

The Study of Yoga Effects on improving Quality of Life

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ABSTRACT

The current study's goal is to examine how yoga affects health in New Delhi among volunteers who are generally healthy and of average age (age range, 30 to 60). variables and assessments of life quality. The survey received 50 responses, of which 26 came from the control group and 26 from the yoga practice group. The Shapiro-Wilk tests for normality showed that all of the data variables were normal, indicating that the data were distributed normally. Yoga and control groups were contrasted using a paired "T" test, and the between-group effect was examined using an independent samples "T" test. In comparison to a control group, the current study assessed the effect of yoga on a number of participant's quality of life indicators. The yoga group outperformed the control group on all facets of the QOL rating scale: physicalrole , mental wellbeing, communal relationships, and public health. Hence, frequent practice of a simple and fundamental yoga technique enhances quality of life.

Key Words: Yoga, health , QOL

INTRODUCTION

The practice of yoga is expanding globally. It offers comfort to the anxious mind. That is a blessing for the sick. The current fashion is meant to keep the average man attractive and in shape. Some people take it to increase their creativity, IQ, and memory. It is becoming a part of education due to its many benefits. It is used by experts to reveal higher levels of consciousness as they strive for excellence. The contemporary medical system has mostly supplanted all of the old medical systems around the world due to its rational foundation. It has proven to be quite efficient in defending against infectious and communicable diseases that can kill a person. Nonetheless, the current medical system is facing a significant challenge from newly prevalent psychosomatic illnesses and psychological issues. In this area, yoga is significantly advancing the field of modern medicine. In-depth study of yoga therapy over the past few decades has demonstrated its value as a long-term rehabilitation tool as well as an excellent complement to conventional treatment for various conditions (Malhotra AK ,2017) .

Yoga gives man a conscious method to deal with the perilous societal issues of sadness, restlessness, emotional distress, hyperactivity, etc. It also assists in scientifically and methodically awakening his hidden potentialities, allowing him to develop into a more complete human being.

The practices and philosophy of yoga are very applicable to modern life and have a substantial impact on the promotion of health and illness prevention through sustainable methods (Kanojia A,2018). Yoga has been performed for several thousand years, and its techniques and principles have been investigated in a variety of fields, including psychology and related studies. With their consistent application, they have withstood the test of time and greatly aid in achieving the finest overall health possible (Naragatti S,2019). Yoga revitalizes our traditions and heritage and aids in the prevention of many contemporary psychosomatic illnesses. By enhancing muscular fitness, yoga therapies are proven to have a positive impact on physical health. Sarvangasana, Matsyasana, and Shirasasana practiced for 5 minutes has been proven in studies to increase diastolic pressure and pulse pressure

(Arora DOP ,2019) . It has been demonstrated that performing some asanas increases intra-gastric pressure, which aids in bettering blood circulation. The main purpose of the study was to find out how yoga affects health.

METHODS

Study design: This study's main objective is to improve quality of life by comparing the effects of yoga meditation on healthy, normal participants.

Zubrod Performance Rating scale: Performance status is an effort to assess general health and daily activities in medicine and other professions therefore a scale to represent the functional level of a patient: 1; symptomatic and totally mobile; 2; symptomatic and spending more than 50% of the day in bed, 3; symptoms and spending more than 50% of the day in bed, 4; bedridden, and 5; deceased.

1) Inclusion Criteria

- Respondents who are in good health and are between the ages of 33 and 70.
- Possessing a performance status between 0 and 3 based on Zubrod's performance status between 0 and 3. [0 = Asymptomatic, completely mobile; 1 = Symptomatic, completely mobile; 2 = Symptomatic, mobile more than half the time. 3 = 50% of the time ambulatory and experiencing symptoms.
- **Justification: As many subjects as appropriate are intended to be enrolled by the inclusion criteria.**

Evaluations were done on participants who gave their agreement to take part in the experiment at the study visit and at the conclusion of the intervention, which lasted one month.

2) Exclusion Criteria

1. Those who are adults between the ages of 35 and 70.
2. Any connected illness.
3. Those who are very unwell or in Zubrod's performance status of 4
4. Those who cannot read.

Randomization: For a two group assignment, subjects were randomly assigned using random numbers produced by a computer.

Measurements/Variables: Quality of life (QOL)

Data Analysis: All of the data variables passed the normality tests, indicating that the data were evenly distributed Furthermore data were interpreted using t test to examine the modifications between the study group.

INTERVENTION

In today's world, when life has become a very difficult business and person's daily interactions with person constantly bring him mental stress, neurological pressure, mental difficulties, and restless , more and more people are drawn to the practice of yoga, which is the path to the utmost serenity and enlightenment. Yoga is the pathway to utmost serenity and enlightenment. However, due to two false impressions, most people are put off by this great gift from God. One of them is that yoga is mysterious, time-consuming, and requires solitude and seclusion, making it something that is intended for a select group of hermits and recluses.

Second, it is believed that practicing yoga needs strict physical discipline because it calls for a man to control his breathing, engage in other tranquil activities, and maintain a fixed position for extended periods of time. It is crucial to refute these common misconceptions. Yoga is an intellectual practice; no, it's a spiritual practice; it's a noble way of life, despite the fact that the bulk of Hindu preachers in India and abroad have been advocating the practice of body postures, breathing techniques, etc. A

way of life is yoga. Yoganic meditation is the primary topic of this investigation because it is advised by the Shrimad Bhagwad Gita.

RESULTS AND DISCUSSION

There were 52 individuals in the study in total: 26 yoga practitioners and 26 control subjects. The participants in yoga group had an average age of 34.36 ± 9.35 years, whereas the participants in control group had an average age of 35.25 ± 8.17 years.

Scores on Quality of life

As comparison to the controls, the yoga group alone shown a significant improvement in each of the following domains: physical function ($t = -17.57$, $p = 0.001$), mental Fitness ($t = -14.98$, $p = 0.001$), social relationships ($t = -13.72$, $p = 0.001$), and environment ($t = -15.92$, $p = 0.001$). An independent sample t test on change evaluations between the yoga group and the control group showed a substantial improvement in social connection ($t = -12.05$, $p = 0.001$), psychological domain ($t = -13.47$, $p = 0.001$), physical health ($t = -15.67$, $p = 0.001$), and environment factor ($t = -15.73$, $p = 0.001$) (Table 1)

Table 1: Improvements in QOL after intervention

Parameter	Yogic Meditation (Yoga Group)		Control group	
	Pre -test	Post -test	Pre -test	Post -test
Physical Function	26.2 (2.38)	32.2** (2.18)	27.04 (1.86)	27.2 (1.61)
Mental Health	21.08 (2.181)	26.84** (1.66)	22.52 (4.08)	21.68 (3.02)
Social Factor	10.34 (1.39)	14.96** (0.84)	11.9 (1.32)	11.8 (1.12)
Environmental Domain	25.08 (3.49)	31.84** (3.10)	32.12 (3.47)	31.08 (3.29)

** $p < 0.01$ significant

In compared to a control group, the study assessed the effect of yoga on a number of participant quality of life metrics. The yoga group outperformed the control group on all aspects of QOL: physical wellbeing, mental wellbeing, social connections, and environmental safety. Hence, frequent practice of a simple and fundamental yoga technique enhances quality of life.

Recent research has advised against using meditation with patients who have mental health issues since it could exacerbate psychotic symptoms (GharotteML, 2006). Despite case studies claiming that particular yogic activities might cause severe psychotic episodes, no controlled studies involving a larger sample of patients have demonstrated the same unfavorable effects of either yoga (Naragatti S, 2018). As a result, it appears to be an effective remedy for people who display signs of a mental disorder, and this has been confirmed in a few experiments.

CONCLUSION

This practice of yoga can be practiced regularly to keep your body healthy and to prevent various psychosomatic ailments where cerebral stress is thought to be a contributing factor. Thus the particular techniques typically decline psychophysiological stimulation, which increases tranquility and relaxation while also boosting other aspects of attention like the capacity to remain focused, focus, and change attention.

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