

“Impact of Yoga in Daily Life”-A Literature Review

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Abstract

Yoga is a way to achieve complete balance between the body, mind, and soul. The Sanskrit word yuj, which implies union, is where the word yoga first appeared. Fusion of the individual and the collective mind. Practicing yoga can help you keep your equilibrium. Avoiding various health issues requires proper equilibrium. Your body gains a lot from yoga. Your ability to focus and how you approach problems both increase. It's a lifetime choice rather than just an activity. Your mind, body, and spirit will all benefit from it in various ways.

Keywords: Yoga, mind, body, balance, pranayama.

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INTRODUCTION

People regularly practice yoga to regulate their health-related issues and to maintain a healthy lifestyle. Like health and exercise, to assist manage stress and health issues. Some medical disorders may respond better to yoga than others. The recent research papers on yoga for various health issues and various groups are summarized in this yoga digest article. Yoga may help with stress management, mental and emotional health, supporting appropriate diet and exercise habits, sleep, and balance, among other elements of wellness [1].

The body will suffer if the mind and soul are out of harmony. Adopting a regular yoga practice will enable your body to strengthen itself to naturally fight off sickness and your brain function to advance.

What is Yoga?

A system of physical postures, breathing techniques, and sometimes meditation derived from yoga but often practiced independently especially in western cultures to promote physical and emotional well-being.

Benefits of Yoga during Pregnancy:

1. Increases muscle tone, flexibility, and blood circulation in general.
2. Promotes relaxation of the body and mind through breathing and meditation.

3. Muscle healing following childbirth is accelerated.
4. Makes muscles stronger for less difficult labor.
5. Helps you stay calm and lowers tension and anxiety.
6. Reduce headaches, asthma attacks, carpal tunnel syndrome, nausea, and lower back discomfort.
7. Reduce the chance of preterm labor, pregnancy-induced hypertension, and intrauterine growth restriction—a disease that stunts the growth of the unborn child.
8. Builds stamina and strength.

The Health Benefits of Yoga:

1. **Cardiovascular system (heart and arteries):** Yoga postures concentrate on holding muscle tension for a brief amount of time, which is known as isometric postures. Yoga has a significant positive impact on cardiovascular health since the emotional and physical strains of nursing can have a significant impact.
2. **Digestive system:** sluggish digestion is accelerated by enhanced blood circulation and the massaging effects of the muscles around it. Any aid to digestion and metabolism is welcome as a nurse who sometimes finds it difficult to eat healthily on the run.
3. **Musculoskeletal:** the gentle stretching eases joint and muscle stiffness and tension while promoting flexibility. Lower back discomfort

and better posture are long-term advantages. To counteract the negative consequences of being on your feet all day, you need all of these advantages.

4. **Nervous system:** The nervous system is calmed by increased blood circulation, reduced muscle tension, and the act of concentrating on one's breathing. Long-term advantages include decreased levels of tension, worry, and weariness, improved levels of energy and focus, and elevated sensations of peace and wellbeing.

The Important Place of Yoga in Student Life:

Yoga can be useful for students in the long run if they practice it frequently. It's because yoga fosters control of the mind over the body and enhances both physical and mental wellness. Now consider how crucial yoga is to student life:

1. **Increases Concentration:** Yoga raises a student's degree of concentration. Now you can see that increasing your degree of attention is the only surefire approach to earn better exam grades. In addition, yoga promotes physical health by balancing blood pressure, decreasing tardiness, boosting confidence, promoting sleep, providing headache relief, and most importantly, improving mental sharpness.
2. **Reduce Stress:** There is no doubting that yoga is a powerful method for reducing stress. You'll find that focusing on your breathing and postures will help you forget about all of your issues and difficulties. It will help you feel better and channel your energy properly so that you can feel good all the time.
3. **Increases Flexibility:** Yoga will assist in increasing your physical and mental flexibility. While helping you develop a flexible body, various postures can also help you feel relief, which will help you change your perspective.
4. **Numerous Physical Benefits:** Yoga has several physical advantages for pupils, including maintaining normal blood pressure, heart rate, and circulation. Along with many other health problems, it will assist you in avoiding cardiovascular and gastrointestinal disorders.

Benefits of Yoga for Nurses

- **Increases** -Feeling of wellness, Positive attitude, Energy levels, Memory attention, Concentration, Social skills, social acceptance, Flexibility, Strength

- **Reduces** –Depression & tension, Anxiety & Stress, Sugar & cholesterol level, Hyperthyroidism, Weight, Blood pressure, Tension in muscles, Arthritis

While nurses are excellent at caring for others, they frequently struggle to care for themselves. Body chemistry, illness prevention, symptom reduction or alleviation, and emotional health can all benefit from regular yoga practice. Which yoga style would be most suitable for you? That actually depends on the body parts you want to exercise more to draw attention to. You might want to pay attention to how your body is aligned, or perhaps breathing and movement are better for you. Iyengar, Astanga, Vinyasa, Ananda, Anusara, Bikram, Kripalu, and Kundalini are some of the most popular yoga forms. Before enrolling, find a yoga class that fits your schedule and lifestyle and talk with the instructor about the benefits you hope to receive.

Yoga will be of great assistance to nurses who are in training and nurses who are taking tests. Regular yoga practice during final exam weeks can help enhance focus and mental clarity, increasing the likelihood that students will be able to handle the strain and stress of exams.

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