

ALL ABOUT YOGA

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ABSTRACT

Yoga is considered as one of the methods which could transform the mind and the body of an individual. It is practiced in India from the Pre-Vedic times. Now a days Yoga is regarded as the alternative therapy for several diseases. Despite the fact that people know yoga, it is still not familiar with certain sectors of the population. The aim of the present article is to conduct a survey and analyze the understanding of people on yoga.

Keywords: Yoga, Alternative medicines, Awareness on yoga.

INTRODUCTION

Long from the ancient times, yoga is performed to bring a proper coordination of different dimensions of an individual (1) comprising of eight aspects (2). Yoga has been practiced in India from the ancient times (3). There are reports showing the positive response from the people practicing yoga. (4) Yoga is known to reduce the stress which could otherwise lead to several health complications (5, 6). Besides yoga is known to reduce blood glucose referring to diabetes, (7, 8), salivary cortisol, (9, 10), reduces the blood pressure (11, 12). Yoga is also known to increase the levels of immunoglobulin A (13). Apart from these yoga is also known to increase the memory & the reasoning ability of an individual (3) emphasizing the need for the students. But most of the people have many apprehensions about its performance.

The aim of the present article is to conduct a survey across the population of Hyderabad and to analyze the understanding of the people on yoga.

MATERIALS AND METHODS

The objective was achieved by conducting a survey across the city of Hyderabad among the population who range between 18-20 years of age group. A questionnaire was prepared and was given to them. The respondents answered in “yes” or “no”. The questionnaire was formed in order to understand whether the people are aware of yoga and its benefits.

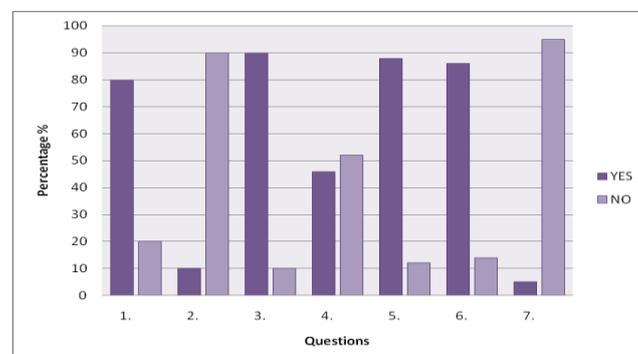
| S.No | QUESTIONS |
|------|--|
| 1 | Are you aware of yoga? |
| 2 | Is there any particular clothing for yoga? |
| 3 | Is yoga used as medicine? |
| 4 | Is yoga good for loss of weight? |
| 5 | We can do yoga during pregnancy period? |
| 6 | We supposed to refrain from eating two to three hours before yoga? |
| 7 | Is yoga a religion? |

RESULTS AND DISCUSSIONS

The respondent answers were analyzed to draw certain conclusions. 80% of the population in Hyderabad were aware of yoga & its benefits. They consider this as an alternative therapy for several diseases. 20% of the population are unaware of

| S.No | YES | NO |
|------|-----|----|
| 1. | 80 | 20 |
| 2. | 10 | 90 |
| 3. | 90 | 10 |
| 4. | 46 | 52 |
| 5. | 88 | 12 |
| 6. | 86 | 14 |
| 7. | 5 | 95 |

yoga; it includes the people who, though, know about yoga and still don't follow it as an alternative. 90% of the people consider yoga to be a very good alternative to medicines. 10% of the respondents don't consider yoga for this purpose. The answer to the question if yoga is used as for weight loss, 46% people responded positively while more than half a percent, i.e., 52% think it doesn't have any effect on weight reduction. 88% of the population consider yoga to be good during pregnancy, but were unaware of the fact that it should be performed till 5 months. In contrast, 12% assume yoga could be harmful while pregnant. Yoga should be performed with an empty stomach at least 2hours before starting, and 86% of the people responded positively while 14% still do not follow this principle. Yoga is not considered as a religion these days and this is answered by a majority of the respondents. It was noted that only 5% of the population still consider it as a religion.



CONCLUSION

From the above results, it is evident that though yoga is not considered as a new practice it still has many apprehensions associated with it. It should be made known to the people that yoga

could act as a good alternative to certain diseases besides relieving of stress and anxiety. People should also be aware that this can be performed (a few of them) at home. In order to achieve this, proper campaign should be conducted so that this could serve as the best alternative and hence, yoga serves as a stress relief agent.

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