



## THE ROLE OF YOGA FOR REHABILITATION THERAPY

Dr.vasanta P. Raut

Mahatma Jyotirao Fule Sharirik shikshan Mahavidyalaya Mohpa road, Umred Dist-Nagpur

**ABSTRACT**

Yoga was intended for spiritual evolution but increasingly, now days it is used for its incidental benefits such as stress reduction and managing lifestyle related disorders. Yoga practice benefited mentally handicapped subjects by improving their mental ability, also the motor co-ordination and social skills. Physically handicapped subjects had a restoration of some degree of functional ability after practicing yoga. Socially disadvantaged adults in a remand home showed significant improvement in sleep, appetite and general well being, as well as a decrease in physiological arousal. Yoga is an ancient Indian science and way of life. The practice of yoga has been shown to be therapeutically useful in many types of disease like diabetes Mellitus, hypertension as well as other psychosomatic ailments. The practice of yoga can also play a role in the rehabilitation of physically and mentally handicapped persons, as well as those who are socially disadvantaged. In this paper focus on importance of yogic method for physical and mental disorder.

**KEYWORDS :** Stress, Lifestyle, Physical & Mental Health.**INTRODUCTION :**

More than 2000 years ago, an Indian sage described yoga as "preventive, healing art, science, and philosophy" for the purpose of blending the mind, body, and spirit to achieve optimum health. Yoga is usually regarded as a practice most associated with healthy individuals. Some images portray yoga as a mystical, spiritual ritual associated with meditation and relaxation.

The physical aspects of yoga represent only two of eight components of the comprehensive practice of yoga. The first component, or "asanas," refers to physical movements and postures. Some of the names of these movements and postures have entered mainstream vocabulary and many are now familiar with the terms "downward-facing dog" and the "lotus" position. The second component, "pranayamas," refers to breathing techniques. The timing and coordination of breathing when holding or moving in and out of postures serve to link the mind and body. Therefore, as an added benefit, yoga may also produce a sense of well-being and renewed energy.

Physical therapists have only recently begun to embrace the postures and breathing techniques used in this ancient practice. Physical therapists have advanced education and training in human anatomy, human physiology, and the movement sciences. They are uniquely qualified to assess and identify deviations from normal movement and changes in physical performance which have developed as a result of an illness or injury. The underlying causes of movement dysfunction are vast and usually involve an interruption of the delicate interaction between the musculoskeletal, neurological, and cardio-respiratory systems of the body.

**HOW TO YOGA HELP**

Yoga movements, or asanas, are the roots of the healing process. The asanas are capable of exercising every muscle, nerve and gland in the body as you stretch and move in repetitive full-body motion.

Yoga asanas strengthen muscles and help make bones healthier. They invigorate organs, helping keep the body free from disease by strengthening the immune system. In addition, the smooth, repetitive movements of yoga increase circulation and lung capacity, drain the lymphatic system and stimulate glands. Specific asanas can be modified to treat a variety of injuries with the health affirming affects of gentle, repetitive motion. For many decades, inactivity was the solution for most injuries.

The breath plays an essential role in all Yoga techniques and exercises. Investigations have revealed that most people breathe too shallow, without using the full potential of the lungs. Due to this, the body is inadequately supplied with oxygen. Metabolic function is reduced and as a result, physical wellbeing is considerably impaired.

Through specific physical exercises, relaxation and breathing techniques, the breathing process becomes more conscious and deepens in a natural way. With regular practice, we gradually learn to

eliminate poor breathing habits and replace them with deep, relaxed breathing. Apart from the benefits to physical and mental health, there is also a clear improvement in the body's immune system and vitality.

Our breathing process not only has an influence on our physical wellbeing, but also on our emotional and mental harmony. Stress and anxiety cause us to breathe rapid and shallow. When we are relaxed, the breath is slow and deep. In stressful situations, we have the possibility of regaining our inner balance through conscious, deep breathing. We can learn to respond to the pressures of everyday and professional life with more composure. In this way we can have a positive influence on our physical and mental wellbeing.

**YOGA AND PAIN MANAGEMENT**

Yoga exercises and concentration techniques also serve to reduce the pain and unremitting stress associated with chronic pain from some injuries. In fact, yoga is one way that the body's production of endorphins can be increased to help reduce pain naturally. Exercise, breathing, relaxation and meditation stimulate the body to produce endorphins, distract the mind from pain and reduce tension in muscles formed in reaction to pain. With yoga, sufferers of chronic pain find they can "move through" the pain instead of resisting it.

Yoga postures also reduce the pain of injury by warming, relaxing and stretching muscles. The combination of warmer and more flexible muscles decreases joint and ligament tension, which reduces muscle pain. Usually, some of the pain we feel from injuries is the natural result of constricted muscles. Yoga can reduce the pain of muscle injury by gently stretching muscles and freeing constrictions.

**CONCLUSION:**

The use of yoga for rehabilitation has diverse applications. Yoga practice benefited mentally handicapped subjects by improving their mental ability, also the motor coordination and social skills. Physically handicapped subjects had a restoration of some degree of functional ability after practicing yoga. The practice of meditation was reported to decrease the degree of substance (marijuana) abuse, by strengthening in them the mental resolve and decreasing the anxiety. Another important area is the application of yoga (and indeed, lifestyle change), in the rehabilitation of patients with coronary artery disease, finally Yoga can provide a way to prevent and help individuals attain physical and mentally healthy living without any pharmacological interventions and dangerous side effects of medicine and surgery.

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