



Yoga Therapy for Mental and Physical Health

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Editorial

Journal of Yoga Practice and Therapy primarily focuses on the topics that include Meditation and Mindfulness. Journal of Yoga Practice and Therapy is an Open access, multidisciplinary peer reviewed journal which aims to publish the innovative approaches of physical exercises and meditation around the globe. The journal offers expertise over a broad range of mindfulness techniques and therapeutic practice of yoga. It also provides international assembly for promoting the current advanced academic and clinical information which benefits the readers and authors through its uninterrupted open access readership. Journal of Yoga Practice and Therapy is committed to disseminate the state-of-art scientific knowledge on all aspects of yoga and physical exercise. It reports the overview of scientific evidence on the underlying mechanisms of yoga styles, meditation and therapy through evidence based practice.

Journal of Yoga Practice and Therapy also includes Yoga, Theory of planned behavior, Health behavior theory, Integrative health, Wellness, Fitness, Relaxation. Understanding why individuals engage in health behaviors has been a topic that has been studied for decades dating back to psychologists who studied behavior to the development of health behavior theories in the mid-20th century. Application of these theories to understand the underlying psychological and social determinants of behavior have become part of the foundation of understanding public health, health promotion, and health education. The practice of yoga in the United States has been growing rapidly in the past five decades, however, understanding what determines if individual practices yoga has only been examined in limited number of research studies. Yoga has been researched and utilized for many benefits including those for children, athletes, cancer patients, senior citizens, and the general population.

Ajzen and Fishbein have collaborated to develop health behavior theories to explain and predict individual's behavioral intention and behavior. The Theory of Planned Behavior (TPB) attempts to explain behavior by measuring individuals' attitude, subjective norm, perceived behavioral control, and behavioral intention. Pilot studies often involve researchers conducting interviews that elicit salient responses related to the advantages/ disadvantages of the behavior (attitude), approval/disapproval from others (subjective norm), and factors that make practicing the behavior easier or more difficult (perceived behavioral control). Next, a follow-up study is conducted which includes a quantitative study to confirm the salient responses from participants related to the health behavior being studied. Previous research applying TPB has identified that perceived behavioral control is the strongest predictor of intention to attend yoga classes and the second strongest predictor is attitude. Facilitating factors that increase

the likelihood of attending yoga classes were having enough time in their schedule, having enough money to attend classes, having convenient class times, having a convenient location, and always feeling better after attending a yoga class. Common reported advantages of attending yoga classes were feeling relaxed, improving flexibility, and improving balance & strength. Subjective norm has shown to not be statistically significant predictor of individuals' attending yoga classes and this is believed to be related to individuals who practice yoga (yogis) being independent of the opinion of others.

Yoga is characterized and mental, physical, and spiritual activity that comprises a variety of styles of practice. Research, particularly focusing on the relationship of yoga practice and health outcomes has demonstrated that yoga is effective at improving a variety of physical and mental health conditions. Studies have found that yoga alleviates the symptoms of and can reduce levels of anxiety and mood disorders such as depression. Furthermore, yoga practice can improve balance, flexibility, sleep quality, and self-reported fitness/well-being and relieve the symptoms of a variety of chronic health conditions such as lower back pain, arthritis, and cancer. Yoga is an activity that can be adapted to a wide-range of populations, including populations with different physical or mental abilities and health status. In addition the risk of injury resulting from yoga practice is generally very low.

Therefore, the practice of yoga should be promoted widely as an activity that most people can safely participate in to gain a benefit. To best promote participation in yoga it is important to understand the motivating factors for individuals to engage in such behavior. Using theoretical frameworks such as the TPB to understand what contributes to, or prevents people from engaging in yoga practice can increase our understanding of how to engage populations in practice and how to reduce barriers that may reduce participation. The following study aims to understand the factors that contribute to an individual's practice in yoga in terms of attitudes, beliefs, social norms and the motivation to comply with such norms, and external factors that increase or decrease the likelihood of engaging in the activity of yoga.

The Journal also focuses on Ayurveda, Migraine syndrome, Lifestyle. Ayurveda, the world's oldest holistic health science, holds that a human being is precipitated from a higher, subtler consciousness, and has taken on 'coverings', called 'koshas' from Sanskrit, such as the human body. It is said to be composed of progressively denser elements: Ether (Space, Freedom), Air (Movement, Communication), Fire (Luster, Transformation), Water (Plasma, Cytoplasm) and Earth (Solidity, Manifestation).

Ayurveda describes the tripod of life as the unity of body, mind and consciousness. Ayurveda is an individualized science more than a standardized one, so migraine pain patterns and symptoms call for unique management according to the particular individual circumstances. In the classical medical scriptures of Ayurveda, detailed descriptions are given of how the body's metabolic process of tissue building occurs, first from the superficial level of plasma to the deep reproductive tissues.

Migraine is a pervasive imbalance involving all bodily systems, notably the nervous and vascular systems. Though mainly digestive in origin and cure, the structural, glandular/hormonal, nervous, excretory, and respiratory systems all need strengthening, according to Ayurveda. Migraine syndrome is considered primarily a fault of pitta dosha, with vata dosha as a concurrent primary or secondary root

cause. In some cases, kapha dosha is also involved as thicker blood viscosity and/or 'ama' (toxicity) dosha, from poor digestion. Therefore, burning of toxins ('ama pachan') and implementing pitta-pacifying food and lifestyle choices is a necessary first step for self-healing. Healing from Migraine Syndrome involves a deeper understanding of anatomy and physiology according to Ayurveda. Of no small importance is the willingness to shift many long-standing habits and beliefs. Appropriate food choices and timing, sufficient sleep taken at a right time (not daytime), and awareness of the psycho-emotional 'digestion' are critical to alleviating the symptoms of Migraine Syndrome. This involves resolving the metabolic tendency to produce excess sour taste in the body and mind. Life becomes a path of self-awareness and dedication to wellness, putting one's own health first.

After self-massage in the morning (except during menses for women), do gentle stretching and deep breathing to gradually bring awareness to your postural and circulatory needs. Give emphasis to bringing a cooling breath to your liver, brain and hormonal systems when rest is suggested, and a warming breath to your colon, kidneys and heart. Begin with about twenty minutes of stretching alignments, interspersed with periods of rest. Left nostril breathing is more cooling and right nostril breathing is more warming. After resting, the body and the mind will more easily become quiet for meditation and de-

stressing. Do deep, full, silent, conscious breathing throughout, relaxing deeper and deeper with each silent inhale and exhale.

Meditation facing east towards the sunrise is considered helpful and auspicious for spiritual progress. Remain in a comfortable posture for about twenty minutes or more with the back straight and the spine engaged. Allow the hands to fall symmetrically where they feel most natural. Empty the mind by watching it to express as it wishes, naturally inducing rest and rejuvenation. Worries and compulsions can thief away inner peace and haven't helped so far. So let them go now and let your mind rest. Your mind is yours and must obey its owner. Meditation is always suggested as the first and last medicine in Ayurveda. Meditation leads to awareness of the root causes of suffering in the subtle mind and unresolved memory, while strengthening all bodily systems. You can buy relaxation but you cannot buy meditation, so begin to explore your inner landscape with curiosity and compassion.

Journal of Yoga Practice and Therapy (JYPTY) brings articles in all areas related to plant and soil science. The Journal welcomes the submission of manuscripts that meet the general criteria of significance and scientific excellence. Papers will be published approximately 15 days after acceptance.