



## MANAGEMENT OF HYPO-KINETIC DISEASES THROUGH YOGA

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### ABSTRACT :

Every year a great number of people suffer and die from Hypo-kinetic diseases worldwide. In fact, the machinery advantages of the present day civilization makes man idle and has been one of the main causes of hypo-kinetic disease. However, expert says yoga can manage hypo-kinetic diseases if it is practice regularly. Yoga is an Indian nomenclature observed about five thousand years ago. Indian sages used to practice yoga for spiritual development. Today yoga is used to prevent, control and manage different diseases especially the life style diseases



like arthritis, hypertension, obesity, diabetes, back problem, osteoporosis, cardio-vascular diseases etc., the commonly known as hypo-kinetic diseases. Hypo-kinetic diseases are also the cause of some other diseases. Experts have identified that participation in regular yoga programmes with some selected exercises, physical activities, play, games, sports and controlling diet, modification of behavior, maintaining of healthy life style and taking of medical assistance prevent hypo-kinetic diseases. Experts say practicing of Yoga at least of 30 minutes session per day may prevent and manage hypo-kinetic diseases. Internally yoga enhance circulation, lower blood pressure, drop pulse rate, lower respiratory rate, better cardiovascular endurance, stimulation of organs, improvement in gastrointestinal health, increased immunity, increase pain tolerance, increase metabolism, renew energy, improved sexuality, improve sleep, helps secretion of hormone from different glands in balanced condition, it regulates the blood circulation properly, it forms antibody to prevent diseases thus it makes the body strong. The external benefits of yoga are limitless Hence it makes body dynamic internally and externally and prevents no movement. Yoga is so good for the persons who are genetically heavier and unable to perform physical activity for them some yoga poses are safe and they can practice easily. The pranayam of yoga helps in breathing controls; this breathing control exercise gives extra energy to the heart and lungs. Therefore, regular practice of pranayam keeps away from the diseases to those organs. Apart from pranayam, meditation also helps to keep away the tension, helps to keep the body fit. Many research works specifies about the name of some effectives yogasanas, mudras, pranayamas, kriyas and meditation.

**KEYWORDS :** Hypo-kinetic diseases, Yoga, Exercise Prevention, Control, Fitness Guidelines.

### INTRODUCTION:

Hypo-kinetic disease is a common phenomenon in the present day world. Every year a great no. people suffer and die from this disease. Low or inactive lifestyle is the main cause of hypo-kinetic disease. The commonly known hypo-kinetic diseases are arthritis, hypertension, obesity, diabetes, back problem, osteoporosis, high blood pressure, heart disease, strokes, diabetes, osteoporosis, cancer, anxiety, depression etc It is also seen people who have one hypo-kinetic disease are more likely to

develop a second or even a third condition. For example, if anybody has diabetes, atherosclerosis, or high blood pressure, he or she has risk of having a heart attack or stroke increases dramatically. Experts say regular involvement in yoga practicing session, kinetic activities, maintaining a healthy lifestyle, controlling food habits, maintaining standard body weight, taking medical assistance beforehand the hypo-kinetic diseases can be prevented and managed. Experts say practicing of yoga at least of 30 minutes duration per day may prevent hypo-kinetic diseases. Other fitness training follows running, jogging, cycling, swimming, walking, and aerobic activities, moderating behavior, dietary control etc. helpful for preventing hypo-kinetic disease

#### **OBSERVATION:**

As per WHO's report for 2002, 29.34%, 9.66%, 2.45%, 1.73% and 1.60% people suffered and died from the diseases like cardiovascular diseases, cerebro-vascular, digestive disease, diabetes mellitus, hypertensive heart disease respectively. About 29% people suffered and died from obesity specifically in U.S.A. In India about 30 million people suffer and die from obesity. Symptoms of hypo-kinetic diseases varies, however, some common symptoms are as follows: A higher than normal body mass index and waist circumference, breathlessness, increased sweating, snoring, difficulty sleeping, acidity, indigestion, arthritis, inability to cope with sudden physical activity, feeling very tired every day, back and joint pains, anxiety, depression, stress etc. According to the World Health Organization, about 58 million people died in 2005 from several diseases. The WHO classifies cause of death using the International Statistical Classification of Diseases and Related Health Problems (ICD). However, the mortality rates (death rate per year, from data for 2002) deaths from some hypo-kinetic diseases were—death occurred from cardio-vascular diseases was 29.34 % per 100,000 populations. Total death was 268.8, male death was 259.3 and in same population female death was 278.4. From Cerebro-vascular disease (stroke) death percentage was 9.6%. Similarly percentage of death occurred from Digestive diseases was 3.45. From diabetes mellitus 1.73% deaths was occurred. From hypertensive heart disease 1.60% people was died in 100,000 populations. Total death, male and female death occurred 14.6, 13.4 and 15.9 respectively calculating on 100,000 populations and only from obesity Allison et. al estimated that 280,184 Obesity-attributable deaths occurred in the U.S. A and in another study it has been shown that 30 million Indians are obese and a certain number of people suffer and die from obesity. Deaths also occurred from some other hypo-kinetic diseases.

#### **DISCUSSION:**

Main cause of hypo-kinetic diseases is lack of exercises may be associated with inactive lifestyle. Heredity—people who have a family history of hypo-kinetic disease are more likely to develop a hypo-kinetic condition. Age— After sixty year of age or before it is seen that there is a chance of hypo-kinetic condition. Sex— Men have a higher incidence of many hypo-kinetic conditions than women. Although the number of women with heart disease is increasing, women still have only about half the incidence of the disease as men have; however, the incidence increases sharply in women after menopause. Body Fatness — having too much body fat is considered by many to be a hypo-kinetic condition. Diet— there is a clear association between hypo-kinetic disease and certain types of diets. The excessive intake of saturated fats, such as animal fats, is linked to atherosclerosis and other forms of heart disease. Excessive salt in the diet is associated with high blood pressure. Diseases—People who have one hypo-kinetic disease are more likely to develop a second or even a third condition. For example, if anybody has diabetes, atherosclerosis, or high blood pressure, he or she has risk of having a heart attack or stroke increases dramatically. People with poor posture have a high risk of experiencing back pain and those with too much body fat have a greater than normal risk of diabetes. Smoking—Smokers have a much higher risk of developing and dying from heart disease than nonsmokers. Stress—There is evidence that people who are subject to excessive stress are predisposed to various hypo-kinetic diseases including heart disease and back pain. Statistics indicate that hypo-kinetic conditions are common among those in certain high-stress jobs and those having type a personality profiles. Researchers say regular participation in Yoga and eating a balanced diet that is lower in

calories and saturated fat provides a lot of benefits to human beings prevent dying from heart disease or stroke, lowering persons' risk of heart disease, reduce body weight, stroke, high blood pressure, colon cancer, diabetes, arthritis, diabetes, back problem, osteoporosis and cholesterol etc., increase in insulin sensitivity, Regular practicing of Yoga can also make people feel better because it helps keep person's bones, muscles, and joints healthy. Reduces anxiety and depression and boosts person's mood. Helps the body to use insulin, which controls blood sugar, burns extra body fat, builds muscle strength, strengthens bones, Improves blood circulation, Boosts energy, helps person handle stress and helps to relax, helps control weight, helps control joint swelling and pain from arthritis, helps feel more energetic, helps to sleep better and improves self-esteem. Internally yoga provides the following advantages directly

**Enhanced Circulation** – The very first thing that yoga does is improve the circulation of blood. This means better transportation of oxygen and nutrients throughout the body. Improved blood flow also indicates healthier organs and glowing skin.

**Lowered Blood Pressure** – When a person practices yoga regularly, the blood circulation in the body is enhanced. This also allows oxygenation in the body. There is a significant reduction in blood pressure as the body calms down.

**A Drop in The Pulse Rate** – Yoga reduces the strain in the body, thereby easing it down. When the body relaxes, the pulse rate is lowered. A low pulse rate indicates that person's heart is strong enough to pump more blood in a span of fewer beats.

**Lowered Respiratory Rate** – Yoga involves a whole lot of controlled breathing. It entails filling person's lungs to their full capacity, thus allowing them to work more efficiently.

**Better Cardiovascular Endurance** – Yoga improves oxygenation in the body and also lowers the heart rate. This results in higher cardiovascular endurance.

**Stimulation Of Organs** – When person practices yoga, the internal organs are massaged, thereby increasing resistance to diseases. Also, once a person is attuned to your body, after years of practice, he or she will be able to tell instantly if his or her body doesn't function properly.

**Improvement In Gastrointestinal Health** – Studies have shown that with regular practice of yoga, the digestive system is activated, and indigestion, gas, and other stomach related diseases are eliminated. Overall, the gastrointestinal functions improve in both men and women.

**Increased Immunity** – Yoga and immunity go hand in hand. As yoga works towards healing and enhancing every cell in the body, a person's body automatically becomes more immune.

**Higher Levels of Pain Tolerance** – Yoga not only works towards reducing chronic pain, but it also increases the level of pain tolerance.

**Increased Metabolism** – A balanced metabolism is necessary to achieve ideal weight. Yoga keeps the metabolism in check.

**Renewed Energy** – Yoga has this ability to rejuvenate a person. Most Yogis feel energized after a session of yoga.

**Improved Sexuality** – Yoga increases a person's self-confidence and offers complete relaxation and more control. This gives person sexuality a much-needed boost.

**Sleep** – Yoga helps a person relax his or her mind completely. It helps person work on unnecessary tensions, thus facilitating better sleep. The external benefits of yoga are unlimited. However, it has seen as many as 250 000 deaths per year in the United States are attributable to a lack of regular physical activity. Regular Yoga increase in exercise tolerance also. Some people are not interested in a formal exercise program but are able to perform daily activities such as light housework, shopping, gardening, clearing walks and driveways, caring for a child or grandchild, caring for an older person, leisure walking, or exercising in a pool. There are health benefits (largely cardiovascular) from these activities. However, Yoga Session can be broken up into three or four 10-minute sessions per day; it does not need to be continuous to produce health benefits. Moderate intensity Yoga therapy is most effective if it is performed on most days of the week. However, practicing only one or two days per week is better than not practicing at all.

## CONCLUSION:

Dying from hypo-kinetic diseases is the very common factor worldwide every year. From a report of 2002 of WHO it is found that from different hypo-kinetic diseases every year a great no of people suffer and die worldwide However, yoga has a effective role to prevent, control and manage hypo-kinetic diseases. Experts say at least "30 minutes or more of participation in Yoga with its many branches like asanas, pranayam, meditation, kriyas etc. on most, and preferably all, days of the week may helpful to prevent hypo-kinetic diseases. Besides, intake of adequate diet that is not exceeding

caloric intake requirements with modification of behavior help to prevent hypo-kinetic diseases. Some exercises with fitness training follow running, jogging, cycling, swimming, walking, and aerobic activities helpful for preventing hypo-kinetic diseases. However, those who are severely suffering from hypo-kinetic diseases they should consult with a doctor and follow up the treatments. Many research results say Yogasanas like salvasana, bhujangasana, yogamudra, savasana, sahad setu asana suryavedan pranayam, budhyadebasana, ardhyaakurmasana bipolarit karani, Sukhasana, Padmasana, Siddhasana, Swastikasan, Vajrasana. etc. which are beneficial. Pranayams like supta sagar pranayam, bhamri pranayam, nari sodhan pranayam, om pranayam, surjyavedan pranayam etc. are beneficial to prevent and manage hypo-kinetic diseases. It is also said that doing something is better than doing nothing.

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