

Yoga term paper examples

[Countries](#), [India](#)



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Background and definition of yoga

According to Tait, Laditka, Laditka, Nies and Racine, the number of Americans resorting to Complimentary and Alternative Medicine (CAM) has increased tremendously in the recent past decades (24). Yoga, a term used to denote the physical, mental and spiritual disciplines that form part of the six principal systems of Indian thinking called darsana (Desikachar, Skelton, and Carter 1), is one form of CAM which, even though has its origin and wide usage in India, has spread rapidly to all parts of the world owing to its numerous and essential health benefits. As Desikachar, Skelton, and Carter assert, the term Yoga, which is a Sanskrit word, was derived from the root word yuj whose Indian meaning is “ to bring together things together” (1).

The Psychological Benefits of Yoga

Bonura, in a research that aimed at reviewing the Psychological benefits of Yoga, contends that yoga is indeed overly useful in reducing stress and

anxiety (130). The researcher also asserts that Yoga is currently preferred over medication drugs in the treatment of stress and its related complications as well as a plethora of other complications that can be treated through therapeutic treatment models (Bonura 130). Yoga can also be used to reduce anxiety; this may be done through yoga breathing exercises that aid in “restoring a sense of control” whenever someone experiences anxiety (Bonura 130). On the same note, it has been proven that Yoga can be used to meliorate depression and also improve the mood of an individual besides helping to reduce pain levels (by helping reduce the tension in muscles that precipitate pain) in individual as proven by a longitudinal study (that lasted six years) aimed at asserting the benefits of a stress reductions technique that embraces the use of gentle yoga (Bonura 130). Ideally, yoga is also helpful in the treatment of insomnia, reduction of anger, and the general betterment of sleep quality.

How yoga helps

Ideally, the basic principle behind yoga is the concentration of breath, sensation and mindful movement while disallowing the mind to wonder (Bonura 132). Yoga entails breathing exercises that allow an individual to connect the mind and the body; this essentially promotes wellness (Bonura 132). Again, there are various postures that are included in yoga that collectively make up the mindful movements leading to significant workouts. In its basic form, yoga encourages people to accept their current situation while also encouraging people to gain control of their self. By promoting self-control, Yoga inherently helps individuals to maintain health-promoting behaviors that include; healthy eating, good sleep and hygiene,

timely intake of medications and other activities that are essential for proper health.

Contraindication of yoga in older adults

Practicing yoga might affect people differently. Notably contraindication of yoga is dependent on the medical condition of an individual; this underscores the fact that yoga entails a varied number of activities. For instance, it is believed that yoga might change the manner in which a diabetic person responds to insulin medication. For such a person, it is advisable that yoga is practiced during the same time every time to allow the person, with the help of a medical practitioner, adjust the medication accordingly. In the same manner, people suffering from Chronic Heart Failure must take care while carrying out the breathing exercises. The idea is that different people will be affected differently due to the practice of yoga. In this regard, a review of one's personal health profile is highly recommended before one embarks on yoga as a health practice (Bonura 142). Moreover, hot yoga (yoga that takes place in a heated room) is considered relatively risky especially to people with cardiovascular problems. On other occasions, people involved in hot yoga might suffer from overheating if the room is not carefully heated. Bonura also notes that since yoga involves body movements and postures, there is chance that some of the practices might be strenuous to some people (134).

Guideline for practice

There are specific Guidelines for practicing yoga. These are inclusive of; the trainer should have knowledge of the various yoga movements, older

patients should link up with yoga trainers who have experience in training with older people, the patients before beginning their yoga classes should familiarize themselves with yoga besides reviewing various literatures on yoga in a bid to remain current on any developments in yoga (Bonura 142). Again, it is crucial to review any contraindication that might arise as a result of engaging in a give yoga activity before begin yoga lesson (Bonura 142). Additionally, it is of much importance to ensure that the safety specifications of the area in which yoga is practiced are maintained to standard. This can be done though ensuring that the First Aid and CRD certifications (for instance) are maintained to the specified levels. For people with hearing problems, music should be discouraged. In the same manner, the room where yoga practice is taking place should be properly ventilated. It is worth noting that these are, but some of the several guidelines that should regulate the practice of yoga- there are numerous publications that offer guidance on the practice of yoga.

Conclusion

Professedly, Yoga, a physical, mental and spiritual discipline which originated from India, is a form of CAM with multiple psychological benefits to adults. The psychological benefits of yoga include; melioration of mood and depression, reducing stress and anxiety, treatment of insomnia and general betterment of sleep quality. Most of the benefits of yoga related to some of the most prevalent psychological problems that adults suffer from most of the time. This implies yoga, in light of its numerous psychological benefits, is highly recommended for adults.

Works Cited

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