

Editorial on Benefits of Meditation for Mental Illness

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Editorial

Yoga's philosophical foundations may be traced back to ancient Indian philosophy. There are a variety of current yoga schools or styles, each with its own focus on the relative substance of physical postures and exercises, breathing methods, deep relaxation and meditation practises that foster awareness and eventually more profound states of consciousness. The use of yoga as a therapeutic intervention, which dates back to the early twentieth century, takes use of the component practises' varied psychophysiological advantages physical activities may improve a patient's physical flexibility, coordination and strength, whilst breathing exercises and meditation may quiet and focus the mind, resulting in increased awareness and less worry and so a better quality of life. Reductions in distress, blood pressure and gains in resilience, mood and metabolic control are all possible side effects.

The osteopathic approach to wellness is similar to yoga in that it emphasises your body's inherent drive toward health and self-healing. Natalie Nevins, DO, a board-certified osteopathic family physician and trained Kundalini Yoga instructor in Hollywood, California, notes, "The objective of yoga is to cultivate strength, awareness and harmony in both the mind and body." While there are more than 100 particular styles of yoga (or schools), most meetings consolidate breathing activities, contemplation and taking stances (otherwise called asana or represents) that stretch and utilize different muscle gatherings.

Dr. Nevins adds, "As an osteopathic physician, I put a lot of emphasis on preventative medicine and practises, as well as the body's ability to heal itself." "Because it is built on similar principles, yoga is a terrific tool for remaining healthy." Rather than treating symptoms, doctors of osteopathic medicine, or DOs, focus on prevention by looking at how your lifestyle and surroundings affect your health.

Yoga has been displayed in examinations to assist with discouragement. Yoga has been proven to be equivalent to other therapies such as medicine and psychotherapy by researchers. Yoga is typically affordable and it does not have the same negative side effects as many medications. It can even help people who suffer from serious depression. There aren't many controlled trials

on the effectiveness of yoga for depression, thus further research is needed. 86 percent of Americans who responded to a study on why they practised yoga claimed it helped them deal with stress. Muscle tightness and relaxation might help to relieve tension. The tranquil setting, soothing music and upbeat attitude seen in most yoga courses may also be beneficial to you.

All forms of exercise can improve your mood by reducing stress hormone levels, boosting the synthesis of feel-good chemicals called endorphins and increasing the amount of oxygenated blood in your brain. Yoga, then again, may give additional benefits. It can improve mood by increasing levels of Gamma-aminobutyric Acid (GABA), a brain chemical linked to a better mood and less anxiety.

Meditation also lowers activity in the limbic system, which is responsible for emotions. When presented with difficult conditions, you have a more tempered response as your emotional reactivity decreases. Depression and anxiety have historically been treated with drugs and conversation therapy. However, supplementary treatments such as yoga can be beneficial and yoga compares favourably to other alternative therapies [1-5].

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