

## Yoga Benefits for Human Health

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Article Info	ABSTRACT
<p><b>Article History:</b> Received: 17<sup>th</sup> January 2026 Accepted: 22<sup>nd</sup> January 2026 Published: 02<sup>nd</sup> February 2026</p>	<p>Nowadays yoga become more popular among the all age peoples it employs a broad holistic approach that focuses on teaching people a new lifestyle, way of thinking, and way of being in the world. In the process, however, it is also found to bring a myriad of healing effects. By attending to practices for improving, regaining or retaining general good health, a person is likely to find that some of his more specific difficulties tend to disappear. Many of the healing effects of yoga are clinically verified. the most important benefits of yoga is its application in relieving stress, fatigue, invigoration and vitality and its anti-aging properties and its application for relaxation therapy. Yoga has become more popular than ever, with celebrities, politicians, business people, and almost every walk of life currently practicing. The word yoga is Sanskrit for Yoke, or union. In the practice of yoga we seek to create union between the mind and body. Yoga is dynamite to make you feel younger and healthy with heightened mental prowess. Longer life often results from following yogic ways of health maintenance. When both external dangers and internal diseases and habits leading to degeneration have been removed, one naturally lives healthy and longer.</p>
<p><b>Keywords:</b> <i>Yoga, Health, Diseases</i></p>	

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**Introduction:-**

Yoga Benefits for Human health The physical building blocks of yoga are the posture (asana) and the breath. A series of poses held in time with breathing, exercises every part of the body. Benefits include: Yoga is increased strength, endurance, flexibility, and balance, which also translates into an increased ability to perform activities, have more energy, and get a more restful sleep. Most of the diseases take their origin in over-eating, sexual excess and outbursts of anger and hatred. If the mind is kept cool and calm at all times, you will have wonderful health, strength and vitality. Energy is depleted by fits of anger. The cells and tissues are filled with morbid, poisonous materials, when one loses his temper and entertains deep hatred. Various sorts of physical ailments crop up. The blood becomes hot and thin and consequently night pollution results. Various kinds of nervous diseases are attributable to excessive loss of the seminal energy and frequent fits of explosive anger or wrath.

**IMPORTANT BENEFITS OF YOGA FOR HUMAN HEALTH :-**

**Yoga Builds muscles strength:** Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

**Yoga improves posture:** Increased flexibility and strength helps you improve your posture. With better core strength and the body awareness you create by practicing yoga, you are more likely to recognize when you are slouching or have bad posture and correct it. Poor posture can cause back, neck, and other muscle and joint problems.

**Yoga Prevents cartilage and joint breakdown:** Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by “squeezing and soaking” areas of cartilage that normally aren’t used. Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up. Without proper sustenance, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out brake pads.

**Yoga Increases blood flow:** Yoga increases blood flowing. The relaxation exercises can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released.

**Yoga Drains lymphs and boosts immunity:** When you contract and stretch muscles, move organs around, and come in and out of yoga postures, you increase the drainage of lymph (a viscous fluid rich in immune cells). This helps the lymphatic system fight infection, destroy cancerous cells, and dispose of the toxic waste products of cellular functioning.

**Lowers blood sugar:** Yoga lowers blood sugar and LDL (“bad”) cholesterol and boosts HDL (“good”) cholesterol. In people with diabetes, yoga has been found to lower blood sugar in several ways: by lowering cortisol and adrenaline levels, encouraging weight loss, and improving sensitivity to the effects of insulin. Get your blood sugar levels down, and you decrease your risk of diabetic complications such as heart attack, kidney failure, and blindness.

**Maintains nervous system:** Some advanced yogis can control their bodies in extraordinary ways, many of which are mediated by the nervous system. Scientists have monitored yogis who could induce unusual heart rhythms, generate specific brain-wave patterns, and, using a meditation technique, raise the temperature of their hands by 15 degrees Fahrenheit. If they can use yoga to do that, perhaps you could learn to improve blood flow to your pelvis if you're trying to get pregnant or induce relaxation when you're having trouble falling asleep.

**Yoga gives a peace of mind:** Yoga quells the fluctuations of the mind, according to Patanjali's Yoga Sutra. In other words, it slows down the mental loops of frustration, regret, anger, fear, and desire that can cause stress. And since stress is implicated in so many health problems from migraines and insomnia to lupus, eczema, high blood pressure, and heart attacks if you learn to quiet your mind, you'll be likely to live longer and healthier.

**CONCLUSION :-** Yoga practice is safe and can bring many health benefits to practitioners, whether they are young, old, healthy, recovering from illness or looking for a therapeutic option to help them to manage a chronic condition. . The beauty of Yoga is that it can be practiced by anyone. It doesn't matter how old you are or what shape you are in. If you desire a more limber body, Yoga is one of the quickest ways to attain it. Yoga also increases an individual's physical coordination and promotes better posture. And it does all this without potentially hazard negative effects that are often incurred in high-impact forms of exercise. When performed properly, in conjunction with proper related breathing techniques, Yoga helps stimulate the circulatory system, the digestive process as well as the nervous and endocrine system. Yoga is dynamite to make you feel younger with heightened mental prowess. Longer life often results from following yogic ways of health maintenance. When both external dangers and internal diseases and habits leading to degeneration have been removed, one naturally lives longer.

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