

# HYPO KINETIC DISEASES AND CURE THROUGH YOGA

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## ABSTRACT

*Hypo means less, under or below normal*

*Kinetic means movement*

*So Hypo Kinetic diseases are the conditions that occur from sedentary life. A sedentary life style is a type living style with no or irregular physical activity. Sedentary activities include sitting, reading, watching television, playing video games and computer for much of the day with little or no vigorous physical exercise. Such type of life style can contribute to many preventable causes of death*

**Keyword:** - *Hypokinetic Diseases1, Sedentary Life Style2, Yoga3*

Hypo Kinetic diseases include:-

- Cardio Vascular diseases
- Some forms of cancer
- Back Problems
- Obesity
- Type 2 diabetes
- Osteoporosis
- Mental Health
- High Blood pressure
- Heart diseases

The word "yoga" comes from a Sanskrit term that means union. It aims to join body, mind, and the day-to-day challenges of life into a unified experience rather than keep them separate. There are different forms of yoga, from the gentle, peaceful hatha yoga to the active "power" form called Ashtanga. Yoga is a physical practice that emphasizes breath, focus and meditation. Practicing yoga brings a deeper awareness of the body, mind and emotions allowing the yogi to become more in tuned with their physical and mental health. Yoga builds cardiovascular health, increases lung capacity, and improves respiratory function and heart rate. It also boosts blood circulation, builds

muscle, and decreases inflammation. Yoga can improve posture and coordination, strengthen muscles, increase flexibility, and create balance.

B.K.S. Iyengar, master of yoga's therapeutic applications, explains the benefits of yoga by means of what he calls its "squeezing and soaking" actions. He contends that through the process of squeezing out the old, stale blood or lymphatic fluids and soaking the area with fresh, oxygenated blood or fluids, yoga helps the body to utilize the nutrients it needs.

### **Yoga and the heart (Cardio Vascular Diseases)**

Hatha yoga's path to balancing the mind and the body involves three interconnected threads: physical postures called "asanas," controlled breathing, and calming the mind through relaxation and meditation. The three work together.

How could this improve cardiovascular health? Getting into the various postures during a yoga session gently exercises the muscles. Anything that works your muscles is good for your heart and blood vessels. Activity also helps muscles become more sensitive to insulin, which is important for controlling blood sugar. The deep-breathing exercises help slow the breathing rate. Taking fewer but deeper breaths each minute temporarily lowers blood pressure and calms the sympathetic nervous system, which is responsible for generating stress hormones. The postures and deep breathing offer a kind of physical meditation that focuses and clears the mind. Meditation and the mindfulness of yoga have both been shown to help people with cardiovascular disease.

### **Yoga for cancer**

Gentle yoga poses for cancer patients can work magic on many levels. First of all, yoga used as therapy for cancer can help clear out toxins accrued during cancer treatment more effectively. Yoga asanas stimulate not just muscles, but also increases blood flow, balances the glands and enhances the lymphatic flow in the body, all of which enhances the body's internal purification processes. The deep, relaxing breathing often emphasized in yoga for cancer therapy also increases the current of oxygen-rich blood to the cells, delivering vital nutrients to tired cells and further clearing out toxins.

In addition to removing toxins, yoga for cancer can help dissipate tension and anxiety and enable cancer patients to settle into a greater sense of ease and well-being. Stress depresses the body's natural immune function, which may be one of the reasons that there is evidence that people who practice yoga for cancer have greater recovery rates.

### **Physical activity affects our hormones**

Hormones are chemical messengers that get carried around our bodies in our blood. They help tell our bodies and cells what to do. Being physically active can change the levels of some hormones, including oestrogen and insulin.

In women physical activity can lower the level of oestrogen. Oestrogen is thought to fuel the development of many breast and womb cancers, so reducing the levels of this hormone could help to reduce the risk.

Activity can also reduce the amount of insulin in our blood. Insulin is very important in controlling how our bodies use and store energy from food. Changes in insulin levels can have effects all over the body. And scientists think insulin can turn on signals that tell cells to multiply. Because cancer starts when cells multiply out of control, lowering insulin levels could help stop some types of cancer developing.

### **Back Pain**

Back pain is a common complaint among people of all ages. Poor or bad posture (especially, a forward slouch), wrong sleeping positions, stress and restless lifestyles play an important role in giving you backache. The lack of flexibility of the back which contributes to the lower back ailments increases as the body ages. To alleviate these problems one should practice yoga regularly. Back pain may arise due to multiple reasons:

- Stress/Tension

- Ligament injury/ damage
- Disc injury
- Stress/ tension
- Improper posture

Ways in which yoga can help in lower back management are:

- Increases the strength and flexibility of the back, hamstrings and hip flexors.
- Positive effect on relieving stress
- Improves neuroendocrine function

Tadasana (Palm tree pose), Trikonasana, Marjariasana (Cat pose), Adho mukha s avanasana (downward facing dog)

### **Yoga for Obesity**

Yoga for obesity involves treating obesity with yogic methods involving a balanced/ nutritious diet and practicing yoga asanas/ poses. Yoga poses work on endocrine glands, improve blood circulation and improve body's metabolism. Asanas strengthens the muscles, deep breathing while doing yoga reduces body fat for bringing body weight to optimal levels.

Yoga practice will reduce weight gradually in a permanent manner. Once you reduce weight, another challenge is to maintain it. One way is to reduce your weight is just by reducing your calorie intake following proper diet control. However, for maintaining ideal body weight well into old age, regular practice of yoga along with balanced diet is recommended.

### **Internal Effects**

This asana is a combination of both Bhujangasana and Shalabhasana and can deliver benefits of both the asanas. Mainly the weight is taken by the abdomen. This has favorable effect on enzyme producing organs, liver, pancreas, small intestine and big intestine. As a result of this the concerned organs become more active and efficient. Also the blood circulation in arms and legs is improved.

### **Yoga for Diabetes**

Asanas are beneficial in treatment of diabetes. Important aspect of Asanas is stability and comfort experienced in the position. After attaining the position, one needs to relax all the muscles and try to maintain the positions for long. Due to various twists, stretches and strains in the body, the internal organs are stretched and subjected to strain. This increases the blood supply, oxygen supply to the organs increasing the efficiency and functioning of the organ. Stretching various glands result in increased efficiency of the endocrine system. Asanas like Dhanurasana (Bow pose in prone position), Ardhamatsyendrasana (Half spinal twist), Vajrasana Yoga Mudra, Pavan Muktasana, Sarvangasana, Halasana, Matsyasana have been found useful in diabetes. These asanas have positive effect on pancreas and also insulin functioning. But to get this result, one needs to maintain the asana for longer duration while relaxing the muscles.

### **Yoga for Osteoporosis**

Yoga can stimulate the bones to retain calcium, provided the body gets enough calcium in the first place. It does this through weight-bearing poses (like arm balances, inversions, and standing poses) that affect the whole spine, arms, shoulders, elbows, legs, knees, ankles, and feet, while encouraging full range of motion. B.K.S. Iyengar, master of yoga's therapeutic applications, explains the benefits of yoga by means of what he calls its "squeezing and soaking" actions. He contends that through the process of squeezing out the old, stale blood or lymphatic fluids and soaking the area with fresh, oxygenated blood or fluids, yoga helps the body to utilize the nutrients it needs.

Inversions offer a perfect example of this phenomenon, particularly Sarvangasana (Shoulderstand) and Halasana (Plow Pose). These poses, according to Iyengar, regulate the thyroid and parathyroid glands (critical for metabolism) located in the neck, by creating a "chin lock" that squeezes stale blood from the area. As we come out of the pose and release the lock, the neck region is bathed in fresh, oxygenated blood. Iyengar also teaches that forward bends quiet the adrenals, and backbends energize them. Twists like Parivrtta Trikonasana (Revolved Triangle Pose), he says, are equally effective for regulating the adrenal glands, which we rely on to provide adequate amounts of oestrogen and androgen for healthy bones.

### **Yoga for Blood Pressure**

Padangusthasana: Big Toe Pose

This is one of the basic yoga asanas which we learn initially while learning yoga. All the yoga poses help in improving your flexibility which becomes very useful in our daily life. The asana is also known as head to foot pose. Your desire to regulate your blood pressure can be done by this asana. The pressure on your head and the stretching of the muscles relaxes your brain, making you work out things more easily and calmly. The stretching and pulling tones your body and relaxes you by making you feel at ease. The bending helps your abdominal organs as it massages the liver and spleen making it useful to the optimum level.

If done properly this asana would benefit not only body but would teach you be calm and patient. It has to be done slowly and not in a haste, if you want to receive its full benefits. The tiring muscles would be elevated and rejuvenated by this pose. The stretching of the muscles helps your hips, thighs, hamstrings, groin and calves. When these muscles are stretched they make your body more agile and fit. It helps to strengthen the other muscles which would help in recuperating your tired body. The less stress you give to your important organs it would work in a better fashion and helping your health.

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