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Yoga therapy

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Introduction: Yoga is a physical, mental, and spiritual practice to bring greater awareness and connection to self and life. It typically has been originated in India. It involves the practice of physical postures and breathing and relaxation techniques also referred to as 'asana' and 'pranayama' in Sanskrit. The potential health benefits of yoga include Stress reduction, improved fitness, reduce the risk of chronic conditions, such as depression, pain, anxiety, and insomnia. Yoga also increased body flexibility, increased muscle strength and tone, improved respiration, Weight reduction, and improve Cardio and circulatory health. Recent research shows that about 16 million Americans practice yoga every year.

Purpose: The purpose of the study is to review literature related to yoga as a complementary therapy in nursing practice.

Design: Systematic review of the last eight for the year 2008 to 2015, 20 research articles was conducted by google scholar and PubMed.

Results: Studies in the field of medicine suggest that yoga provides complete exercise to the body because of increases the lubrication of joints, ligaments, and tendons of the body and massages all the internal organs and glands and reduces the risk of many diseases. A recent Norwegian study found that yoga practice results in changes in gene expression that boost immunity at a cellular level. Researchers from Harvard found that eight weeks of daily yoga significantly improved sleep quality for people with insomnia. Researchers from the University of Washington found that regular yoga practice is associated with mindful eating, an awareness of physical and emotional sensations associated with eating.

Conclusion: Yoga is to create a balance between the body and the mind and to attain self-enlightenment. Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga helps to relax and manage stress and anxiety. Yoga as a nursing intervention is a good approach to relieve many symptoms and can be as a preventive measure for physical and mentally healthy patients.

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