



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2023; 7(1): 298-301
Received: 10-01-2023
Accepted: 15-02-2023

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Assessing the viability of yoga glare in health among students of MNR homoeopathic medical college Sangareddy: A cross sectional survey

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DOI: <https://doi.org/10.33545/26164485.2023.v7.i1e.769>

Abstract

Yoga is one among the best integrative therapies which helps in enhancing Physical and mental health. Yoga will not only make us to maintain the fitness of body but also helps in wellbeing. In day to day life Physical and Mental stress is the most burning topic for in which we get exposed to many health related problems. Yoga is a boon which is our old traditional medicinal system, with its holistic approach we can ensure a good healthy life in and out of the body. In this study we assess the Importance of Yoga in improving the health in MNR Homoeopathic medical college students of Sangareddy, Telangana. Using a purposive sampling method, an online survey using questioner was send to BHMS students of MNR Homoeopathic medical college, Sangareddy were asked to fill the questioner via Google form. The statistical scores for the responses were calculated and analysis was performed.

In this study overall 94% of the study participants strongly recommend practicing yoga will nourish the health, while 4.5% students think practicing yoga may help, 1.5% students say that yoga doesn't show much health benefits.

Daily practicing yoga will help in enhancing Physical and mental health. It boosts the person from inside. Yoga practicing helps us in inhibiting the various obstacles from thriving for health.

Keywords: Yoga, Students, Practicing, Health, Sangareddy

Introduction

The word "yoga" obtained from roots of our ancient language sanskrit "yuj" which means union, or yoke, to join, and to direct and concentrate, so we can grab ones attention. It is originated in ancient India about 2000-3000 years ago and its main aim is to control and calm the mind. Yoga is the product of Indus-saraswathi civilization which dates back to seventh millennium BC. Yoga sustained practice leads to important changes in life perspective, self-awareness and an improved sense of energy to live life fully and with complete enjoyment, Self-confidence. Yoga is an idea of sacrifice helps to form material world with intangible world of spirit. Taught by pathanjali in yoga sutra. The word sutra means "thread". Yoga sutrawas written in 2nd century. Patanjali defined yoga is a process of restoring the spirit in its pure form by formula known as "philosophical dualism". Yoga evolved into different form after few centuries of Patanjali teachings; present generation yogi and yoginis adapted to the idea of arousing the hidden potential of body but previously the goal was to leave the world and unite with intangible spirit. It includes many practices like postures, breathing(pranayama) and meditation (dhyana) which are considered as most important. Now it is known as 'integrative medicine therapy'. Physical activity is essential for human body functioning in balanced way. Physical inactivity is the 4th leading cause for various non-communicable diseases. Yoga also helps in enhancing immunity, reduces stress level, heart rate and blood pressure. There are many research articles regarding the awareness of yoga and surveys showing the prevalence regarding yoga practice. In one of the survey named The Prevalence of yoga practice: a survey in the Kolhapur population was done by the author named Sudhir sase, Alka Gore, Gajwan had designed a survey on knowledge and practice yoga, while in the survey they obtained the result of Yoga was mostly practiced among people of higher economic status as opposed to people with low economic status and also considerable no. were only few were practicing yoga inspite of knowing yoga. A recent U.S. based study showed an increase of about ten times increase in

the yoga mentions in the electronic health record, over a 10-year period, indicating the growing use of yoga globally. The main barrier to yoga practice reported were time and occupational commitments, which corroborates to why retired people, housewives and people engaged in business are more likely to practice yoga, than students or the ones engaged in service. The World Health Organization (WHO), in its survey of 2015 estimated that about 4.5% of Indians suffer from depression and 3% of them suffer from some form of anxiety disorders. Thus yoga helps in prevention and cure of several diseases. In the same way it has huge impact on various metabolic and life style disorders Yoga helps in reducing depression and sleep disturbance and increases quality of sleep. Practicing yoga has been considered as one of the effective measures to promote individual health over the past few decades.

Materials and Methods

In this survey using non randomized purposive sampling method by an online survey using questioner via google form was sent to BHMS Students of MNR Homoeopathic medical college, sangareddy, Telangana state. This study was done in the month of July 2022. Scoring was calculated, assessed and analyzed by feedback obtained from Questionner to evaluate the Viability of Yoga benefits in Health.

Questionnaire

Assessing the Viability of Yoga glare in health among students of MNR Homoeopathic Medical College Sangareddy _A Cross sectional survey.

1. **Do you think practising yoga is good for health? ***
 - a) Yes
 - b) No
 - c) Maybe
2. **How often do you practice yoga? ***
 - a) Daily
 - b) Weekly
 - c) Never
3. **Does practicing Yoga controls anger?**
 - a. Yes
 - b. No
 - c. May be
4. **Does Yoga helps us to Overcome stress, strain, tension?**
 - a. Yes
 - b. No
 - c. May be
5. **Do Yoga Practice Increased Your concentration in**

studies?

- a. Yes
- b. No
- c. May be

6. Is yoga Helpful in menstruation irregularities?

- a. Yes
- b. No
- c. May be

7. How did you learn yoga?

- a. Online classes
- b. Yoga centre

8. Is yoga helpful in postcovid effects?

- a. Yes
- b. No
- c. May be

9. Does Yoga practice have positive effect on happiness?

- a. Yes
- b. No
- c. May be

10. Apart from yoga are you involved in any physical activity?

- a. walking
- b. Heavy exercises
- c. ports
- d. Others

11. What is your main motivation for practicing Yoga?

- a. To improve physical health & fitness
- b. To help heal an injury
- c. Relaxation method or a way to de-stress

12. What do you face as barriers in practicing yoga?

- a. Busy schedule
- b. Injuries
- c. Difficult to avail training from authentic yoga teacher
- d. Takes long time to realize benefits
- e. Others

Results

The study was done in online mode (Google form). BHMS students of MNR Homoeopathic Medical College in Telangana state who was willing to participate were included in this study. This study was done on July 2022, 133 BHMS Students of 4batches participated in this study, where in 125 students i.e 94% students accept that Yoga has viability in benefitting the, while 6 students i.e 4.5% students think practicing yoga may help, 2 students i.e 1.5% students say that yoga doesn't have health benefits.

Table 1: Participants Number Accepting and Not accepting the Yoga benefits in Health

Total number of Participants	No. of participants accepts Yoga benefits for health	No. of participants may be Yoga benefit health	No. of participants Yoga doesn't benefit health
133	125(94%)	6 (4.5%)	2 (1.5%)

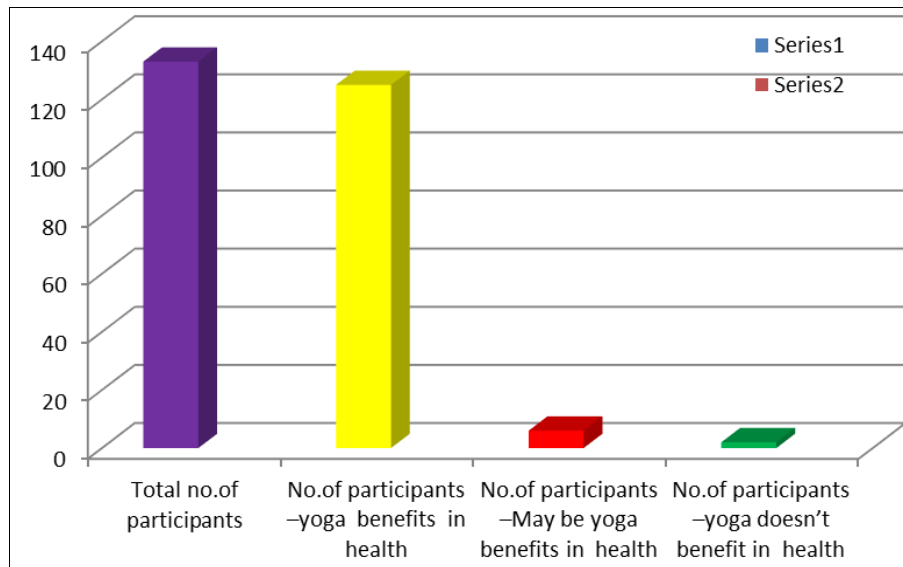


Fig 1: Participants Number Accepting and Not accepting the Yoga benefits in Health

Discussion

In busy schedule of daily routine man is only in search of aspiring the heights of carrier, instead taking care of his health physically and mentally to maintain the proper harmony. In this scenario we had done this study to Assessing the Viability of Yoga glare in health in BHMS Students. In this study we have observed that among 133 study participants of which 20(15%) are male and 113(85%) are female. Practicing yoga is good for health was accepted by 90% participants while 10% didn't accept. Practice yoga daily by 16 participants while 69 practice weekly and 48 doesn't practice. Yoga controls anger 70% yes by participants while may be is of 30%. yoga is helpful in overcoming the stress and strain in which 65% said yes, while 35% said may be. yoga practice increase concentration in which 65% said yes,20% may be while 15% said no. Yoga is helpful in menstrual irregularities in which 70% said yes while 30% said may be, yoga was learnt in online classes by 70% and 30% from yoga expert. Yoga is helpful in Post COVID effects while 68% accepted and 32% no. Practicing yoga has positive effects on happiness while 60% accepted and 40% said no. Involvement in other action while 40% do yoga,2% walking,10% sports 20% exercise,10% others like gym, aerobics etc. Main motivation behind practicing yoga is to improve physical health and fitness by 65%, while it relax the body and distress by 35%. Barriers faced for practicing yoga is due to busy schedule in 40%, 20% dure to difficulty in availing the expert,30% to realize the benefits and others 10%.

Among them 125 students i.e 94% students accept that Yoga has viability in benefitting the, while 6 students i.e 4.5% students think practicing yoga may help, 2 students i.e 1.5% students say that yoga doesn't have health benefits.

Conclusion

By this cross sectional study we want to conclude that students are to be encouraged in performing Yoga as an daily routine which will not only improve their physical fitness but also improves more concentration in their studies. It helps in overcoming stress, strain, tension. It also helps in controlling the anger which is most commonly seen in Undergraduate students. It also helps in regulating the

periods especially young graduates who is suffering with pcos or due to stress. Yoga had shown its drastic improvement in post covid scenario, in one who is suffering with post covid infections. Yoga in daily routine makes us happy and to have a pleasant mood which will help a graduate student to improve in social behaviour. The most barrier for performing yoga is busy schedule, due to their hectic schedule its said that they are unable to perform the Yoga as a daily routine.so study says Yoga is very much necessary and it really has an viability in glaring up of health in an individual.

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How to Cite This Article

Reddy TA, Sreevidhya JS, Sindhuja T, Meghana M. Assessing the viability of yoga glare in health among students of MNR homoeopathic medical college Sangareddy: A cross sectional survey. International Journal of Homoeopathic Sciences 2023; 7(1): 298-301.

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