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ROLE OF YOGA IN HUMAN HEALTH

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Abstract: According to Patanjali Yoga is “*YogasChittaVrittiNirodhah*” which means “Yoga is the removal of the fluctuation of the mind. There are eight steps or limbs of yoga i.e. Yama, Niyama, Asanas, Pranayama, Pratayahara, Dharana, Dhyana, Samadhi. Yoga is assuming importance in improving mental health and quality of life in the treatment of a number of diseases. Yoga have a beneficial effect or play a vital role in the human's life in the prevention of aging, stroke, cardiovascular disease, diabetes, obesity, chronic obstructive pulmonary disease, oral cancer. Yogic practice might optimize health, delay aging and ameliorate chronic illness and stress from disability. Yoga, a type of mindfulness – based intervention, shown to be effective in people with other chronic illness. Yoga exercises reduce diastolic blood pressure and resting heart rate. The modulating effects of yogic practices (e.g. meditation, asanas, pranayama) can be shown in the prevention of aging, stroke, cardiovascular disease, hypertension. Yoga is not a religious and means a meditation, there is a different form of yoga each of which has an importance and has a unique benefit.

Keywords: Cardiovascular disease, Yoga intervention, Yoga myths