

HOW YOGA HELPS TO IMPROVE STRENGTH & IMMUNITY TO DEFEAT THE CORONAVIRUS

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Abstract

Yoga is one of the most ancient metaphysical sciences, which Investigates the nature of Soul through its Discipline. Yoga helps to manage Stress and Anxiety and keeps you Relaxing. Yoga Asanas build Strength, Flexibility and Confidence. Yoga helps to Develop a greater understanding of oneself, the purpose of Life and Our Relationship with God. “A combination of yogic Asanas and Pranayama builds up our Immunity which will put up a strong Defence against the virus”. After the Namaste, another traditional practice gaining out on account of Covid-19 is *Yoga*, according to fitness startups such as FITTR, Cult.Fit, Sarva and Get A Life Fitness (GALF). In this stressful times, people should performed YOGA to bolster immunity, said heart surgeon and Medanta – The Medicity founder Naresh Trehan .Almost all health practitioners, no matter from which stream they belong to, stress on the importance having high Immunity, and what better then to go back to our Ancient Yogic and Spiritual practices for that “Yoga doesn’t have a direct connection with coronavirus but it can greatly help both Patients as well as the Supporting Staff” says Dr. Ishwar Basavaradd, Director of *Moraji Desai National Institute Of Yoga* (New Delhi).

Keywords- Coronavirus, Yoga , Immunity, Endurance .

Introduction

Covid-19 [Coronavirus] is originated in the *WUHAN* district of China in December 2019 and in a few months has become a Worldwide Panedemic. Coronavirus, when it affects a person, comes out in the form of cold, dry cough and fever. If an Infected person's saliva touches a surface, then that surface becomes a host for the Virus. Any person who touches the surface, for example, a doorknob, a napkin etc. are some examples through which a individual may get affected. On average it takes 5-6 days from when someone is infected with this virus for symptoms to show, however it can take up to 14 days.

While scientists are busy finding cures for Coronavirus, they are also advising people to work on building up the body's immunity level. Almost all health practitioners, no matter from which stream they belong to, stress on the importance having high Immunity, and what better then to go back to our Ancient Yogic and Spiritual practices for that "Yoga doesn't have a direct connection with coronavirus but it can greatly help both Patients as well as the Supporting Staff" says Dr. Ishwar Basavaradd, Director of *Moraji Desai National Institute Of Yoga* (New Delhi).

YOGA :

Yoga is one of the most ancient metaphysical sciences, which Investigates the nature of Soul through its Discipline. Yoga helps to manage Stress and Anxiety and keeps you Relaxing. Yoga Asanas build Strength, Flexibility and Confidence. Yoga helps to Develop a greater understanding of ourself, the purpose of Life and Our Relationship with God A combination of yogic Asanas and Pranayama builds up our Immunity which will put up a strong Defence against the virus". After the Namaste, another traditional practice gaining out on account of Covid-19 is **Yoga** ,

according to fitness startups such as FITTR, Cult.Fit, Sarva and Get A Life Fitness (GALF).

In these stressful times, people should perform YOGA to boost immunity, said heart surgeon and Medanta – The Medicity founder Naresh Trehan. According to many experts such as Amit Vasistha (GALF founder), Ankit Nagori (co-founder of Cure.Fit.) and Jitendra Chouksey (founder of FITTR) etc., one of them said “Parvatsana, Anulom-Velom And Nirvana breathing patterns are most in demand” whereas some said “90 minutes of Ashthang Yoga raises the body temperature and cleanses the Nasal Passages, besides improving overall Immunity. The need to maintain Social Distance is pushing people to log on to online workouts where **YOGA** tops the list in terms of popularity, primarily due to its calming effects.

Our Honourable Prime Minister, Narendra Modi had recommended Yoga and request to follow the guidelines of Ayush Ministry after seeing the impact of raising Coronavirus.

Washington ; A Trading Medical School in the US has recommended Yoga , Meditation and Controlled Breathing to address anxiety issues related to the novel coronavirus.

Yoga and Pranayama for building Immunity.

The case of corona people who have been practicing Yoga, Meditation and Pranayama have experienced a higher level of Immunity and Lung Strength, making it difficult for the virus to affect their bodies. It is difficult to perform Yogic Asanas but after continuing its practicing it becomes habitual or familiar within a few days. There is a lot of research completed over Yoga but according to National Centre For Biotechnology And Information. While performing Yoga Asana, the Blood Circulation of our body became positively much better and fairly

it effects upon Immune cells which leads our Immune system Stronger.

1). **PRANAYAMA**

This is a Systemetic and Rhythmic control of Breathing preformed to improve the Internal Functioning of the whole body. Pranayama are based upon Purak (Inhale), Rechuk (Exhale) and Khumbhak (Hold of breath).It is the fourth stage of Yoga after Asana. The word Pranayam is derived from *Sanskrit* word which means Breathing Air as Power of life.Pranayama means the Exercise of Increasing the life Force in our Body. The following Pranayams should be done daily to improve our Lung Strength and Immunity levels.There are various types of Pranayams based on this process of Inhale, Exhale and Holding of Breath like Anulom-Velom, Kapal-Bhati, Surya Bhedan, Ujjayi, Bharamari, Sitli, Sitkari, Dhaukani, etc. These Pranayams develop a lot of Inner Strength and Cure many chronic health problems.

Here we have to focus mainly upon Ujjayi Breathing, Kapalbhati, Nadi Shodhan and Shudhi Kriyas.

1). **UJJAYI BREATHING** – In this parnayama , the frictional sound with vibration are produced from the throat while exhaling from mouth. It cures throat, cough, help in meditation, reduce stress, gives soothing effect over mind. It stimulates your Vagus nerve It builds energy

2). **KAPAL BHATI PARNAYAMA** –

The word Kapalbhati is made up of two Sanskrit words : Kapala meaning ‘skull’, and Bhati meaning ‘Shining’, Illuminating.In this a long inhale is taken where as forceful exhale is done from nose with pressure while stomach is vibrate in an out.It also increases the level of oxygen in our body thereby increasing the Immunity against diseases It cures many problems like cold, cough, asthma, digestive problems, obesity etc.It regulates Grandular functioning, thus body

functions properly. It helps in getting Glowing Skin by Purification of Blood. It helps in Weight loss .

3). **NADI SHODHAN / ANULOM-VELOM**

Nadi shodhan or Alternate Nostrils Breathing techniques is a simple pranayama which calms the mind leads it into the meditation. It cures headache, reduce stress, relax from breathlessness, regulate temperature, helps meditation. It infuses the body with Oxygen. It clears and releases Toxins. It clear and Balanced Respiratory Channels.

4). **SHUDHI KRIYAS-**

These are done to clean the body internally. They are like Nauli , Jal-Neiti, Sutra-Neiti, Vaman-Dhauti, Vastra Dhauti, Tratak etc. The main Shudhi kriyas is JAL NEITI, which must be performed to fight against Coronavirus. Yoga Asanas are a good way to improve our body's physical fitness. There are specific yoga asanas that can help boost our immunity.

Here are the top five asanas we can do to increase our immunity levels:

KATI CHAKRASANA

TRIKONASANA

DHANURASANA

SETUBANDHASANA

NATRAJASANA

These yoga postures can help, support balance and boosts the immune system. It can also help fight oxidative stress which poses a risk to the healthy cell. If we

done regularly, yoga reduces stress systematically in the body, which in turn , cuts, down Inflammation and Degeneration.

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