

# Benefits of Yoga

## Why Yoga Exercise is Good for You

<http://www.abc-of-yoga.com/beginnersguide/yogabenefits.asp>



Yoga books tell us that Yoga as we all know is aimed at uniting the mind, the body and the spirit. Yogis view that the mind and the body are one, and that if it is given the right yoga kit and tools, and taken to the right environment that it can find harmony and heal itself. Yoga therefore is considered therapeutic. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment. This is one of the foremost reasons why people want to start practicing yoga – to feel fitter, be more energetic, and be happier and peaceful.

Yoga is a science that has been practiced for thousands of years. It consists of ancient theories, observations and principles about the mind and body connection which is now being proven by modern medicine. Substantial research has been conducted to look at the health benefits of Yoga – from the yoga postures(Asanas), yoga breathing (Pranayama), and Meditation. The information on yoga poses & benefits are grouped into three categories – physiological, psychological and biochemical effects.

### Physiological Benefits of Yoga

- Stable autonomic nervous system equilibrium
- Pulse rate decreases
- Respiratory rate decreases
- Blood Pressure decreases (of special significance for hyporeactors)
- Galvanic Skin Response (GSR) increases
- EEG – alpha waves increase (theta, delta, and beta waves also increase during various stages of meditation)
- EMG activity decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Gastrointestinal function normalizes
- Endocrine function normalizes

- Excretory functions improve
- Musculoskeletal flexibility and joint range of motion increase
- Breath-holding time increases
- Joint range of motion increase
- Grip strength increases
- Eye-hand coordination improves
- Dexterity skills improve
- Reaction time improves
- Posture improves
- Strength and resiliency increase
- Endurance increases
- Energy level increases
- Weight normalizes
- Sleep improves
- Immunity increases
- Pain decreases
- Steadiness improves
- Depth perception improves
- Balance improves
- Integrated functioning of body parts improves

### **Psychological Benefits of Yoga**

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- Anxiety and Depression decrease
- Hostility decreases
- Concentration improves
- Memory improves
- Attention improves
- Learning efficiency improves
- Mood improves
- Self-actualization increase
- Social skills increases
- Well-being increases
- Somatic and kinesthetic awareness increase
- Self-acceptance increase
- Attention improves
- Concentration improves
- Memory improves
- Learning efficiency improves
- Symbol coding improves
- Depth perception improves
- Flicker fusion frequency improves

### **Biochemical Benefits of Yoga**

- Glucose decreases
- Sodium decreases
- Total cholesterol decreases
- Triglycerides decrease
- HDL cholesterol increases
- LDL cholesterol decreases
- VLDL cholesterol decreases
- Cholinesterase increases
- Catecholamines decrease
- ATPase increases
- Hematocrit increases
- Hemoglobin increases
- Lymphocyte count increases
- Total white blood cell count decreases
- Thyroxin increases
- Vitamin C increases
- Total serum protein increases