
Research Paper



YOGA THROUGH PAIN RELIEF THERAPY

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INTRODUCTION

The Yoga is a best fitness of other activity. Yoga helps to enrich health through accurate perception, appropriate feelings and precise actions with increasing pleasure, power, prosperity and profundity, perception, feelings and actions, which have been also expressed by terms Cognition, Affection and Conation respectively. The Yoga is a traditional method of medicine developed by the saints of ancient India. The practice yoga as an effective method of controlling their mind and body activities. Yoga in daily life is a system of practice consisting of eight levels of developing in the physical mental social & spiritual health. Yoga can help fight fatigue and maintain your energy thought the day Yoga works as a tool for modification of behavior, emotion & personality.

The Asanas Pranayamas, Kriyas, Bandhas, Mudras are not only beneficial for body but also for the mind. The healthy mind resides in healthy body. The advantages of yoga are broad in addition to the fact that yoga effects the physical part of the body it tends to the psyche and soul too. When integration of body, mind and spirit is achieved, one's personality blossoms. Number of such personalities can be created with the help of yoga education. Ordinary exercise is an extraordinary method to help soothe the pressure of your day and can bring a feeling of prosperity to your life. There are top ten advantages of yoga.

- 1) Stress Relief
- 2) Better Breathing
- 3) Flexibility
- 4) Painful Relief
- 5) Increased Strength
- 6) Weight Management
- 7) Improved Blood Circulation
- 8) Cardiovascular Conditioning
- 9) Focus on the Present
- 10) Inner Peace

The benefits of yoga are very for reaching indeed. There is no on other exercise you can take that will address all of these issues is one simple session. Yoga stances are the physical places that arrange breath with development and with holding the situation to extend and reinforce various pieces of the body. Asana practice is the ideal supplement to different types of activity, particularly running, cycling and quality preparing as the stances efficiently work all the significant muscle gatherings, including the back, neck, and shoulders, profound stomach, hip and hindquarters muscles and even lower legs, feet, wrists and hands.

Yoga helps in various sports and games: (a) Yoga for target sports (b) Yoga for endurance sports (c) Yoga for using one side of the body in sports (d) Yoga for artistic sports (e) Yoga for strength sports. Yoga exercises provide all around flexibility that will complement the deep muscle strengthening of the body. Yoga breathing techniques help to oxygenate muscles fully and provide a solid foundation for rapid recovery from stress that otherwise lodge in muscles tissue as tension. Various yogic exercises can be suggested for strength sports.

The Therapeutic modalities of Yoga Therapy

- **Physical Therapies:** Asanas, Kriyas, Mudras and Bandhas gently stretch and strengthen muscles, improve mobility, flexibility, respiration, circulation, digestion and elimination. And promote a general sense of health and well being.
- **Emotional Therapies:** Swadhyaya, Pranayama, Pratyahara, Dharana, Dhyana and Bhavana can calm and centre the mind, helping to relieve stress and mental fatigue and bring about emotional balance.
- **Development of proper Psychological Attitudes:** By urging us to venture back and take a gander at our routine examples of conduct and musings. Yoga can assist us with adapting better to circumstances that put our bodies and brains under strain. Development of the following qualities is also emphasized in order to become mentally balanced human beings: Vairagya, Chitta Prasadann, Maitri, Karuna and Upekshanam etc.
- **Mental Therapies: Relaxation and visualization practices,** Trataka, Pranayama, Pratyahara, Dharana as well as Dhyana. Unwinding is a focal component in Yoga treatment as unwinding is the body's method of reviving its cells and assists with facilitating physical, enthusiastic and mental strains.
- **Spiritual Therapies:** Swadhaya, Satsangha, Bhavana sessions and Yogic counseling are important aspects of Yogic therapy that are often neglected in favor of the physical therapies alone
- **Preventive Therapies:** Yoga has numerous preventive benefits especially when it is started early in childhood. It helps in the avoidance of mishaps by expanding mindfulness just as readiness. Improved resistance helps in forestalling irresistible and infectious maladies. The additional advantage of beginning early is that the individual knows the procedure so they can do it if necessary at a later stage throughout everyday life. Yoga additionally offers rehabilitative treatments for most musculoskeletal conditions just as in recuperation for crippling ailments. The act of Yoga likewise goes far towards anticipation of inability and improving personal satisfaction in various constant conditions.
- **Pain Relief Therapies:** Yoga is a helpful expansion to the relief from discomfort treatments as it expands torment resistance and gives an improved personal satisfaction. It tends to be securely said that Yoga encourages us suffer conditions that it will most likely be unable to fix.

CONCLUSION:

The real fact of yoga is complementary to yoga education is a bridge between body, mind and spirit. Since its practices smoothly coordinate the functions of the bones, muscles, blood, brain etc. which help to improve health and fitness, and they train human mind. Which is immaterial and intangible, for modifying proper attitude, behavior and values may develop personality in establishing peace.

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