

• MANJU GAUTAM

YOGA

A WAY TO KEEP YOUR DISEASES AT BAY

Modern life causes many lifestyle imbalances that make us vulnerable to diseases. People tend to overwork, ignoring a healthy way of living, only to avoid the monotony of their lives. But, ultimately a life without health leads to nowhere. We should keep balance between work and health by setting aside some time for yoga, which is not only very rejuvenating but can also cure many diseases, says Dr Sharda Jain, Secretary General, Delhi Gynae Forum.



Dr Sharda Jain, who is the winner of, Dr Lucy Oommen National Oration Award, Bharat Jyoti Award and Life Time Achievement Award of Delhi Gynaecologist Forum and Lady Hardinge Alumni Association reiterates the fact that yoga is a pure science and she is practicing it since the last 25 years. Now the gynecologist is supervising yoga classes in her society. Supporting yoga as a way of life that helps in balancing and bringing harmony, she says that not only in general conditions but during pregnancy too, a woman can achieve relaxation and peace by doing meditation and pranayam. "Workout at the gym may focus on physical activity, weight control or strengthening of the body, it definitely ignores the mind. It is yoga's ability to connect the mind and the body together that helps it to positively enhance human well-being", she added. According to the doctor in the cases of Infertility - Yoga and normalization of weight can help the couple to have pregnancy. According to the doctor there are several types of yoga that can be practiced by individuals to deal with specific health problems:

Anxiety and depression

The breathing techniques from yoga are an effective method to help your mind relax and fight against depression and hypertension. When your body and mind go into panic mode, your body is flooded with the 'fight or flight' hormone. Simple yogic breathing exercises lower stress hormones, relaxing the mind and enhancing the immune system. Yoga practices such as deep breathing, force the heart rate to slow down and your lungs to take in more oxygen.

Asthma

If you are suffering from asthma, the daily practice of yoga can help you overcome it and prevent asthma attacks. Deep breathing as practiced in yoga, pushes your lungs to take in more oxygen and at the same time, regulates your breathing rate.

Constipation

Factors that cause constipation are irregular diet, lack of exercise, stress and depression. Asanas like yogamudra, sarvangasana, shirshasana and mat-syasana are beneficial in curing this disorder.

Diabetes

Surya namaskara, which is a twelve step yogic routine of stretching and breathing, is extremely effective in controlling diabetes, as it promotes the production of insulin from the pancreas.

Heart problems

The bhujangasana or the cobra pose helps in stretching and opening the chest area, allowing more blood flow to the heart and thus stimulating it. The kapalbhati is a breathing exercise which is effective in dealing with cardiac disease, since it enhances the absorption of oxygen in the blood stream.

Problem of obesity

Asanas (postures) that help in the burning of fat in the body are uttarpadasana, pawanmuktasana, bhujangasana, naukasana and agnisar. These postures involve flexing and contracting the abdominal muscles, which are massaged to help in increasing blood circulation and burning up of excess fat.

Backache

This is caused due to wrong posture. Asanas like shalabhasana, bhujangasana, pawanmuktasana and naukasana help to remedy this problem.

Rheumatism and arthritis

Sitting or doing something in wrong postures for longer time result in the hardening of joint muscles and fibrous tissues. This can be corrected by yogic asanas, which stimulate blood circulation and flush out toxins. Asanas like ekpadutanasana and pawanmuktasana are suitable for this disorder. Care should be taken not to strain much or overstretch.

Bone, joint and muscle pains

The tadasana or the tree pose aims at correcting the back alignment, strengthening the lower back muscles and helping to relieve any pain. Stretching the body, as in surya namaskara, is an effective way to deal with joint pain and arthritis.