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## Benefits of yoga in daily life: A literature review

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### Abstract

Yoga helps in maintaining proper balance. Proper balancing is the way to avoid several health problems. Yoga helps your body immensely. It improves your level of concentration and the way of looking at things. It is not just an exercise, but a lifestyle. There are a number of benefits that it has on your mind, body, and soul.

**Keywords:** yoga, mind, body, balance, pranayama

### Introduction

Yoga is a path towards total harmony of body, mind, and spirit. The word Yoga comes from the Sanskrit word *yuj*, which means union. Union of the individual consciousness with the universal consciousness.

According to pathanjali, (yoga has 8 folds/steps. They comprise) and he had quoted. It as Ashtanga yoga "Ashta" means 8 "Anga" means Limbs.

So, this has 8 limbs of yoga which are:

1. **Yana:** Moral codes eg; Ahinsa, satya, arthya (Non stealing etc) It includes universal commandment that a man will have to follow. Such as nonviolence, non-stealing, truth self-control, non-accumulation of needles wealth.
2. **Niyama:** Includes personal discipline like cleanliness austerity ability to bear hardships, purity, satisfaction, contentment self-study, faith in god.
3. **Asana:** Physical postures to loosen the rigid muscles and tissues.
4. **Pratyhara:** It is the withdrawal of sense of organs from the object of sense.
5. **Pranayama:** It control of health and bio-energy.
6. **Dharana:** It is to have intense concentration face developing inner vision.
7. **Dhyana:** It in otherwise commonly known as meditation include uninterrupted deep concentration for prolonged period.
8. **Samadhi:** The soul goal of yoga is to have a true sense of communion an peace.

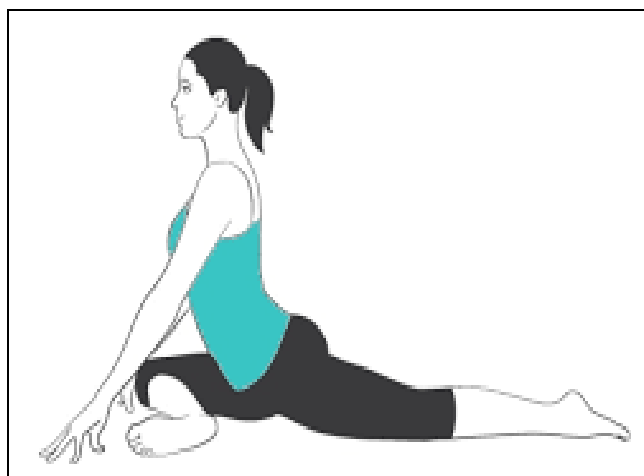


Fig 1: Yoga for Health

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### What is Yoga ?

Yoga is not merely a form of exercise for the body. It is an ancient wisdom - for a healthier, happier, and more peaceful way of living - which ultimately leads to union with the Self.

It is an inherent desire in humans to be happy. The ancient sages, through inquiry about life, were able to reach a state of consciousness in which the secrets of healthier, happier, and meaningful living were revealed to them.

Though yoga comes from Hinduism, the knowledge of yoga transcends any religion or culture. Its application is universal!

Yoga is an invaluable gift of Indian's ancient tradition and holistic approach to health well-being. By Narendra Modi.

### Mind/Body Benefits of Yoga

- De-stress and to disconnect from the outside world.
- Yoga is for more than just an exercise to help one lose weight.
- It creates a much-heightened sense of self-awareness.
- Yoga promotes an overall sense of good well-being.

### Benefits of yoga for nurses

#### Increases

1. Feeling of wellness.
2. Positive attitude
3. Energy levels
4. Memory attention
5. Concentration
6. Social skills
7. Social acceptance
8. Flexibility
9. Strength

#### Reduces

1. Depression & tension
2. Anxiety & Stress
3. Sugar & cholesterol level
4. Hyperthyroidism
5. Weight
6. Blood pressure
7. Tension in muscles
8. Arthritis

Nurses are very good at taking care of others but quite often fall short of taking care of themselves. A consistent yoga practice can have a positive impact on body chemistry, disease prevention, symptom reduction or alleviation, and emotional health.

Which type of yoga would suit you best? Well, that really depends on which body parts you wish to emphasise more with your exercise. You may want to focus on body alignment or perhaps breath and movement is more suited to you. The best-known styles of yoga include Iyengar, Astanga, Vinyasa, Ananda, Anusara, Bikram, Kripalu and Kundalini. Find a yoga class that suits your work and lifestyle and discuss the benefits you want with the instructor before signing up.

Yoga will benefit student nurses and nurses who are facing exams due to up skilling immensely. Regular yoga practice during final exam weeks also can improve mental clarity and concentration making students more likely to manage their exam stress and pressure.

### Benefits of Yoga during pregnancy

- Improves overall blood circulation, flexibility and muscles tone.
- Relaxes body and mind through breathing and meditation.
- Quicker muscles recovery after child birth.
- Strengthens muscles for easier labor.
- Keeps you calm and reduces anxiety and stress.
- Decrease lower back pain, nausea, carpal tunnel syndrome, headaches and shortness of breath.
- Decrease the risk of preterm labor, pregnancy-induced hypertension and intrauterine growth restriction-a condition that slows baby's growth.
- Develops strength and stamina.

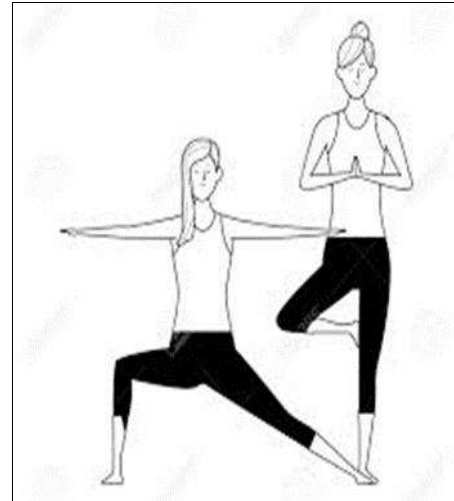
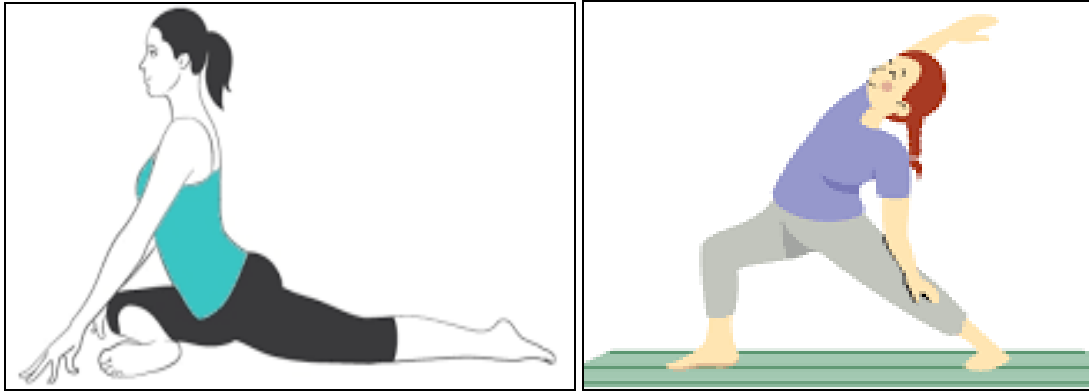


Fig 2: Benefits of Yoga during Pregnancy

### The Health Benefits of Yoga

1. **Cardiovascular system (heart and arteries):** Yoga moves are isometric, which means they rely on holding muscle tension for a short period of time. The mental and physical stresses of nursing can have a major effect on cardiovascular health so Yoga can really improve this effect.
2. **Digestive system:** improved blood circulation and the massaging effect of surrounding muscles speeds up a sluggish digestion. As a nurse healthy eating on the go can sometimes be a struggle so anything to help with digestion and metabolism is a plus.
3. **Musculoskeletal:** the gentle stretching releases muscle and joint tension, and stiffness, and increases flexibility. Long-term benefits include reduced back pain and improved posture. All of these benefits are essential to reverse the effects of being on your feet all day!
4. **Nervous system:** improved blood circulation, easing of muscle tension and the act of focusing the mind on the breath all combine to soothe the nervous system. Long-term benefits include reduced stress, anxiety and fatigue, better concentration and energy levels, and increased feelings of calm and wellbeing.



**Fig 3:** Heath Benefits of Yoga

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