



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2022; 9(3): 170-172
© 2022 IJPESH
www.kheljournal.com
Received: 13-03-2022
Accepted: 24-04-2022

Sanny Kumar
Assistant Professor,
Department of Physical
Education, G.S.H.P.G. College
Chandpur Siau, Bijnor, Uttar
Pradesh, India

Dr. Durvesh Kumar
Assistant Professor,
Department of Physical
Education, Shri Varshney
College, Aligarh, Uttar Pradesh,
India

Corresponding Author:
Sanny Kumar
Assistant Professor,
Department of Physical
Education, G.S.H.P.G. College
Chandpur Siau, Bijnor, Uttar
Pradesh, India

International Journal of Physical Education, Sports and Health

Impact of yoga on mental health of old age peoples

Sanny Kumar and Dr. Durvesh Kumar

Abstract

The word “Yoga” comes from Sanskrit word root “Yuj” which means “to join” or “yoke”. Yoga is an ancient Indian science which creates by our ancestor for bringing harmony between mind and body. Yoga is one of the important medium to enhance mental health. Mental health is a level of psychological well-being, or an absence of a mental disorder. Due to aging process increase problems of face stress, depression, anxiety, relationship problem, mood disorder. The study will help old age people to maintain their mental health.

Keywords: Yoga, mental health, age

Introduction

Yoga is an ancient science, which is very essential all aspect of human life like physical, mental, emotional psychic, and spiritual. In philosophical terms, yoga refers to the union of the individual self with the universal (Hadi 2007) The yoga first describes in Vedic scriptures around 300 thousand B.C. which balance and harmonizing the body, mind and emotion. The yoga word yoga means ‘unity’ or ‘joining’ in spiritual aspect terms as the union of the individual consciousness with the universal consciousness, it can be achieved through the practices of the Sat karma, Asnas, Pranayama, Mudra, Bandas and Meditation. These all part of yoga describe in detail in Raja Yoga.

Yoga as an integration and harmony between thought, feeling and deed, or integration between head, heart and hand. (Swami Satyananda Saraswati) through the practices of Yoga awareness develops of the integration between the emotion, mental and physical levels, and how a disturbance in any one of these affects of other, gradually this awareness leads to an understand of the more subtle area of the existence. (Satyananda) Yoga science of breathing is called Pranayama. Oxygen is the most vital nutrient to our body, it is essential for the integrity of the brain, nerves, glands, and internal organs. It is the systematic exercise of respiration, which makes the Lungs stronger, improves blood circulation make the man healthier and bestows upon him the boon of the long life. It aids respiratory system function at its best where by the life force can be activated and regulated in order go beyond one’s normal boundaries or limitation and attain a higher state of vibratory energy (Iyengar 1981) [7].

Practicing asanas physical strength or firmness is achieved. It must be noted that gaining physical energy or Power through asanas does not mean gaining muscular power. It is not like going sit up or other purely physical exercise in order to make the body like that of a wrestler. Here, firmness or strength mean physical capacity, inner strength and gaining good health. After all, one can be big and strong but still become ill. Here, there is a subtle relationship between attaining physical and mental health and strength through asanas after purification through shatkarmas.

Through pranayama lightness is achieved and grossness is reduced. When practicing pranayama the objective remain to gain control over the prana, so how is physical grossness reduced when pranayama is practiced and pranic energy is awakened, heat generated in the body. The internal heat of the prana is clearly seen the lives of accomplished practitioners. Yogis in the mountains, wearing a mere loin cloth in the snow, definitely feel the cold as it is the nature of the body, but they practice pranayama which generates internal heat, so that the cold doesn't affect them. There are also certain pranayamas which lower the body temperature, so that even in the blistering heat of the desert, one will not perspire because the body temperature is lowered. So it is being explained here that when energy and heat are generated

through the practices of pranayama, disorders of the body start burning of automatically even fat is burnt up and dissolved. physical grossness is reduced through pranayama and the body becomes light.

Through meditation self realization is achieved. Through meditation, experiences of the subtle mind are clarified. This is well known. As one internalizes, one goes deeper and deeper, and can feel the subtle experience is within. This is the state of self realization. Self realization here does not mean direct realization of the God, but getting to know one's self, and understanding one's self is only possible through meditation practices (Swani Niranjana Saraswati 2012). Mental health encompasses emotional, psychological, and social well-being. It influences cognition perception, and behavior. It also determines how an individual handles stress, interpersonal relationship, and decision making. Most of the people in old age are not able to perform vigorous physical activity, but he/she can perform the yogic activity very smoothly with less exhaustion at home and ground. Due to aging process our Endocrine Glands, Muscles; Nerves is not able functioning in harmony. While the potential effects of Yoga practices have been noted, this has been sufficiently examined in old age people. Thus may be consequence because aged people are particularly prone to psychologically distress. Issuing the aging including functional impairments life style changes, social isolation due to retirement, and the loss of spouses and friends can all contribute to impaired psychological functioning (Bonura 2007)^[1]

Asana for mental health

Eagle Pose (Garunasana) "The symmetry we experience in practicing balancing poses helps us turn away from the mind's business and towards the body's recalibration and healing, The Eagle Pose can be particularly beneficial for quieting the mind and bringing the attention to the body. Try holding standing pose for 30-60 seconds on each side.

Standing Forward Bend (Uttanasana) Forward bends are excellent for calming our nervous system. The posture provides a release of the upper body and soothes the mind through gentle inversion either when practiced on its own or between poses.

Corpse Pose (Savasana) At the end of your practice -- or anytime you're feeling overwhelmed -- try lying down flat on your back, with your arms at your sides, and simply focusing on the breath for one to 10 minutes. "Corpse is the ultimate in terms of relaxation -- it really allows the body to sink down into the ground, and it's easier to tune into the breath when you're lying on the back and watching the belly rise up and down," Kennedy says.

Legs up the Wall Pose (Viparita Karani) Calming for the nervous system, Half Moon mind Kennedy recommends Legs up the Wall pose as a simple but effective anxiety-busting posture for beginners that can help you to escape the "thinking mind."

Pose (Ardha Chandrasana) To quiet the you don't have to be so flexible or so strong, and yet it's very relaxing and very and cultivate focused awareness, try the Half Moon Pose, a balancing posture with one leg raised 90 degrees and one hand on the floor or on a block. "Balancing poses take our attention off of the mind and into the body,

"Normal Inversions in general turn things upside down," she explains. "Stress and anxiety are more of apperception of danger and unease, and when you can get out of your mind -- literally -- that helps."

Supported Shoulder Stand (Sarvangasana) Inversions like headstand and shoulder stand can help you to get out of the "monkey mind" by putting you in a completely different position than yours. Yoga Journal recommends Fish Pose for fatigue and anxiety relief, as well as gentle back and shoulder stretching. Beginners may want to place a thickly-folded blanket beneath the head for neck support if they are experiencing any discomfort.

Tree Pose (Vrikshasana) Before moving on to the Eagle and Half Moon balancing poses, beginners should start with Tree Pose, a basic standing balance to help calm a racing mind and induce concentration. "Balancing poses force you to be honest about where you are currently, and they force you to pay attention to where you are," Kennedy says. "If you're in a tree pose and your mind is wandering, you'll know it you'll fall over."

Child's Pose (Bal asana) One of the quintessential resting poses of any yoga practice, Child's Pose which involves sitting on the knees and bending forward with arms forward or by your side -- can be very comforting and self-soothing. "Lying on my belly helps me a lot when I feel anxious," says Brower. "Child's pose helps us turn inside and slow our minds down."

Pranayama for mental health

Pranayama is process of breath control. The word pranayama is comprised of two roots; 'prana' and 'ayama' prana means 'vital energy' or 'life force' and ayama means control of breath. Through the pranayama can consume more oxygen, it is help to regulate nervous system smoothly. Rhythmic, deep and slow respiration stimulates and is stimulated by calm, content, the state of mind. Irregular breathing depresses the rhythms of the brain and leads to physical, emotional, and mental blocks.

Meditation

The rest in meditation is deeper than the deepest sleep that you can ever have. When the mind becomes free from agitation, is calm and serene and at peace, meditation happens. The benefits of meditation are manifold. It is an essential practice for mental hygiene. A calm mind, good concentration, clarity of perception, reduce anxiety, stress and aggression improvement in communication, blossoming of skills and talents, an unshakeable inner strength, healing, the ability to connect to an inner source of energy, relaxation, rejuvenation, and good luck are all natural results of meditating regularly.

Discussion

McCall, (2007)^[9] stated that yoga is more useful than psychotherapy or medicine, where practitioners may be satisfied with a return to normal mental health, while "yoga aims much higher, seeking to put its practitioners in touch with a state of peace, joy, and equanimity that yogis insist is everyone's birthright" (McCall, p.2)^[9]. A research study shows that yoga improves both physical and mental health and wellbeing. For instance, yoga practitioners cite benefits such as improved physical and psychological health, weight loss, and improved relationships with family members, and treatment of clinical disorders like ADD and depression (Rosin, 2006)^[12]. Shin, S. (2021)^[15] has analyzed the effects of yoga practice on physical fitness by targeting related studies through meta-analysis. The main conclusions drawn from the study results are as follows. First, yoga practice showed moderately positive effects on muscle strength,

balance, mobility, and lower body flexibility, but had no significant effect on cardio respiratory endurance and upper body flexibility. Second, sub-group analysis showed that subjects in their 60s and 70s and yoga practice for 9–12 weeks had a large positive effect on physical fitness. Various research studies (Field, 2011) ^[4], (Vera *et al.*, 2009) ^[19], (Brotto, Mehak, and Kit, 2009) ^[2] and (Innes *et al.*, 2005) ^[6] have acknowledged that there is Versatile benefits of yoga on endocrine activity. The regulation of hormones especially salivary levels of cortisol has been measured and a significant reduction has been observed due to Yoga. According to (Balaji, Varne, & Ali, 2012) ^[10], this reduce of Cortisol hormone results in decreasing perceived stress, decreasing anxiety, increased feelings of well-being and better pain management. Punithavathi (2010) ^[11] Yoga improves Concentration, Attention, Mood, Depth perception, Body/mindneuro connection, Memory, Learning efficiency, Balance, Steadiness and Cognitive function. Besides, it decreases Anxiety and Depression. It also increases Self acceptance, Social skills, Well-being, Somatic and kinesthetic awareness and Self-actualization. Some research study also shows the positive effects of school-based yoga programs on many aspects such as mental health, concentration, attention, stress, anxiety, mood, resilience, emotional stimulation, self esteem and coping frequency (Conboy, Noggle, Frey, Kudesia, & Khalsa, 2013; Serwacki & Cook-Cottone, 2012) ^[3, 13].

The science of yoga works on a person's physical, mental, emotional, and spiritual aspects. When there is an imbalance at this level, then the organ, muscles and nerves do not function much in harmony, rather they are opponents of each other. Therefore, yogic practices aimed at bringing the various body functions into perfect co-ordination so that they bring about goodness to the whole body. In other systems of physical activity, the internal organs of the body can not exercise properly, whereas yogic practices provide adequate proper exercises to the internal organs of the body. Yoga practices have a better effect on the mind and control over senses. Yogic practices also make not only physical and mental development but also intellectual, emotional and spiritual development. Thus, Yogic practices are called 'non-violent activity' (Sharma, 1984) ^[14].

Conclusion

Taken together, while several reviews suggest positive benefits of Yoga, can helps to improve the mental health of older adults by reducing stress and improve Prevention of physical and mental health to Quality of Life in all age groups. It is quite likely that yoga may help to improve mental health, self-competence, physical fitness, and group support, and may well be effective as a supportive adjunct to alleviate mental medical conditions,

Suggestion and recommendation

This study will suggest to those people who are not aware of yogic activity, or suffer from mental illness and it's also help and enhances mental ability.

References

1. Bonura Kim Bethany. The imp [Act of yoga on psychological health in older adults. A electronic theses) 24/04/2007.
2. Brotto LA, Mehak L, Kit C. Yoga and sexual functioning: a review. *Journal of sex & marital therapy*. 2009;35(5):378-390.

3. Conboy LA, Noggle JJ, Frey JL, Kudesia RS, Khalsa SBS. "Qualitative evaluation of a high school yoga program: feasibility and perceived benefits. *Explore*. 2013.
4. Field T. "Yoga clinical research review". *Complementary therapies in clinical practice*. 2011;17(1):1-8.
5. Hadi N. Effects of hatha yoga on well-being in healthy adults in Shiraz, Islamic Republic of Iran. *East Mediterr. Health J*. 2004;13:829-837.
https://en.wikipedia.org/wiki/Mental_health
6. Innes KE, Bourguignon C, Taylor AG. "Risk indices associated with the insulin resistance syndrome, cardiovascular disease, and possible protection with yoga: a systematic review". *The Journal of the American Board of Family Practice*. 2005;18(6):491-519.
7. Iyengar's (aygrt.isrj.org), 1981.
8. Laura A. LCSW (yoga as mental health treatment with children) Kinship Center.
9. McCall T. Yoga for psychological and emotional problems: Yoga is a perfect complement to psychotherapy and other approaches to a variety of psychological conditions, including anxiety and depression. *Yoga Journal: For Teachers*, 2007, Retrieved from <http://www.yogajournal.com/teacher>.
10. Balaji PA, Smitha Varne R, Syed Sadat Ali. "Physiological Effects of Yogic Practices and Transcendental Meditation in Health and Disease" *North American Journal of Medical Science*. 2012;4(10):442-448.
11. Punithavathi S. Effect of selected aerobic exercises and yogic practices on physical, Physiological and biochemical variables (Doctoral dissertation, Department of Physical Education and Sports, Pondicherry University), 2010.
12. Rosin H. Striking a pose. *The Atlantic Monthly*, 2006, 114-119.
13. Serwacki M, Cook-Cottone C. Yoga in the schools: a systematic review of the literature. *International Journal of Yoga Therapy*. 2012;22(1):101-110.
14. Sharma PD. *Yogasana and Pranayama for Health*. Bombay, India: Navneet Publication, 1984.
15. Shin S. Meta-Analysis of the Effect of Yoga Practice on Physical Fitness in the Elderly. *Int. J Environ. Res. Public Health*, 2021;18:11663. <https://doi.org/10.3390/ijerph182111663>
16. Swami Nityananda Saraswati. "Gheranda Samhita" Yoga Publications Trust, Munger, Bihar, India book, 2012, p 30-33.
17. Swami Satyanand Saraswati. *Asana Pranayama Mudra Bandha Yoga Publications Trust*, Munger, Bihar, India.
18. *The Journal of Science and Healing*, 2002;9(3):171-180.
19. Vera FM, Manzaneque JM, Maldonado EF, Carranque GA, Rodriguez FM, Blanca MJ, *et al.* Subjective sleep quality and hormonal modulation in long-term yoga practitioners. *Biological psychology*. 2009;81(3):164-168.