

BOOSTING ORGAN'S HEALTH AND IT'S FUNCTIONAL EFFICIENCY

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ABSTRACT: *The Pandemic eruption of coronavirus disease-2019 (COVID-19) infection caused by Severe Acute respiratory Syndrome. The current updates suggest that the pandemic of COVID-19 has entered a new stage with rapid spread in countries outside China indicating the need practicing the measures for self-protection towards the prevention of transmission of the infection of others. Immunity of the host is an essential requisite to facilitate the eradication of infections. Innate immunity is needed for precise regulation to eliminate the virus. Yoga could boost innate immune responses and regular practice of yoga has been associated with increased immune surveillance in terms of the modulation of the frequency of blood lymphocytes. Natural killer cells are innate lymphocytes that serve as the first line of defence against invading viruses limiting their spread and subsequent tissue damage, and these important natural killer cell activities are rapidly increases during yoga exercise. The out there proof indicates that Yoga and meditation facilitates the coordination among set of physiological condition responses involving the interaction among the strain, metabolic process, nervous, endocrine, chronics noninfectious and system. Yoga increase respiratory organ capability with associate improved level of infection. Overall, these studies indicate that Yoga and Meditation may strengthens cell mediate or tissue layer immunity and will be used as a preventive measures against virus or different infective agent mediate infection.*

KEY WORDS: Health Crisis; Pandemic; Corona; Organ's Efficiency; Yoga-Meditation

INTRODUCTION:

COVID- nineteen could be a new infection and is in sort of a positive-sense, single stranded RNA corona virus that belongs to associate expanded cluster of viruses that were known six decade past. Significantly, the new COVID-19 belongs to the cluster of SARS-COV. Severe Acute metabolic process Syndrome Corona Virus a pair of (SARS-COV-2) and its associated corona virus unwellness has gripped the complete international community and caused widespread public health considerations (Chen G. et. al.2020). This is often a animal disease infection, just like different coronavirus infections that's believed to possess originated in nuts and later transmitted to humans. At first, the mode of transmission of infection was animal to person, however person-to-person and community transmission of the virus has been confirmed in several components of the globe. Just like its homologous virus, SARS-COV, that caused severe acute respiratory syndrome in thousands of individuals in 2003, SARS-COV-2

may also be transmitted from the nuts and causes similar symptoms through the analogous mechanisms. However, COVID-19 has lower severity and mortality than severe acute respiratory syndrome however is way a lot of transmissible and affects a lot of old people than Youth and a lot of men than girls.

In recent state of affairs, once everyone seems to be talking concerning immunity throughout the COVID-19 pandemic, the connexion of Yoga and Meditation has once more get focus. A lot of and a lot of folks try these ways to spice up and improve their system. Yoga and meditation the most effective you're progressing to get could be a rock-solid immunity and boost your mental state. Thus beat all, bask in yoga and meditation and keep your physical and mental state under control. In recent time, a branch of modern medical science has develops and is known as Psycho-Neuro Immunology. It deals with the phenomenon of how our thoughts and emotions can affect our immune system. Stress, fear and negative emotions are known to weaken our immune system. While Yoga including meditation are strengthen positive emotions, mindfulness and relaxation (Desikachar K. *et. al.* 2005).

The word yoga was derived from the Sanskritic language word Yuj, which suggests “to join” or “to unite”. This union isn't simply, concerning your nose touching your knees as you be to the touch your toes. The union brought up is that of your mind together with your body. You're group action together with your surroundings and nature. In past times, folks lived live that were tangled with nature. They were in their wild and evolved in this state. There was associate understanding of the dependent relationship between the body and also the mind. In times of yore, yoga wasn't simply a way to get rid of diseases (Arora S. *et.al* 2008), as an example, the stress on hygiene and cleanliness was gift in times of yore still. however this didn't see solely brushing, laundry and general morning ablutions. It enclosed keeping your mind, and by extension, your thought method conjointly, pure and clean. In different words it semiconductor diode to comprehensive upbeat. Serving to man to flourish utterly is yoga, serving to the individual potential to blossom to its fullest is yoga. For this, all aspects of the individual- physical, mental, spiritual, intellectual and emotional aspects need to be self-addressed.

RESULT:

Within the era of Corona virus, the increasing psychological suffering, mental state issues, depression and anxiety among folks, the message of yoga in promoting physical and mental state and also the well-being of humanity. There's a growing trend of individuals everywhere the globe clutches yoga to fight social isolation and depression throughout the pandemic (Tillu G. 2020). Yoga may play a big role within the psychosocial care and rehabilitation of COVID-19 patients in quarantine and isolation (Segerstrom S.C. 2004). They're notably helpful in allaying their fears and anxiety. Yoga helps lower stress hormones that compromise the system, whereas conjointly learning the lungs and tract, stimulating the systema lymphaticum to oust toxins from the body, and transportation aerated blood to the varied organs to confirm their optimum perform (Carlson L.E. *et. al* 2007). Yoga for “Respiratory Health” wherever the leader can talk about the requirement associated importance of maintaining an inner balance throughout this difficult time. Different kinds of asanas like

Shishuasana (Child pose), SetuBandhasana (Bridge pose), Halasana (Plow pose), Bhujangasana (Cobra pose), Dhanurasana (Bow pose), Matsyasana (Fish pose) and Pranayama that may facilitate balance and soothe the guts.

Yama-Niyama principles of cleanliness, purity and self-control are most significant within the moment wherever social (Physical) distancing.

Karma Yoga are to be stressed to assist our fellow brethren United Nations agency as in would like.

Pranayama and Dhyanam can facilitate USA regain management over horses of the senses and emotions that are within the method of bolting. Increase lung's capacity to take in oxygen, Promotes excess fat loss, improves skin health and increases life-span.

Kurmasana improves the functions of the metabolic process and organic process systems.

Setu Bandha Sarvangasana is helpful to preventing blood vessel blockages or pathology and improves circulation of blood.

Matyasana relieves metabolic process issues because it encourages the correct reasonably respiratory. Matsyasana conjointly tones the Pituitary, ductless gland and Pineal glands

Bhujangasana yoga relieves stress and fatigue so helps in gap the chest to clear the passages of the guts and lungs.

Pada Rajakapotasana strengthens the rear. The deep stretch relieves stress and anxiety.

Gomukhasana stimulates the kidneys and is useful in relieving polygenic disease, high pressure level etc.

Ustrasana expands the abdominal region, rising digestion and relieves lower back pain.

Trikonasana cures digestion, stimulates the perform of the excretory organ, improves the balance and will increase concentration.

Virabhadrasana encourages sensible circulation and respiration as a results of that it energizes the complete body.

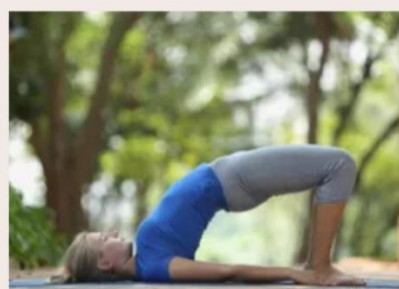
Shatkriyas particularly Neti and Kapalbharti are helpful to boost protecting reflexes of the systema respiratorium and promote healthy perform.



Shishuasana (Child pose)



Dhanurasana (Bow pose)



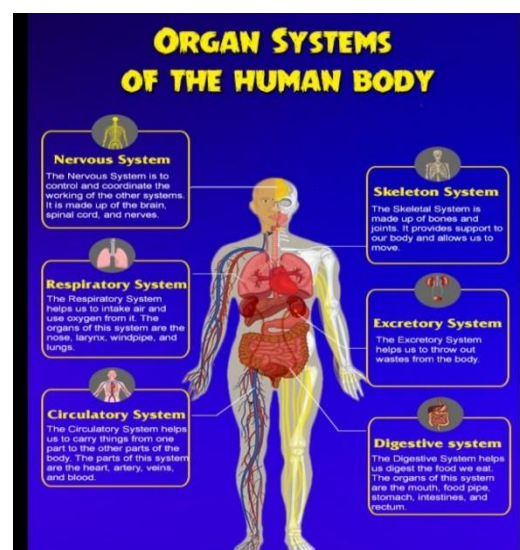
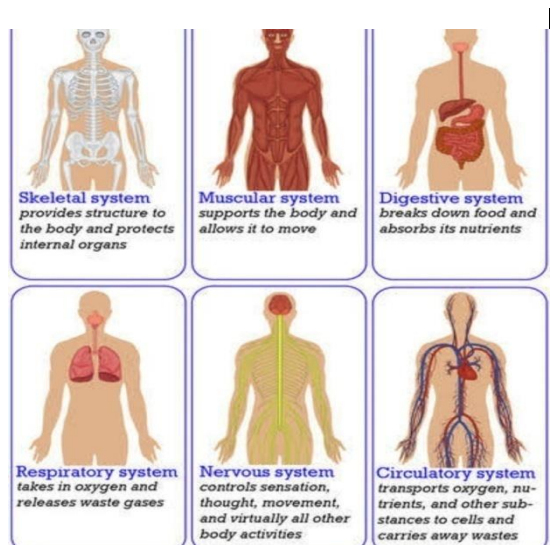
Setu Bandhasana (Bridge pose)



Bhujangasana (Cobra pose)

Regular observe of Yoga and Meditation keep the brain calm and cut back any signs of hysteria. As a result, you get clarity in mind, Sharp intellect, improved psychological feature talents and increased decision-making. Yoga helps lower stress hormones, that compromise the immune system, while also conditioning the lungs and respiratory tract, stimulating the lymphatic system to oust toxins from the body and bringing oxygenated blood to the various organs to ensure their optimal function. The posture and asanas of yoga help us to reduce muscle tension, joint issues and relax our sympathetic system, resulting in a relaxed mind. Practice of

pranayamic breathing has been shown to be effective in improving cardio-pulmonary and autonomic functions. Anulom-Vilom (alternate-nostril) breathing, the duration of expiration is more prolonged to further strengthen the cardio-pulmonary function.



DISCUSSION:

Human history is perceptive a really strange time fighting associate invisible enemy; the novel COVID-19 corona virus. At the start, virus discovered within the Wuhan province of China, currently fastly spreading round the World (Chen N. et. al. 2020). The complete world is caught within the vice-like grip of the COVID-19 Pandemic with two hundred countries news casualties increasing alarmingly moment-by-moment. Inside a amount of some month, each person on our planet has been affected directly or indirectly by this virus that has brought out the worst fears in every and each one in world. Even the foremost advanced and developed countries are dropped at their knees by one thing that's thus little that we have a tendency to can not even see it, heard, smelt, tasted or touched. This invisible enemy is that the virus. During this ongoing corona virus pandemic, when we are all bound to live restricted life under the constant fear of infection risks. So, it is natural for anyone to develop anxiety. The continuous flow of negative news, the inadequacy of daily resources, everything is adding to this growing anxiety and depression. Being confined at home for such long periods of time, which are mentally challenging for us. When our mind is flooded with the uncertainty of the future, we often experience sleepless nights causing fatigue. COVID-19 has brought on another Pandemic in its wake, that of worry psychopathy. Everyone, in everyplace is afraid to death. In recent time, a branch of recent bioscience has developed and is understood as Psycho-Neuro-Immunology. It deals with development of our thought and emotions will have an effect on our system.

Recognising the importance of Yoga in serving to folks trot out enlarged depression and anxiety because of disruptions caused by the COVID-19 Pandemic (Cramer H. et. al. 2017). In Pandemic time, the life-style of individual changes like work from home and lack of physical contact with friends and colleagues are notably difficult studies indicate that there has

been an increase in depression, anxiety and worry than traditional among folks throughout these ever-changing times.

Health and Yoga consultants say that meditating on a daily basis helps improve the immunity system as well as lot of yoga poses help us to manage our blood pressure level and anxiety. So making a defend in a very fight against this extremely communicable disease (Smedley B.D. 2001). Yoga is recognized as a form of mind-body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health, particularly stress related illnesses. Evidence shows that stress contributes to the etiology of heart disease, cancer and stroke as well as other chronic conditions and diseases. So it is a priority to include a focus on stress management techniques. Yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression and chronic pain, improve sleep patterns and enhance overall well-being and quality of life. Lack of sleep, poor nutrition and life stress all lead to a weakened immune system and vulnerability to sickness. Stress, more than anything, leads to a breakdown in the body's ability to defend itself against bacteria and viruses. According to Psychology today, yoga can be a helpful way to boost your immune system and decrease inflammation in the body. Yoga is one of the most effective and time-tested natural immunity boosters that can lead to a healthy, sickness-free body. Yoga lowers stress hormones and strengthens the nervous system while also stimulating the lymphatic system, which removes toxins from the body. Yoga calms the mind and can contribute to deeper, regulated sleep, which is crucial for wellness; sleep is one of the most important factors in healing and maintaining a healthy immune system. With continued practice comes a gradual loosening of the muscular and connective tissue surrounding the bones and joints. This is thought to be one reason that yoga is associated with reduced aches and pains. Yoga helps to build muscle mass and maintain muscle strength, which protects from conditions such as arthritis, osteoporosis and back pain. Yoga increases blood flow and levels of haemoglobin and red blood cells which allows for more oxygen to reach the body cell and enhancing their function. Yoga also thins the blood which can decrease the risk of heart attack and stroke as they are often caused by blood clots. Twisting poses wring out venous blood from internal organs and allow oxygenated blood to flow in when the twist is released. Inverted poses encourage venous blood flow from the legs and pelvis back to the heart and then pumped through the lungs where it becomes freshly oxygenated. The postures precisely address the tension, holding and blockage of energy in any particular joint or organ. As this tension is released, energy flows more readily throughout the body and allows to experiences a sense of increased well-being strength of the body.

Yoga leads to an inhibition of the posterior or sympathetic area of the hypothalamus. This inhibition optimizes the body's sympathetic responses to stressful stimuli and restores autonomic regulatory reflex mechanisms associated with stress. Yogic practices inhibit the areas responsible for fear, aggressiveness and rage, and stimulate the rewarding pleasure centers in the median forebrain and other areas leading to a state of bliss and pleasure. Yoga encourages one to relax, slow the breath and focus on the present, shifting the balance from the sympathetic nervous system and the fight-or-flight response to the parasympathetic system and

the relaxation response. It lowers breathing and heart rate, decreases blood pressure, lowers cortisol levels and increases blood flow to the intestine and vital organs. That's once the traditional observe of meditation will facilitate build a wall round the human immunity system. Meditation acts as a silent regulator for all systems in our being-Physical, Mental, Emotional and non secular to perform harmonical. The impact of this is often the flexibility of the body and mind to retort to internal and external stress with extreme effectiveness (Pascoe M.C. et. al. 2017). Meditation techniques do boost immunity particularly if one exhales properly and deeply; (Paudyal P. et.al. 2018) that alone empties the lungs transportation purification. Even 5 minutes of Pranayam a day is extremely sensible particularly in these times once everyone seems to be experiencing extreme anxiety. Any unwellness finds it's thanks to our body a lot of simply if we have a tendency to ar underneath stress that conjointly implies that our mind isn't calm. It's all concerning experiencing the "now" and meditation facilities it transportation it's own treasures.

CONCLUSION:

We need to refocus on our own salutogenesis (Swastha), our own inherent capability and talent to be to blame for our health and happiness. We have a tendency to should move from pathologic process, the main target on unwellness that worsens worry, towards salutogenesis, the main target on health that strengthens everywhere systems. Therefore, we expect that Asana-Pranayama practice will not only prevent cardiorespiratory complications in COVID-19 patients but also will prevent development of Psychological distress in them. During this pandemic time, it is important to understand that mental health is very important for survival. To help with this growing level of anxiety and depression, we must lead a healthy lifestyle, stay connected to our loved ones and practice yoga and meditation at home.

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