

## Diseases and its cure through the great yogas study

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### Abstract

A disease is a particular abnormal, pathological condition that affects part or all of an organism. It is often construed as a medical condition associated with specific symptoms and signs. Advances in medical sciences and better living conditions have increased the life expectancy. Biological ageing is correlated with increased morbidity, mortality and poor health states. Three ways of expressing human ill-health. (1) Disease : A cluster of signs, symptoms and laboratory findings linked by a common patho-physiologic sequence. Most epidemiology is about disease. (2) Illness: The subjective state of the individuals who feels aware of not being well. The ill individual may or may not be suffering from disease. (3) Sickness: The social roll assumed by an individual suffering from all illness. Yoga first emerged in the Indian civilization over 3000 years ago, and has since been gaining popularity around the world. Yoga is re-union of mind and body to the God. Depending upon the way in which it is practicing it can be divided into several types like "Khada yoga", "Dhyana yoga", "Raja yoga", "Sidha yoga" etc etc. Normally Indians are practicing Khada yoga (hatha yoga). It is nothing but bending and stretching of the bodies. This is the only exercise which starts and ends with prayer to the God. Yoga practice imparting positive energy to us. It will give a energy through out life.

**Keywords:** diseases, yoga, aasanam, causes, cure, hyper tension etc.

### Introduction

The International Classification of Diseases (ICD) is the standard diagnostic tool for epidemiology, health management and clinical purposes. This includes the analysis of the general health situation of population groups. It is used to monitor the incidence and prevalence of diseases and other health problems, proving a picture of the general health situation of countries and populations.

Classifications of diseases become extremely important in the compilation of statistics on causes of illness (morbidity) and causes of death (mortality). It is obviously important to know what kinds of illness and disease are prevalent in an area and how these prevalence rates vary with time

The most widely used classifications of disease are (1) topographic, by bodily region or system, (2) anatomic, by organ or tissue, (3) physiological, by function or effect, (4) pathological, by the nature of the disease process, (5) etiologic (causal), (6) juristic, by speed of advent of death, (7) epidemiological, and (8) statistical. Any single disease may fall within several of these classifications

In the anatomic classification, disease is categorized by the specific organ or tissue affected; hence, heart disease, liver disease, and lung disease. The physiological classification of disease is based on the underlying functional derangement produced by a specific disorder. The pathological classification of disease considers the nature of the disease process. The etiologic classification of disease is based on the cause, when known. The juristic basis of the classification of disease is concerned with the legal circumstances in which death occurs. The epidemiological classification of disease deals with the incidence, distribution, and control of disorders in a population.

The statistical basis of classification of disease employs analysis of the incidence (the numbers of new cases of a specific disease that occur during a certain period) and the prevalence rate (number of cases of a disease in existence at a certain time) of diseases.

Many different medical classifications exist, though they occur into two main groupings: *Statistical classifications* and *Nomenclatures*.

The World Health Organization (WHO) maintains several internationally endorsed classifications designed to facilitate the comparison of health related data within and across populations and over time as well as the compilation of nationally consistent data. This "Family of International Classifications" (FIC) include three main (or reference) classifications on basic parameters of health prepared by the organization and approved by the World Health Assembly for international use, as well as a number of derived and related classifications providing additional details. Some of these international standards have been revised and adapted by various countries for national use.

Classification of diseases is a complex process due to the different uses and users of disease classifications. In different settings, different levels of detail are required. A disease concept is usually defined with the aid of several dimensions. Classification of diseases serves to highlight a subset of these dimensions. The selection of the relevant subset depends on the questions to be answered with the aid of the classification. For use in public health, the current worldwide implemented standard is the *International Classification of Diseases (ICD)*. Its categories are structured to meet the needs in health systems for mortality and morbidity data. WHO is the custodian of ICD,

which is updated regularly. The current 10th revision of ICD was published 1992 and is available in 42 languages (2007). So far, over 107 countries use the classification for mortality reporting. In morbidity applications, ICD is used for epidemiology, disease surveillance, reimbursement systems, or determining eligibility for services and income support due to disability (in conjunction with the International Classification for Functioning, Disability, and Health, ICF).

In general we can classify diseases like: hereditary diseases, contagious disease and non-contagious diseases. Hereditary disease is also known as human genetic disease, any of the disease and disorders that are caused by mutations in one or more genes. A contagious disease is a subset category of transmissible diseases (can be transmit from persons to another). Usually infections or some non-infectious disease. An infectious disease that is spread through contact with infected individuals, also called a communicable disease. Contact with the bodily secretions of such individuals, or with objects that they have contaminated, can also spread this kind disease.

Non contagious (Non communicable) diseases are diseases including less common types and symptoms and diagnosis of the correct sub type. Non contagious diseases information including symptoms, diagnosis, misdiagnosis, treatment causes, patient stories, videos, forums, prevention and prognosis. Heart, Lung & other organ diseases, according to the centre for disease control and prevention, heart disease, heart attacks, coronary heart disease and congestive heart failure are all common lung disease.

Pathanjali Maharishi is considered as the father of yoga. In his 'yoga sutra' he explained the core of yoga as "yoga chithavrutthi nirodhah". This means yoga controls the waves of our mind or it is a balanced state of mind-brain system. He introduced the "Ashtanga yoga" which includes, *yanam*, *nyam*, *asana*, *pranayama*, *prathyahara*, *dyanam*, *dharana* and *Samadhi*.

The word 'yoga' is derived from the Sanskrit word, *yuj* which means 'to join'. While your workout at the gym may focus on physical activity, weight control, or strengthening of the body, it definitely ignores the mind. It is yoga's ability to connect the mind and the body together that helps it to positively enhance human well-being.

The concept of yoga practicing in our daily life is an holistic approach towards health as well as alternative form of medicine. Word yoga is derived from a Sanskrit word "yuj" which means "union". The goal of classical yoga (khada yoga/hatha yoga) is to bring self-transcendence, or enlightenment, through physical, mental and spiritual health through the observation of controlled breathing (*pranayama*), prescribed postures (*asanaas*), and meditation (*dhyana*). Yoga and meditation combined with a low-fat diet and group support could significantly reduce the blockage of coronary arteries.

There are 40 kinds of yoga spread in different parts of the country. According to the scriptures, yoga is mainly classified in to nine various systems in branches. They are

- 1) Karma yoga-union by action and service
- 2) jnana yoga-union new knowledge,
- 3) bhakhi yoga-union by love and devotion,
- 4) raja yoga-union by mental mastery,
- 5) mantra yoga-union by voice and sound,
- 6) yantra yoga- union by vision and form,
- 7) kanadalini yoga- union by the arousal of the latent psyche,
- 8) tantric yoga-union by harmonizing sexual energy.

The holistic science of yoga is the best method for prevention as well a management of stress and stress induced disorders.

Yoga decreases levels of salivary cortisol blood glucose as well as plasma rennin levels. Yoga has been shown to have psychological effects, decreasing anxiety and increasing feelings of emotional, social, and spiritual well-being. Several literature reviews have been conducted that examined the impact of yoga on specific health conditions including cardiovascular disease metabolic syndrome, diabetes, cancer and anxiety.

How yoga related to health: Human being is living between the pressure. He is facing the same from all sides of his life. How to approach such matters and overcome them will determine the success or failure in life. The pressure of modern life styles in the form of thoughts, desires, needs, advanced technology, method of living, social status etc go beyond our capacity to bear and that lead to physical, psychological and spiritual disorders. To over come problems, conflicts, tension etc yoga is the best option. Yoga is the science of managing and solving anything related to the physical, psychological and mental being. Yoga teach us the right approach to the events in life.

Asanas and its benefits: There are two main reasons for effecting disease4s in human body.

- 1) Imbalance and non co-ordinate neuro muscular and psycho neuro-immunological axis.
- 2) Deterioration in the normal process of blood circulation and lymph circulation system causes the unwanted retention of toxic substances in the internal body tissues.

Yoga therapy emphasizes the promotion of immunity in the body, rather than concentrating on the factors causing diseases. For this, the body and mind are being prepared for cleansing, adjustment and adaption process.

Pranayama helps to increase the life span. When we are giving control to the breath, more air enters in to the lungs and is in the body for a long time. This will help each cell to absorb maximum oxygen from the breath and eliminate impurities by way of exhaled carbon dioxide. Gaseous exchange that means the absorption of oxygen and elimination of carbon dioxide is very high across the blood capillaries. Cells will become pure and that is the base of healthy body and mind. Better functioning of autonomic system improves the working of lungs, heart, diaphragm, abdomen, intestines, kidneys and pancreas. Digestive system improves and diseases pertaining to digestive organs are cured. General irritability due to lethargy/fatigue vanishes.

By pranayama practice all body organs gets more oxygen, toxins are removed from body, therefore onset of various diseases can prevented. Pranayama strengthens the immune system.

Yoga is useful to patients of heart diseases and hypertension. It affects hypothalamus and brings about decrease in the systolic and diastolic BP through its influence on vasomotor center, which leads to reduction in sympathetic tone & peripheral resistances. Studies revealed that yoga practice is useful for stress related problems such as blood pressure and cholesterol. Yoga and relaxation techniques keep the body fit and strong plus gives a feeling of well being. Yoga helps in increasing oxygen supply to the brain.

Yoga reduces anxiety, promotes well being and improves quality of life. Several investigations describe that yoga have beneficial effects on the functioning of the muscular, cardiovascular, respiratory, gastrointestinal and other systems.

## Yoga karmasu kausala

Yogic techniques are known to improve one's overall performance and work capacity. Physical fitness not only refers to cardio respiratory fitness and muscular strength, but also coordination and flexibility ie, the full range of physical qualities which can be understood as an integrated measurements of all functions and structures involved in the performance. Practice of yoga by pregnant woman can prevent to reduce the obstetric complications.

## Influence of Yoga on Serotonin

Serotonin is a brain chemical that helps move messages throughout the nervous system. This neurotransmitter performs many functions, including regulating mood, appetite and the sleep/wake cycle. Consuming certain foods helps stimulate the production of serotonin in the brain-and so does exercise.

According to the National Institute of Health and Clinical Excellence, of the United Kingdom, exercise increase brain serotonin function in humans. A study published in Neuropsychopharmacology revealed that there are two mechanisms by which physical activity increases brain serotonin. First motor activity increases the rate and frequency at which serotonin is "fired" within the brain, resulting in an increase in both the release and synthesis of it. Secondly regular exercise increase the level of tryptophan in the brain (an amino acid used to manufacture serotonin).It is clear that yogic exercise improves mood through increasing brain serotonin levels. Also regulate the alcoholic addiction.

There are several types of yoga that can be practiced by individuals to deal with specific health problems:

- **Ashtanga** and power yoga are best suited to those looking for an aerobic type of workout where you push yourself to flow from one pose to another.
- A **bikram yoga** class is practised in a room with heightened temperatures of 37°Celsius, where you posture yourself to twenty-six poses. The high temperature makes your body more flexible and increases the removal of toxins from your body.
- A more relaxed form of yoga is **Iyengar** yoga. This form utilizes the same postures of **ashtanga** yoga, where the postures are held for a longer period of time and focuses more on posture and alignment.
- **Jivamukti yoga** caters to spirituality with meditation, chanting and spiritual readings.
- **Kundalini yoga** strengthens the physical, mental and spiritual discipline. It aims to awaken the creative spirituality of a person by waking up a coil of energy at the base of the spine.
- **Ananda yoga** focuses on creating an inner awareness and power control.

But no matter what subset of yoga you prefer and choose to perform, they all lead to one basic fundamental truth – that your mind and body are two sides of the same coin and they must be kept healthy in a consistent manner. Its primary focus has never been weight loss, although that is a wonderful and definite outcome! Yoga aims to cleanse your breathing, your posture, your thoughts, and your diet in order to achieve a healthier life. Today, when almost everyone is suffering from some form of ailment or the other, yoga is an effective way to deal with your problems. Yogic meditation allows the mind and body to slow down, controls the heart rate and breathing, and relaxes the

mind. Balance is an important element of yoga. Yoga exercises allow you to shift weight to different organs of your body, allowing oxygenated blood to enter these organs and flush out the toxins. Yoga postures push your muscles to hold their stances, and strengthen their core. There are three systems that help in elimination of waste from the body – circulatory, digestive and lymphatic – and the stretching and breathing exercises of yoga work at all three levels. Various poses in yoga help in improving bowel movements and several yoga exercises drain the lymph nodes of toxins. Here are some diseases that yoga can help with:

## Asthma

During pranayama, the more and more air breathed in pushes open the closed or non functioning alveoli of lungs. Thus the capillarity of the lungs set more saturated with oxygen

If you suffer from asthma, the daily practice of *yoga* can help you overcome it, and prevent asthma attacks. Deep breathing as practised in yoga, pushes your lungs to take in more oxygen and, at the same time, regulates your breathing rate.

## Indigestion and stomach ailments

Practice of the child pose, or the wind relieving pose is known to cure indigestion problems by helping in bowel movements. Migraines and headaches are common problems with far too many people these days. Lack of oxygen to the brain may precipitate Migraine. The *sirsasana* pose or the headstand is known to increase the flow of oxygen to the brain.

## Bone, joint and muscle pains

The *tadasana* or the tree pose aims at correct back alignment, strengthening the lower back muscles and helping to relieve any pain. Stretching the body, as in *Surya namaskaras*, is an effective way to deal with joint pains and arthritis.

## Heart problems

The *bhujangasana* or the cobra pose, helps in stretching and expanding the chest, allowing more blood flow to the heart, thus stimulating it. The *kapalbhati* is a breathing exercise which is effective in dealing with cardiac disease, since it enhances the intake of more air in to the lungs and allows more oxygen to diffuse in to pulmonary blood circulation.

## Diabetes

*Surya namaskara*, which is a twelve step yogic routine of stretching and breathing, is extremely effective in controlling diabetes, as it promotes the production of insulin from the pancreas.

"*Pathahasthsanam*" stimulate pancreas which produce insulin to reduce blood glucose level.

## Anxiety and depression

The breathing techniques from yoga are an effective method to help your mind relax, and fight against depression and hypertension. When your body and mind go into panic mode, your body is flooded with the 'fight or flight' hormone. Simple yogic breathing exercises lower stress hormones, relaxing the mind and enhancing the immune system. Yoga practices such as deep breathing, force the heart rate to slow down and your lungs to take in more oxygen.

## **Hypertension**

Yoga, together with relaxation, transcendental meditation, and psychotherapy, has been found to have a convincing antihypertensive effect. The mechanism of yoga included blood pressure reduction may be attributed to its beneficial effects on the autonomic neurological function.

Yoga has been efficacy in managing secondary cardiac complications due to chronic hypertension is a harbinger of many chronic cardiac complications, such as myocardial ischemia, congestive cardiac failure, and impairment of diastolic function. Cardiovascular response to head –down–body –up postural exercise (Sarvangasana) has been shown to be particularly beneficial in preventing and treating hypertension –associated left ventricular hypertrophy and diastolic dysfunction.

## **Coronary atherosclerosis**

In randomized controlled study, patients with angiographically proven coronary artery disease who practiced yoga exercise for a period of one year showed a decrease in the number of anginal episodes, improved exercise capacity and decrease in body weight. Serum cholesterol levels (total cholesterol, LDL, cholesterol and triglyceride levels) also showed greater reductions as compared with control groups.

## **Life threatening diseases**

Intensive treatment for AIDS and Cancer can be terrible for patients. However, practiced with yoga, it can be used as a coping facility. Yoga helps treat the body and mind and is also a great way to overcome addictions such as alcoholism or drug abuse, helping the body reject excess doses of poison while helping the mind pull itself together.

Yoga offers healthier and more natural options than your local doctor, and the constant barrage of pill-popping. It deals with the body and mind in a combination of ways to strengthen your individual organs. As much as yoga cures many ailments, it also prevents problems from arising. It's not for nothing that the who's who of the world has taken to practising yoga to calm their nerves, and keep fit. Everyone from Madonna to Gwyneth Paltrow to Matthew McConaughey to Robert Downey Jr., swear by yoga and its benefits. Don't get left out!

In modern life treating diseases with medicines is more expensive and tension creating. But yoga is non expensive and non-tension creating.

Yoga came to the attention of an educated western public in the mid 19th century along with other topics of Hindu philosophy. The first Hindu teacher to actively advocate and disseminate aspects of yoga to a western audience was Swami Vivekananda, who toured Europe and the United States in the 1890s (however, Vivekananda put little emphasis on the physical practices of Hatha Yoga in his teachings). The physical asanas of hatha yoga have a tradition that goes back to at least the 15th century, but they were not widely practiced in India prior to the early 20th century. Hatha yoga was advocated by a number of late 19th to early 20th century gurus in India, including Tirumalai Krishnamacharya in south India, Swami Sivananda in the north, Sri Yogendra in Bombay, and Swami Kunalayananda in Lonavala, near Bombay. In 1918, Pierre Bernard, the first famous American yogi, opened the Clarkstown Country Club, a controversial retreat center for well-to-do yoga students, in New York State. In the 1960s,

several yoga teachers, most notably B.K.S. Iyengar, K. Pattabhi Jois, Swami Vishnu-devananda, and Swami Satchidananda became active and popular in the West. A hatha "yoga boom" followed in the 1980s, as Dean Ornish, MD, a medical researcher and follower of Swami Satchidananda, connected hatha yoga to heart health, legitimizing hatha yoga as a purely physical system of health exercises outside of counter culture or esotericism circles, and unconnected to a religious denomination.

Since then, hatha yoga has been used as supplementary therapy for diverse conditions such as cancer, diabetes, asthma, and AIDS

The more classical approaches of hatha yoga, such as Iyengar Yoga, move at a more deliberate pace, emphasize proper alignment and execution and hold asanas for a longer time. They aim to gradually improve flexibility, balance, and strength. Other approaches, such as Ashtanga or Power Yoga, shift between asanas quickly and energetically. More recently, contemporary approaches to yoga, developed by Vanda Scaravelli and others, invite students to become their own authority in yoga practice by offering principle-based approaches to yoga that can be applied to any form.

Yoga has roots in India. The foundational text for yoga is the Yoga Sutra. Religious articles from a variety of views and beliefs have been published to try to show that Yoga is leading people from their previous beliefs into eastern religions. Some websites are wholly dedicated to this purpose, under names such as "Yogadangers.com" Evangelical Christian leader Albert Mohler is a critic of yoga, saying 'the embrace of yoga is a symptom of our postmodern spiritual confusion'.

Nearly all types of hatha yoga practices include asana, pranayama and savasana.

**Back pain.** There is evidence that Hatha Yoga may be effective in the management of chronic, but not acute, low back pain. The results of another study on the efficacy of Hatha Yoga therapy for chronic low back pain showed that at around 24 weeks the Hatha Yoga group had statistically significant reductions in functional disability, pain intensity, and depression compared to a standard 6-months medical treatment. It was also concluded from this study that there was a significant trend in the Hatha Yoga group decreasing their use of pain medication compared that of the control group.

**Blood pressure.** Although some evidence exists to suggest Hatha Yoga might help people with high blood pressure, overall this evidence is too weak for any recommendation to be made, and little is known of the safety implications of such an approach.

**Cancer.** Practice of Hatha Yoga may improve quality-of-life measures in cancer patients. It is unclear what aspect(s) may be beneficial or what populations should be targeted. Hatha Yoga practice as part of cancer treatment has also shown improvement in biomarkers such as TNF-alpha, Interleukin 6 and IL-1beta. Stronger effects on biomarkers as well as quality-of-life measures is associated with more frequent Hatha Yoga practice. Hatha Yoga has no effect on the underlying disease.

**Epilepsy.** No benefit.

**Menopause-related symptoms.** No benefit.

**Pediatric conditions.** A 2009 systematic review concludes that there is insufficient evidence to support the use of Hatha Yoga for any indication in the pediatric population. No adverse events were reported, and most trials were positive but of low methodological quality.

**Rheumatic disease.** Only weak evidence exists to support the use of Hatha Yoga as a complementary therapy for helping people with rheumatic diseases, and little is known of the safety of such use.

**Sports Related Physical Health.** Increasingly Hatha Yoga is used to train sports-persons and athletes, to maximize performance, improve conditioning, and minimize injury. Hatha Yoga is used extensively within British soccer to minimize injury, with Manchester United star Ryan Giggs one of the most high-profile players to publicly incorporate it in his training regime.

1. To reduce diabetes: practice: “Bhujanga asanam”, “Dhanurasanam”, “Salabhasanam”, “Nadi sodhana pranayamam”
2. To prevent heart attack/cardiac arrest: “Artha pavana mukthasanam”, “Vakrasanam”, ”Thadasanam”
3. To reduce obesity: “surya namaskaram”, “Ushtasanam”, “pada hasthasanam”, “sarvanga sanam”.
4. reduce Cholestrol: “bhujanga sanam,” salabha sanam”, surya namaskaram”, “Artha matsya sanam”
5. To reduce Blood pressure: “Bhujanga sanam”, “Parswa thrikonasanam”, “Paschima uthasanam”
6. To reduce hyper tension: “sasa sanam”, “meludhenda sanam”, Bhujanga sanam”, “dhanursanam”, ”Yoga nidhra”.
7. Vrukshasana and Pranayama have proven efficacy in children to improve their memory and concentration while appearing in exam.
8. Most of the diseases can be controlled by practicing various types of pranayamas, yogasanams etc.

### **Objectives of the study**

Life style –related diseases include Heart attack, Diabetic, Stroke and Cancer which are four main causes of death in India. The risk of developing such diseases is increased in life style with excessive alcohol consumption, tobacco use, unhealthy diet and remaining sedentary. It is the science of concentrating of our mind.

The ultimate goal of this study is how to control the diseases by practicing yoga / suggest some suitable life style to reduce /control these diseases.

### **Materials and methods**

The study conducted among 100 participants who came for practicing yoga and having regular attendences. The selected respondents do not have any cholesterol, BP etc in hereditary. The age group of the respondents was between 18 to 78 years. They were selected from different centers where they are practicing yoga. Data collected from both male and female participants. Before starting the practices of yoga the respondents BP, sugar, cholesterol etc were checked. After the completion of the course (3 months) their BP, sugar cholesterol etc checked and observed that a good improvement in the parameters. While the participants joined for yoga they were not in a position to sit in “suha sanam”. But it is observed that before the end of the course they were able to sit in” suha sanam” for prolonged time.

**How diseases coming to life:** We can understand that almost all diseases are caused by the improper way of taking food. Increasing globalization brings nothing but the changing life style, ignorance of health by sticking to the strict pattern of jobs. The arousal of such crisis is just because of in appropriate relationship of people with the environment. The specialty of the life style diseases is that it takes years to develop, if occurred once; it is not easy to cure.

### **Measures for preventing diseases**

Daily practice some yoga like “Soorya Namaskaram”. Yoga practices can also be oriented on the prevention of diseases involved (each yoga practice have its own advantage to keep away /control some diseases). Practice of” pranayama”. Chanting of some “mantras” daily. Reading of religious books daily.

Decrease the usage of mobile phone, computer, smart phones etc. Make both mind and body comfortable. Reduce the consumption of alcohol and smoking. Use of medicated smoke and other Paniyasdrinks) instead of that. Practice of meditation. Consumption of low energy dense foods which are fewer in calories per unit volume. Thus one can eat large volumes if it. avoiding processed foods. Utilization of more physical and mental power, than the usage of machines. Making a happy environment in home, to be calm from the hectic load at the work place. Taking small breaks from the work by taking some nourishing food suitable for the time.

## Tables of study:

1) Number of participants:

Male	78
Female	22
Total	100

Majority of the participants are male.

2) Age group of the participants:

Age group	18-30 yrs	30-42 yrs	42-54	54-66	66-78	Total
No of participants	11	39	29	15	6	100

Majority of the participants are in the age group of 30-42 yrs.

3) Blood sugar(FBS)(a) Before practicing yoga:

Age group in years	18-30	30-42	42-54	54-66	66-78
Values of BS	normal	10-normal 29-between 130-150 range	13-normal 16-between 130-150 range	4-normal 11-between 130-150 range	All above 150 range

Majority of the participants FBS is above normal before start practicing yoga.

(b) FBS of the participants after three months yoga practices:

Age in years	18-30	30-42	42-54	54-66	66-78
Value of BS	normal	35-normal 4-110-130 range	27-normal 2-110-120 range	14-normal 1-125 mg	5-normal 1-121 mg

Majority of the participants FBS is normal after the practice of the yoga or blood sugar reduced.

4) Total Cholesterol(a) Before practicing Yoga:

Age group in years	18-30	30-42	42-54	54-66	66-78
Value of cholesterol(in mg)	6-normal 5-250-270 range	10-normal 29-230-270 range	9-normal 20-230-270 range	4-normal 11-230-27- range	2-normal 4-250-300 range

It is observed that after the practice of yoga for a period of three months, majority of the participants cholesterol reduced to normal value and all the participants cholesterol reduced to normal and all the participants cholesterol reduced to a controllable limit.

### Ideal daily routine description

Go to bed by 10.00PM. Arise before 0600 A M. Evacuate bowels and bladder. Clean teeth, scrape tongue. Exercise. Oil massage, then bath/shower. Wear clean, comfortable, natural fabric clothing. Light brake fast.

After noon: Take warm cooked food. Take 10 minutes rest after food.

Evening: Light evening meal. 10 minutes rest followed by few minutes walk.

**Avoid:** Over time work, Watching TV/reading paper in late night daily which make imbalance in our bodies functioning.

### Things to maintain a healthy life style

A healthy life style boost your energy, improve your mental outlook and enhances your quality of life. Regardless of your current health, you can begin making positive life style change today, maintaining a healthy life style. Try to keep waist to hip ratio less than 1. Keep body mass index (BMI) healthy normal value. take/include more vegetables in your food, take non vegetarian once in a week. Try to avoid fried food items. Alert about CAUTION

C –Change in bowel habits

A -sore that does not heal

U- Unusual bleeding or discharge

T- Thickening or a lump  
 I- Indigestion or difficulty in swallowing  
 O-Obvious change in wart or mole  
 N- Nagging cough or hoarseness'  
 Always think positively, act positively, behave positively.

**Results/Findings**

1. It is observed that all the participants who under gone yoga practices  
 Was able to reduce their Blood pressure to a normal value. Bhujanga sanam, paschima uthasanam etc are practiced to reduce this blood pressure.
2. After practicing of yoga for three months, participants blood sugar drastically come down to normal or nearer to normal value. Dhanura sanam, salabha sanam etc are practiced to control this blood sugar which leads to control diabetism.
3. Total cholesterol level of the participants who under gone this three months practice of yoga was able control their total cholesterol value to a controlled level. Surya namaskaram, artha matyasanam etc is in hailed the cholesterol of the participants to a limited value.

**Conclusion**

We conclude that yoga practice is effective formost of the diseases. Most of the life style disease can be controlled by practicing yoga. What is needed today is an extension of focus from organ based expertise. A new holistic approach required which need dedicated team effort of Physician, dietician, yoga experts and physio therapists who work across their traditional silos. Yoga is effective for controlling all types of diseases.

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