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# Critical Study Of Therapeutic Aspects Described In Hatha Yoga

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**Abstract:** The goal of this research is to evaluate the findings of selected articles on the therapeutic aspects of hatha yoga and to provide a comprehensive review of the benefits of regular yoga practice. As the popularity of mind-body fitness programs like yoga grows, it is critical that healthcare professionals understand the nature of yoga and the evidence supporting its numerous therapeutic effects. As a result, this manuscript provides information on the therapeutic effects of hath yoga as it has been studied in various populations for a variety of ailments and conditions. Hatha yoga strengthens the physical body through a series of postures, movements (asanas), and breathing techniques (pranayama). Hatha yoga breathing techniques emphasize conscious inhalation, retention of breath, and exhalation. Results from this study show that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

**Keywords:** Alternative therapy, depression, pain, quality of life, therapeutic yoga.

## Introduction:

Yoga is a Sanskrit term that means "mind-body union." Yoga has been shown to have an impact on a variety of conditions, including multiple sclerosis, asthma, irritable bowel syndrome, lymphoma, hypertension, drug addiction, osteoarthritis, and mental health issues in studies. Yoga can be used as a complementary medicine because it helps to reduce stress, anxiety, and depression. Yoga, a 3,000-year-old tradition, is now regarded in the Western world as a holistic approach to health and is classified as a form of Complementary and Alternative Medicine (CAM) by the National Institutes of Health. The term "yoga" is derived from the Sanskrit root "yuj," which means "union" or "yoke," as well as "to join" and "to direct and concentrate one's attention." Regular yoga practice promotes strength, endurance, and flexibility, as well as friendliness, compassion, and greater self-control while cultivating a sense of calm and well-being. Sustained practice also results in important outcomes such as changes in life perspective, self-awareness, and an increased sense of energy to live life fully and with genuine enjoyment. Yoga practice produces a physiological state opposite to that of the flight-or-flight stress

response, and with that interruption in the stress response, a sense of balance and union between the mind and body can be achieved.

Hatha yoga improves physical body capacity through a series of body postures, movements (asanas), and breathing techniques (pranayama). Hatha yoga breathing techniques emphasize conscious inhalation, breath retention, and exhalation.

Patanjali first described yoga philosophy and practice in the classic text, Yoga Sutras, which is widely regarded as the authoritative text on yoga. Many people today associate yoga solely with asana, the physical practice of yoga; however, asana is only one of many tools used to heal the individual; only three of the 196 sutras mention asana, and the remainder of the text discusses the other components of yoga, such as conscious breathing, meditation, lifestyle and diet changes, visualization, and the use of sound, among many others. Patanjali outlines an eightfold path to awareness and enlightenment called ashtanga, which literally means "eight limbs" in the Yoga Sutras. The physical postures and breathing practices of Hatha yoga, as well as meditation, are the most commonly practiced aspects of yoga in the Western world. Hatha yoga improves physical body capacity through a series of body postures, movements (asanas), and breathing techniques (pranayama). Hatha yoga breathing techniques emphasize conscious inhalation, breath retention, and exhalation. Blockages in the energy channels of the body are cleared and the body's energy system becomes more balanced through the unification of the physical body, breath, and concentration while performing the postures and movements. Although there are many different types of Hatha yoga, the majority of the studies in this manuscript used the Iyengar style. The Hatha yoga Iyengar method is based on the teachings of yoga master B.K.S. Iyengar. Standing poses are emphasized in Iyengar yoga to develop strength, stability, stamina, concentration, and body alignment. Props are used to aid learning and adjust poses, and instruction is given on how to use yoga to alleviate a variety of ailments and stressors. Importantly, a variety of psychological factors are implicated in yoga's therapeutic effects, with research demonstrating that yoga has positive effects on self-regulation, self-efficacy, interoception and embodiment, motivation, connection self-compassion, psychological flexibility, positive affect, and mindfulness. Given that these psychological factors are also the targets of psychological treatments for common mental disorders such as anxiety and depression, it is worthwhile to consider how yoga may enhance or reinforce the benefits of psychological interventions.

## **METHODS**

The objective of this study was to carefully find, arrange, and synthesize existing studies on yoga as an adjunct to psychological treatment. Although formal methodology and reporting criteria for evidence mapping have not yet been created, there is emerging agreement on what an evidence map is and how it differs from more general scoping approaches (Miake-Lye et al., 2016). In order to meet the needs of an end user, in this case, clinicians and clinical researchers, this approach specifically entails involving experts early in the process to elaborate the aims and scope of the mapped research field, a

systematic search of this field, and the production of a user-friendly format in which to display the findings. Procedures for evidence mapping were modified.

Databases were searched through Google Scholar using a university web browser to find research studies and interventions that looked at the therapeutic effects of yoga. Initially, the terms "yoga" and "therapeutic effects" were inserted into the database using the advanced search feature. This search was done to find general information about yoga's therapeutic effects in the literature that has already been written. The following key terms or exact phrases were used in a second search: "hatha yoga," "therapeutic effects of yoga," "stress," "anxiety," "depression," "pain," and "chronic disease." Studies that met the following criteria were included in this review: Peer review was required, and the article had to have been released between 1990 and 2019.

## RESULT

One of the fundamental objectives of hatha yoga is to acquire mental tranquillity in order to foster emotions of well-being, relaxation, increased efficiency, increased attentiveness, decreased irritation, and an upbeat attitude toward life. The immune system needs balanced energy to function, which is produced through yoga practice. The posterior or sympathetic portion of the hypothalamus is inhibited as a result of yoga. This inhibition improves the body's sympathetic reactions to stressful stimuli and recovers the stress-related autonomic regulating reflex systems. The rewarding pleasure centers in the middle forebrain and other places are stimulated by yogic practices, which suppress the brain regions responsible for fear, aggression, and fury and lead to a feeling of bliss and pleasure. Regular yoga practice reduces depression and can result in markedly higher serotonin levels as well as lower levels of the enzyme monamine oxidase, which breaks down neurotransmitters and cortisol. There are various treatment modalities available for the therapy of depressive disorders, however, due to the side effects of medicine, lack of response, or just a desire for complementary therapies, many patients choose to use them instead. Numerous research shows the potential positive effects of yoga therapies on stress, anxiety, and depression.

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