



INDIAN DIETETIC ASSOCIATION (IDA)

**YOGA AS A  
LIFESTYLE  
A HOLISTIC APPROACH TO  
HEALTH  
INTERNATIONAL YOGA DAY  
21ST JUNE**



युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।  
युक्तस्वप्नावबोधस्य योगो भवति दुःखहा । १७।

# INTRODUCTION TO YOGA

Yoga is mentioned in Indian texts, Upanishads and Bhagavad Gita

Third century C.E



1300s to 1500s

Hatha yoga originated during medieval times



During British colonization yoga was banned



1800s to 1900s

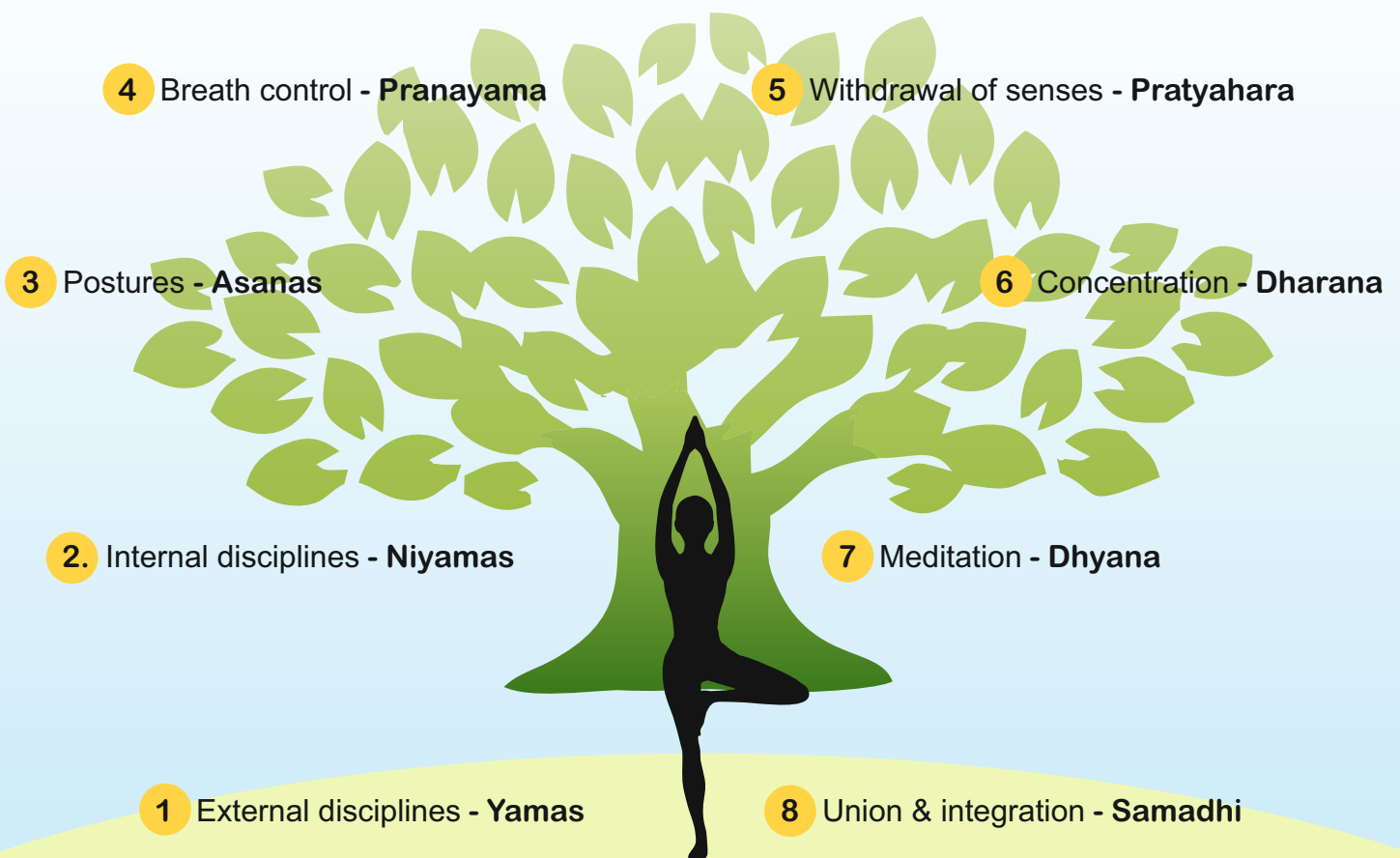
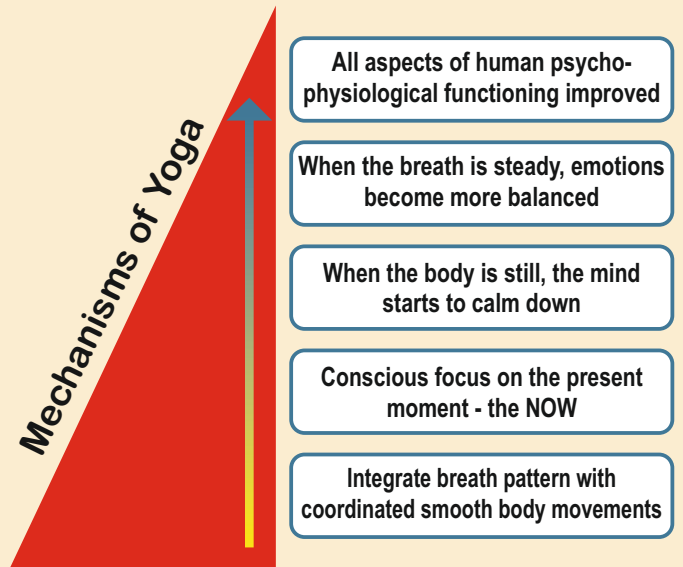
Explosion of physical anatomy, forms of dance movements in Europe  
Revived yoga

Modern asana is an amalgamation of these diverse influences



Today  
**International Yoga Day**  
**21st June**

Reference: Ananda, (2016). The Principles and Practice of Yoga in Health Care, Edition: 1, chapter: 1, pp.17-29



## Eight Branches of Ashtanga Yoga

# GENERAL GUIDELINES TO PRACTICE YOGA

Yoga is advised after 7 years of age

Daily practice of yoga (45-60min) is essential  
Best time for yoga - early morning

Stomach should be empty during practice of yoga or  
minimum of 2 hour gap post food intake

Place should be spacious, clean, airy and calm

Clothes should be comfortable to practice yoga on floor mat

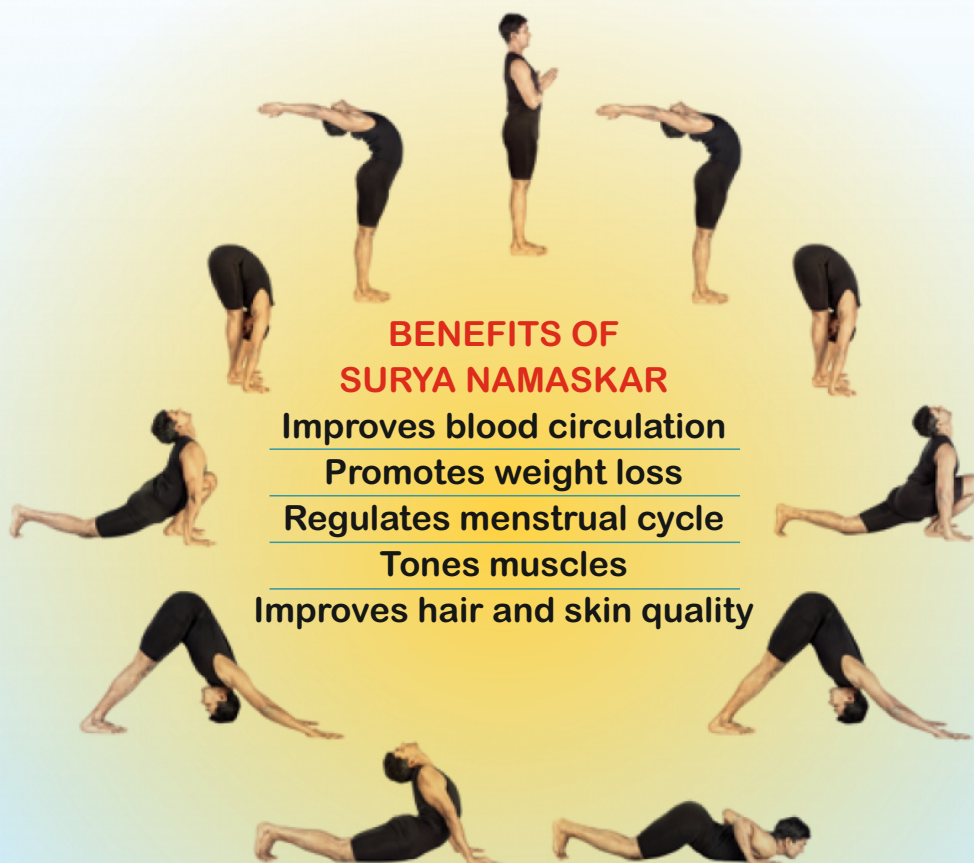
It is always advised & desirable to learn or practice yoga under  
the guidance of qualified yoga teachers

Yoga helps to achieve rest & relaxation which reduces stress & strain

Ref: Tripathi, (2015) Yoga- A healthy way of living. National Council of Educational Research and Training

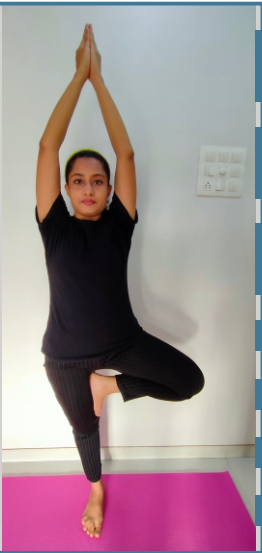
## SURYA NAMASKAR - SOUL OF YOGA

(for all age)





# PHYSIOLOGICAL AND PSYCHOLOGICAL BENEFITS OF YOGA



Tree Pose

- Boosts self confidence, acceptance of rapid changes during puberty
- Helps build self esteem, concentration, better body, mind connection
- Stress relieving, healthy mind set
- Overall feeling of wellbeing
- Increases flexibility and better metabolism
- Improves muscle strength and toning
- Promotes weight reduction and weight management
- Better respiration, cardio and circulatory health, energy

*"Yoga – A Way of life focuses on a proper and healthy lifestyle"*

## MAIN COMPONENTS OF YOGA

- **ACHAAR** : Regular physical activities and exercise
- **VICHAAR** : Vital for wellbeing “ right thoughts and right attitude” towards life.
- **AHAAR** : Nourishing diet with adequate intake of fresh water; balanced satvik diet, prepared & served with love and affection
- **VIHAR** : Recreational activities to relax body and mind for good health
- **VYAVAHAR** : Healthy inter-personal relationships- essential for good social health



Anulom  
(Vilom Pranayama Pose)

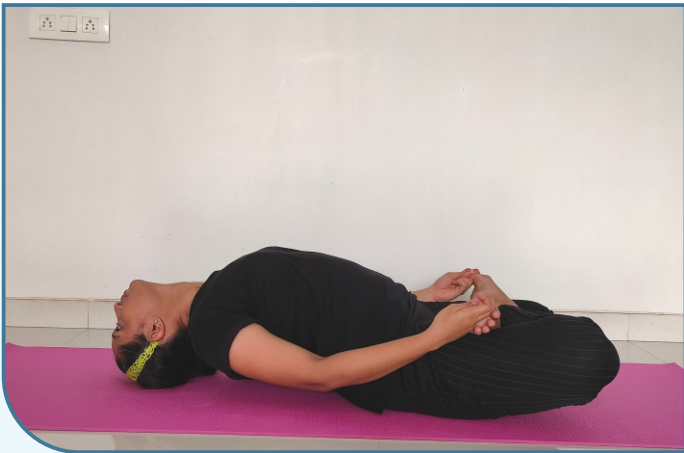
# YOGA FOR IMMUNITY BOOSTER - NEED OF HOUR



**Ustrasana (Camel pose)**



**Adho mukha shvanga asana  
(Downward dog pose)**



**Matsyasana (Fish pose)**



**Kapalabhati**

- Supports and stimulates the thymus gland
- Improves overall circulation
- Improves oxygen flow & aids the transfer of energy from nutrients to cells
- Improves the flow of sinuses and flushes out mucous from the lungs
- Rejuvenates internal system
- Helps to remove toxins from body
- Affects energy pathways, so that body heals more efficiently

Reference: Juanamastam et al., (2018). Yoga affect to immune system: a systematic review. International Conference on Nursing. ISBN: 978-979-796-276-0





# THERAPEUTIC YOGA TO OVERCOME LIFESTYLE DISEASES



Ushtra asana



Parighasana

**Obesity:** Yoga helps to dissolve fat cells by stretching and reduces the abdominal fat.

**Diabetes Mellitus:** Yoga helps lower stress levels, blood pressure, blood sugar level and increases blood circulation.



Yoga for Diabetes



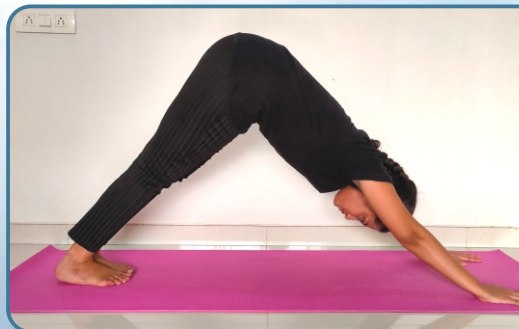
Viparita karani



Ardha matsyendrasana

**Hypertension:** Yoga increases blood circulation to lower part of body and helps regulate blood pressure.

**Cardio-vascular disease:** Yoga strengthens the chest muscles and increases the capacity of lungs by expanding thus, improved blood flow to the chest region.



Adho mukha svanasana



Sethu bandha sarvanghasana

# YOGA FOR CHILDREN AND ADOLESCENTS (10-18 YEARS)



**Sarvangasana**



**Baddha konasana (Butterfly pose)**

## HEALTH BENEFITS

- Improves fitness and physical health
- Reduces stress and anxiety
- Improves optimism
- Improves focus and school performance
- Improves self-esteem and body image
- Encourages creativity
- Develops discipline and self-regulation



**Uttasana**



**Bhujangasana (Cobra pose)**



# YOGA FOR ADULTS & ELDERLY ( 40 - 70 years)

(for both genders )



Child pose



Bow pose



Triangle pose

## HEALTH BENEFITS

- Strengthens core balance
- Increases flexibility
- Promotes relaxation
- Facilitates deeper breathing
- Boosts blood circulation
- Provides a social opportunity
- Reduces high blood pressure

Reference: Kadachha et al., (2016). Effects of yogasana on balance in geriatric population. Int J Physiother Res 2016, Vol 4(2):1401-07

## CONCLUSION

Yoga has a great potential in preventing and managing lifestyle disorders and if started early, may possibly manifest a cure.

Yoga is generally safe, simple to learn and can be practiced by everyone even sick, elderly, or disabled individuals.

Therefore, it is recommended that yoga should be considered as a beneficial adjuvant along with balanced nutrition at any age as a holistic approach to health

Compiled & Contributed by Indian Dietetic Association (IDA), Mysore Chapter



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