

A Vital Role of Yoga for the Duration of Covid-19

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ABSTRACT

The COVID-19 pandemic caused by the Severe Acute Respiratory Syndrome Coronavirus-2 has negatively impacted the universal healthcare and economic systems worldwide. The COVID-19 pandemic has also created an emotional and psychological pandemic among community of all ages irrespective of economic status and physical wellbeing. As a effect of prolonged lockdowns, one of the most severely affected age groups internationally is the young adults' group, especially students. Uncertainties in the academic calendar, restricted outdoor activities, and unusual daily routines during lockdowns led to higher incidences of stress, anxiety, and depression among students worldwide. In this review research paper, we summaries the vital role of yoga during this period and available evidence on the effect of lockdowns on students and discuss possible positive impacts of yoga and meditation on various psychological, emotional, and immunological parameters, which can significantly influence the general wellbeing and academic performance of students. Perspectives shared in the review will also bring awareness on how yoga and meditation could boost students' performance and assist them in maintaining physical and mental wellbeing during stressful conditions such as future epidemics and pandemics with novel infections. This information could help create better educational curriculums and healthy routines for students.

Keywords: COVID-19, pandemic, immunity, yoga therapy, immune, epidemics, respiratory.

INTRODUCTION

The current pandemic situation, i.e., COVID-19, is a severe acute respiratory entity that is caused by a corona virus. Considering its highly spreading nature, high prevalence rate, it is declared a global health emergency. The number of cases worldwide shows that people of all ages can get affected by COVID-19. However, as per WHO guidelines, people with low immunity or above 60 years, people with coexisting chronic disease or previously diagnosed respiratory (chronic lung disorder, bronchial asthma, etc.), cardiovascular, endocrine or inflammatory diseases, morbid obesity, diabetes mellitus, renal or liver disorders are more prone for a severe and critical

exhibition of COVID -19 with the high mortality rate . Many conditions causing a person to be immune-compromised include the prolonged intake of immune weakening medications such as chemotherapy, corticosteroids, etc., history of transplantation of any organ or bone marrow, addictions such as smoking [1]. Coronavirus (COVID-19) became a widespread health crisis with a high amount of mortality since December 2019 [1]. The COVID-19 was first identified in December 2019 in Wuhan (China) and spread throughout the world with rapid infection and deaths [2], caused clusters of respiratory illnesses [3]. The highly transmittable viral infection is caused by the virus known as the SARS-CoV2 (severe acute respiratory syndrome coronavirus two), which analysis of genomic revealed that it is genetically related to the severe acute respiratory syndrome outbreak (Lu R, 2020) [4] . The World Health Organization has declared the COVID-19 as a pandemic after the span of three month on March 11, 2020 [5] . By the start of March 2020, over 1 million cases of the disease had been reported across the 90 countries worldwide, at which time the World Health Organization labeled Covid-19 a ‘Global Pandemic’ [6] . As the year of 2020 progressed, Covid-19 continues to spread, over 160 million cases and 3.3 million deaths globally since the start to the pandemic on 13 May 2021 (WHO, 2021) [7] . Due to continuing spread of COVID-19, the Indian government announced lockdown to prevent individuals from exposure to infection of COVID-19. Due to lockdown, limited regular physical activities, exercises and outdoor activities will affect the daily activities of most of the individuals [8]. Since the declaration of the COVID-19 outbreak as a pandemic by World Health Organization, the uncertainly causing fear, anxiety, depression and stress in every person and community also. Every person are also high risk of developing psychological stress, strain depression and post-traumatic stress disorder [9][10] and require rehabilitative therapy to deal with the crisis. Traditional Indian health practices such as Yoga, Siddha, Ayurveda and homeopathy have been known to prevent, treat and control several diseases (Choudhary A, Pathak A, 2019) [11] . These above practices are 5000 years old and have been cited in ancient Indian literature. Yoga is one of the widely accepted and structured lifestyle practices with promotes the integration of the mind, body and soul. These practices are known to have strong influences on the psychology [12] , and immune system.

The Term of Yoga

The term of Yoga comes from the root yuj which means union or yoke, to join and direct and concentrate one's attention [14][15] . The art of Yoga is defined as a system of culture for perfecting human potency. It claims to destroy the defects and diseases of the body and mind, to determine health and bestow happiness, to develop intelligence and reveal true knowledge of self, and to extract the nectar of all things. The term yoga as this word is part of a complete system that's quite complex. The word yoga as interpreted by several means "union" and might be broken down further into five specific elements all contributory to the union of mind, body and soul. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy (Collins C, 1998) [16] . Four basic principles underlie the teachings and practices of yoga's healing system [17] . The first principle is that the human body is a holistic entity comprised of assorted interconnected dimensions indivisible from each other and also the health or illness of anyone dimension affects the other dimensions. The second principle is individuals and their needs are distinctive and thus should be approached in a way that acknowledges this individuality and their practice should be tailored consequently. The third principle is yoga is self empowering. Several lines of evidence have shown that stress can also delay wound healing and compromise immunity through different physiological pathways. A long-term stress-related chronic inflammation is also linked with higher risk for several diseases such as cardiovascular disease, cancers, diabetes, and autoimmune diseases [20]. Several reports have shown that the presence of underlying comorbidities such as cerebrovascular diseases, chronic lung diseases, cancer, diabetes, and hypertension could increase the incidence and severity of SARS COV-2 infection [24]. With current day lifestyle, incidences of diabetes, hypertension, and mental health-related diseases are increasing in young adults. Such disorders accompanied by stress and chronic inflammatory conditions could impact the general wellbeing and functioning of a healthy immune system to defend against emerging infections. Thus, the current scenario could propel humans to equip themselves with ways to overcome the stressful effects of such pandemics and boost their physical and mental wellbeing.

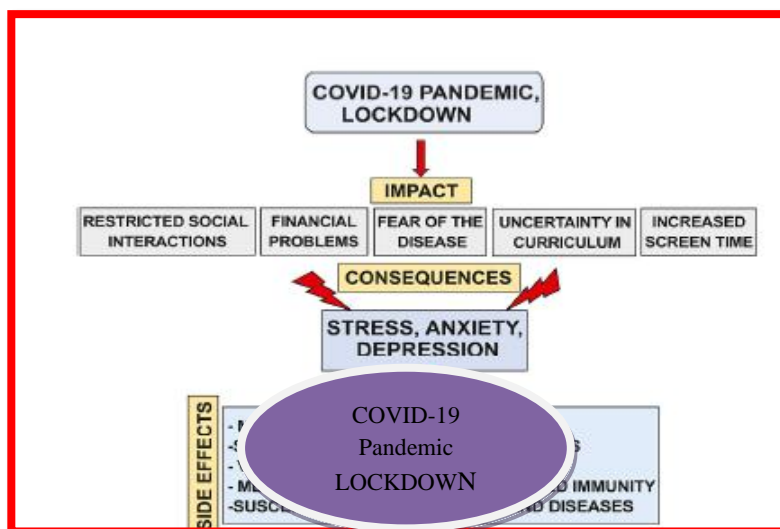


Fig. 1. Impacts, consequences, and side effects of the COVID-19 pandemic on students: This figure describes the impacts of the COVID-19 pandemic and associated lockdown on the students' daily life, such as restricted social interaction, fear of contracting SARS CoV-2 infection, uncertainty in academic curriculum, and increased screen time. Such changes during lockdown during COVID -19 pandemic have led to significant stress, anxiety, and depression, causing emotional, psychological, immunological, and metabolic imbalances.

Importance Of Yoga During This Pandemic

Yoga, is a word that became popular across the world in the last few years. Yoga is not only beneficial for the body but also for the mind. It helps to improve blood flow and helps in building mind clarity. For ages, yoga was known to be beneficial for our physical & mental health. It not only help us to stay calm but also help us to lose weight. During this ongoing corona virus pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home for such long periods of time, can be mentally challenging for us. When our mind is flooded with the uncertainty of the future, we often experience sleepless nights causing fatigue. Many of us are unable to relax our mind during this time thereby increasing the stress on our minds. During this time, it is important to understand

that mental health is very important for survival. To help with this growing level of anxiety and depression, we must lead a healthy lifestyle, stay connected to our loved ones, and practice yoga at home. To live through this lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul. There are different forms of yoga that can help us to stay physically strong and mentally balanced. It could also be something you can motivate others in your family & social circle to do, as it could help them get through these times easily & healthily. Just like a normal walk in the park or 30 minutes of hard-core gym exercising, Yoga brings its own flavour and benefits to the table, which can be performed by people of all ages, and provides you with a holistic sense of health, which is especially required during these times.

CONCLUSIONS

As these various Yoga practices are non-expensive as well as these can be performed at home by every person. There is no specific age limit for Yoga Practices. It becomes suitable for everyone if adopted after giving proper demonstration & under the supervision of an expert. The broad-spectrum regime of Yoga Practices can become an eternal, holistic, very cost-effective & straightforward model of health and healing of the body in Pandemic like COVID-19.

The purpose of this review is to discuss research findings on the therapeutic effectiveness of yoga as an intervention for treatment of depression; specifically, the studies in this review examined yoga styles in which the practice of asanas is the core component [9]. The current can mitigate all sorrows. public health recommendations promoting physical activity during COVID-19. If we successfully adopt yogic culture [5]. Future research can be carried out to define a schedule of Yoga Asana to be performed in more detail in support of the result. In follow-up studies, it seems worthwhile to develop a guideline on yoga for society on aligning the health care mission and to achieve the safety of life in country [3]. Now it's well-known fact that Yoga as means, as world view and as study of consciousness is essential for dealing with all kinds of problems. It has been part and parcel in Indian life right from the Veda and now it has been accepted by even modern physics [16]. Need serious assistance by the government, community groups, families and individuals in providing social assistance in overcoming mental health problems.

Yoga is a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to perfect harmony between mind and body, man and nature, individual consciousness, and universal consciousness. Yoga helps to build up psycho-physiological health, and emotional harmony; and manage daily stress and its consequences. Yoga is also useful in conditions where stress is believed to play a role(1). Various yogic practices such as Yogasanas, Pranayama, Dhyana (meditation), cleansing and relaxation practices, etc. are known to help modulate the physiological response to stressors.

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