



TODAY'S HEALTH ISSUES AND YOGA THERAPY

ABSTRACT:

To evaluate the today's health issues and yoga therapy. Yoga is special subject across in India which is gives to sound health and mind with better fitness. Recently, UN has declared from 21st June 2015 as the 'International day of yoga' Today govt. of India has been every year to celebrate 21st June as an 'international yoga day' across to the country. We are today living in a world where people have become more health issues conscious than they ever were, we can also owe this sudden change due to the nature of jobs and increasing lifestyle diseases. It something that has also spread its wing to most western countries as well. Beside this, yoga therapy may exert further beneficial effects by enhancing cell-mediated and mucosal immunity. Mostly professional who have been sharing their knowledge of the science of meditation and yoga are called yoga. With the rise in reputation of holistic and alternative medical care today.

KEY WORDS: *Therapy in yoga, health issues, fitness-wellness etc.*

INTRODUCTION:

We are looking like different type of yoga as a hot yoga, rope yoga, under water yoga, etc. at all over world, cause of almost people want to be fit and want to be better health. Which is gives to physically, mentally, and socially with economically will be sound by exercise. Today yoga therapy is most important of the world for wellness for health cause of today we have face health issues recently, like age of developing lifestyle, various disease like physical activity and nutrition's, Overweight and Obesity, high blood pressure, tobacco, substance abuse, mental health, injury and violence, environmental quality, immunization, sexuality, stork, rheumatoid arthritis, prostatectomy, diabetes etc. These diseases used to be seen at 50 to 60 plus age, has recently started appearing at the age of 25 to 35 old years. All this disease is related to wrong life style is the most. Important being excess stress. Fast-life, short time, work and requirement overload, high BMI, fatty and non-vegetarian foods, less of physically activities and awareness, smoking and alcohol. Therefore, this effect on our life and all people want peace of mind and good health and wellness. Then after, they want to be fit, and health expense pay to gym or aerobic exercise for services. Daily life health related issues are created. All the universities and institute are started yoga courses and practices for career developed for service to required people. The **UGC** has been started **yoga- science courses in yoga** in various universities today.

PROMOTE TO YOGA BY GOVERNMENTS OF INDIA:

Considering the importance of yoga therapy activities, an Indian government has been established two yog research organizations at New Delhi to look after research and development in the field of yoga and yoga therapy the 'National institute of Morarji desai' yoga- New Delhi. Which are autonomous bodies of AYUSH these organizations took several initiatives to promote yoga in the country. Major activities under taken by CCRYN the basic objectives of 'CCRYN' are of aims and design of research on scientific lines in yoga & yog therapy. Beside this undertake education, research and training and other programs in yoga and yog therapy.

WHAT DOSE YOGA THERAPY:

Yoga is a philosophical doctrine developed in India about 5000 years back based on moral principles, control of posture, control of breathing and control of mind – the aim being keeping the body healthy by

developing the right combination between body and mind through three most popular aspects of yoga are asana control of posture Pranayama control of breathing and dhyana control on mind. "The moral guiding principal" is of tremendous important and they make the back bone of yoga. Than considering each body part or system separately. Yog therapy is a way of working with the outsource capacity of our body and mind to optimize to the health. Generally, yoga classes are certainly ease everyday aches, pains of joint and back with muscles etc. But a yoga therapy is goes too much further cause of it is tailored to the individually, also this Yoga therapists is a safe training to us, assess and keep their safe to us.

WHAT'S A HEALTH ISSUE

1. Physical exercise and nutrition
2. Overweight and obesity
3. Tobacco
4. Substance abuse
5. HIV/ AIDS

Mostly **physically activity** is help to prevent or delay all diseases, including cancers, lungs problems and diabetes, and also, relieve stress and improve feel well. In activity often accompanies continuous age, but it doesn't have to check with your local fitness center, senior-citizen centers, and malls for exercise and walking programs Like exercise.

You are eating habits are often not good Being **obesity** increases to us chances of dying by hypertension and diabetes type 2 today and coronary heart problems, stroke problem, gallbladder problem, osteoarthritis problem, sleep problem, cardio vascular and vital capacity problems, breast problems, prostate problems, and colon cancers also. Purely, guides to us advice for obesity and heart related problems from national institute of health.

Tobacco causes 1 death every 6 seconds, yet India is the second leading consumer today. According to govt. of India health survey report by the Indian Council of Medical Research, tobacco eats for about 30% of mouth and jaw cancers in men and women in India. Mouth cancer is mostly common among men followed by lung cancer. Tobacco related cancer for 42% of male deaths due to cancer and also, 18.3 % of all female deaths. And today's 4,800 chemicals used in tobacco in cigarette, bidies etc. A 69 type of are known to cause cancer. Smoking tobacco releases carbon monoxide which is blends hemoglobin in the blood more easily than oxygen does, thus reducing the depth of oxygen circulating in the body. Of the more than six lacs tobacco-related deaths every year across the world, one-sixth occurs in India alone. Experts see the total tobacco-related deaths rising to 8 laces by 2030.

Substance abuse generally from drugs and alcohol, there are two areas we don't often associate with seniors citizens, like young men, may self-medicate using legal and illegal drugs and alcohol odd even in days, which is lead to serious health related problems consequences. In addition, seniors may deliberately and unknowingly mix medications and use alcohol regularly.

Health Ministry's agenda to protect people living with HIV/AIDS from discrimination through the appointment of district-level health ombudspersons, who would take on the responsibility of "curbing the growing discrimination against HIV/AIDS patients." To expand on this effort, the Health Ministry aims to pass an AIDS anti-discrimination bill in the coming monsoon season of Parliament, between 1991 and 1996, AIDS in adults over 50 rose more than twice as fast as in younger adults. Seniors are unlikely to use condoms, have immune systems that naturally weaken with age, and HIV symptoms (fatigue, weight loss, dementia, skin rashes, and swollen lymph nodes) are like symptoms that can accompany old age. Again, stereotypes about aging in terms of sexual activity and drug use keep this problem largely unrecognized. That's why seniors are not well represented in research, clinical drug trials, prevention programs and efforts at intervention.

CONCLUSION:

If, you live and eat alone it's important for successful aging to eat foods rich in nutrients and avoid the empty calories in candy and sweets. Tobacco use has been associated with rising incidents of tuberculosis, homicide, suicide, heart ailments, strokes, bronchitis, delayed healing of wounds, infertility, and peptic ulcer, among other diseases among others In India alone, every third adult consumes some form of tobacco. Bidis are the most commonly consumed tobacco product and are primarily consumed by the poor. Bidis alone contributed to 5.8 lakh deaths in the country in 2011. In substance abuse of our stereotypes about senior citizens, many medical people fail to ask seniors about possible substance abuse.

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