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REGULAR PRACTICE OF YOGA HELPS TO IMPROVE IMMUNITY & FIGHT AGAINST INFECTION DURING COVID19

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ABSTRACT

Corona is a pandemic disease but other than the corona also so many viruses and organisms' effect on the respiratory system and harm on immune system of the body. Yoga plays an important role in the life. Yoga, perhaps, is one amongst the foremost effective and tried resistance boosters that we will adopt for a healthier life. Yoga could be a holistic follow that strengthens our body physically similarly as mentally. As a result, the body's defense conjointly improves in such a condition. A healthy life may be simply achieved if we have a tendency to learn to adopt a healthy modus Vivendi, healthy food decisions and regular follow of yoga and meditation. Yoga and meditation square measure the perfect factors to measure a healthy life. Surya Namaskar or Sun Salutation could be a sequence of twelve powerful yoga poses. Besides being an excellent vas physical exercise, Surya Namaskar includes all 12 asanas and it will help to the growth of the physical body as well as mental peace. Surya Namaskar is additionally legendary to possess an associate vastly positive impact on the body and mind.

Keywords: Pandemic, Yoga, COVID-19.

INTRODUCTION

Corona is a Pandemic disease but other than corona also so many viruses that effects on the respiratory or the immune system of the body. A virus infects the body by getting into healthy cells. There, the encroacher makes copies of itself and multiplies throughout your body. The new corona virus latches its high-pitched surface proteins to receptors on healthy cells, particularly those in your lungs. Specifically, the infective agent proteins bust into cells through ACE2 receptors. Once within, the corona virus hijacks healthy cells and takes command. Eventually, it kills a number of healthy cells.

The globe Health Organization declared an official name for this malady that's inflicting the 2019 novel corona virus eruption, 1st known in the city, China. The new name of this malady is corona virus malady 2019, abbreviated as COVID-19. In COVID-19, "CO" stands for "Corona", "VI" stands for "Viruses" and "D" for "Disease". The Clinical spectrum of COVID-19 ranges from delicate malady with non-specific signs and symptoms of acute respiratory disease to severe respiratory disorder with metabolic process failure and septic shock. There have conjointly been reports of symptomless infection with COVID-19. Current estimates of the time period vary from one to fourteen days, in step with the WHO and therefore the America Centers for malady management and precautions. The median time period has been calculable to be five days. Transmission is also potential throughout the time period.

VIRUS EFFECTS ON RESPIRATORY SYSTEM

The virus moves down your tract. That's the airway that features your mouth, nose, throat, and lungs. Your lower airways have additional ACE2 receptors than the remainder of your tract. Therefore COVID-19 is additional doubtless to travel deeper than viruses just like the cold. Lungs may become inflamed, creating it robust for you to breathe. This will result in respiratory disorder, associate infection of the small air sacs (called alveoli) within your lungs wherever your blood exchanges chemical element, and carbonic acid gas.

YOGA

Yoga plays an essential role in our life; word yoga was derived from the Sanskrit word Yuj which suggests 'to join' or 'to unite'. This union isn't, merely, concerning your nose touching your knees as you bend to the touch your toes! The union spoken is that of your mind together with your body. You integration together with your surroundings and nature. And, finally, your individual consciousness with the universal consciousness.

The earliest recorded mention of the word 'yoga' is within the ancient Indian text, the Rig sacred writing - this body of data dates back to around 1500 BC! Within the Atharva sacred writing, once more (dating to 1200-1000 BC), there's a mention of the importance of the management of breath. it's tough to pinpoint precise dates as a result of within the starting, the Vedas were, only, orally passed on from one generation to a different. Written records came to a lot of later. The most powerful Granth BhagavadGita conjointly came into existence during this amount. This text could be a dialogue between Lord avatar (universal consciousness) and



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aristocrat mythical being (human consciousness). Yoga (generous actions), devotion yoga (dedicated and caring actions), and Jnana yoga (knowledge).

Maharshi Patanjali, thought-about the father of Yoga was the primary one to order the practices of yoga in, what's believed to be, the second century B.C, through his Yoga Sutras, he disseminated the means of yoga, and therefore the data it's to supply. This yoga was referred to as Raja yoga. He developed the Astanga yoga or the eight limbs of yoga, including yamas, niyamas, asanas, pranayama, pratyahara, Dharana, dhyana, and samadhi. The idea of victimization yoga for treatment of diseases, fitness and to realize freedom from stress could be a fashionable, and rather, superficial perspective. In the past, yoga wasn't simply a method to get rid of diseases. As an example, the stress on hygiene and cleanliness was a gift in the past similarly. But this failed to talk over with solely brushing, laundry, and general morning ablutions. It enclosed keeping your mind, and by extension, your thought method conjointly, pure and clean.

YOGA – THE RESISTANCE BOOSTER

As the season's amendment, the possibilities of falling sick rise sharply. It's tough for our body to stay the pathogens, once the immunity levels square measure down and folks around America square measure sneeze and coughing. Antibiotics and different medicines do facilitate the body pass through the malady however they don't facilitate improve the body's immunity. Yoga, perhaps, is one amongst the foremost effective and tried resistance boosters that we will adopt for a healthier life. It's an associate ancient art that strengthens the body and conjointly relaxes the mind. Yoga could be a holistic follow that strengthens our body physically similarly as mentally. As a result, the body's defense conjointly improves in such a condition. A healthy life may be simply achieved if we have a tendency to learn to adopt a healthy modus Vivendi, healthy food decisions and regular follow of yoga and meditation. Yoga and meditation square measure the perfect factors to measure a healthy life.

SURYA NAMASKAR

Surya Namaskar or Sun Salutation could be a sequence of twelve powerful yoga poses. Besides being an excellent vas physical exercise, Surya Namaskar includes all 12 asanas and it will help to the growth of the physical body as well as mental peace. Surya Namaskar is additionally legendary to possess an associate vastly positive impact on the body and mind. Surya Namaskar is best done early morning on an associate empty abdomen. Every spherical of Sun Salutation consists of 2 sets, and every set consists of twelve yoga poses. You may realize many versions on the way to follow Sun Salutation. However, it's well to stay to one explicit version and follow it often for best results. Besides healthiness, Surya Namaskar conjointly provides a chance to precise feeling to the sun for sustaining life on this planet.

12 STEPS OF SURYA NAMASKAR (SUN SALUTATION)

Surya Namaskar (Sun Salutation) consists of twelve totally different postures. These 12 asanas are more beneficial for to improve the immunity and protect from infection and helpful for the physical growth. Daily at least 20 Suryanamskar for beginner and more than 100 also performed by trained person.

1. Pranamasana (Prayer Pose)

Pranamasana is that the 1st posture within the yoga sequence. To accomplish this, create, stand upright on your mat and make sure that your feet square measure placed getting ready to one another. Next, take a deep breath, expand your chest, and relax your shoulder. Throughout inhalation, raise your arms from the facet and whereas euphonic be a part of each your palms along as if you're praying. The prayer posture or 1st salutation is complete.

2. Hasta Uttanasana (Raised Arms Pose)

Ensure that your palms square measure joined along, a bit like within the previous prayer creates. Take a deep breath, elevate your arms, and slightly bent backward. Your striated muscle should keep getting ready for your ears.

3. Hasta Padasana (Standing Forward Bend Pose)

Breathe out and bend forward from your waist. Attempt to bit the ground together with your hands. However, make sure that your spine remains straight. Whereas performing arts this creates, you must exhale slowly and completely.

4. AshwaSanchalanasana (Lunge Pose)

Bend your knees slightly, in order that the palms will rest on the ground beside your feet. Take a deep breath, bring your right knee towards the proper facet of your chest, and stretch your left leg backward. Raise your head and appearance forward.



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5. ChaturangaDandasana (Plank Pose)

Inhale and produce your right leg back similarly. Currently each your hands are right below your shoulders. Make sure that your body is parallel to the bottom.

6. AshtangaNamaskara (Eight boughed Pose)

This is conjointly spoken as salutations victimization eight points or elements. Once performing arts Chaturanga Dandasana, exhale and slowly bring your knees down toward the ground. Rest your chin on the ground and keep your hips suspended within the air. If done properly, each of your hands, knees, chin, and chest can rest on the bottom whereas your hips can stay suspended within the air.

7. Bhujangasana (Cobra Pose)

Rest your legs and midriff flat on the bottom. Position your palms beside your chest. Inhale and apply pressure on the hands to lift your higher body. At this time, your head and body part can give an elapid with a raised hood.

8. AdhoMukhaSvanasana (Downward Facing Dog Pose)

Keep your palms and feet wherever they're. Exhale and gently elevate your hips, in order that the body forms associate inverted 'V'. Straighten your elbows and knees. Look toward your navel.

9. AshwaSanchalanasana (High Lunge Pose)

After performing arts Adho Mukha Svanasana, return to Ashwa Sanchalanasana by conveyance your right foot forward. Keep your left leg stretched behind you and appearance forward.

10. Hasta Padasana (Standing Forward Bend)

Inhale and produce your left foot forward, specified it's next to your right foot. Keeping the position of your hands intact, exhale, and slowly bend your body part to enter into the Hasta Padasana create.

11. Hasta Uttanasana (Raised Arms Pose)

Inhale and elevate your higher body. Be a part of the palms and lift your arms on top of your head. Then bend backward as you probably did in step a pair of.

12. Pranamasana (Prayer Pose)

This is the last step. Take a breath and stand straight during a relaxed manner. Lower the arms and hold your palms before your chest. This marks the top of the primary set of Surya Namaskar.

BENEFITS OF SURYANAMASKAR

The benefits of Surya Namaskar square measure manifold. It helps in the higher functioning of the body and mental colleges. Here square measure a number of edges of Surya Namaskar:

- The postures square measure the right mixes of warm-ups and asanas
- It helps to stay you disease-free and healthy
- Regular follow promotes balance within the body
- Improves blood circulation
- Strengthens the center
- Tones the gastrointestinal tract
- Stimulates abdominal muscles, Respiratory, vascular system, spinal nerves and different internal organs
- Tones the spine, neck, shoulder, arms, hands, wrist, back and leg muscles, thereby promoting overall flexibility
- Psychologically, it regulates the link of body, breath, and mind, so creating you calmer and boosting the energy levels with a sharpened awareness
- Surya Namaskar is additionally vastly helpful for losing weight, tending, and hair care.
- Benefits of Surya Namaskar for weight loss
- It is an associate intensive work out that works on each a part of the body
- You will increase the number of rounds slowly and watch the pounds begin to disappear. The bends and stretches assist you to lose adipose tissue equally
- Benefits of Surya Namaskar for hair



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- Surya Namaskar improves blood circulation to the scalp, thereby preventing hair loss
 - The hyperbolic blood circulation nourishes the top and permits healthy hair growth
 - Different poses facilitate stop graying of hair Benefits of Surya Namaskar for glowing skin
 - Surya Namaskar improves blood circulation to any or all elements of the body, so keeping the skin young
 - It will increase energy and vitality, thereby creating your face glow with radiance. This helps the skin retain its firmness
 - Surya Namaskar prevents the onset of wrinkles by relieving the body and mind of stress