfügbar unter: <http://dx.doi.org/10.1016/j.ctcp.2016.06.005>
12. Disease- C. Yoga : A Nonpharmacological Approach against Current Pandemic of Yoga : A Nonpharmacological Approach against Current Pandemic of Coronavirus Disease - 19. 2020;(December).
13. Yoga and Consciousness Studies: Yogic Lifestyle and Psychological Well Being [Internet]. [zitiert 4. Juni

- 2021]. Verfügbar unter: https://www.yogapsychology.org/art_yogiclifestyle.html
14. Arora S, Bhattacharjee J. Modulation of immune responses in stress by Yoga. Int J Yoga [Internet]. 2008 [zitiert 4. Juni 2021];1(2):45. Verfügbar unter: </pmc/articles/PMC3144610/>
15. Nanduri VS. Effectiveness of yoga prana vidya practice protocols for health improvements and boosting immunity of seniors – a review 2020;9(4):583–8.
16. Swami A. Understanding Consciousness in Yoga Dar ś ana and Modern Science 2017;3(4):85–90.
17. Miguel A. Exercising in times of COVID-19 : what do experts recommend doing within four walls? Recomendán Hacer los Expertos entre 2020;73(7):527–9.