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Article

An immunological approach in Yoga: Immune responses

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Abstract

The present paper focuses to study the relevance of Yoga on immune responses. We have mainly two types of immunity – Innate and Acquired immunity. Innate immunity is all the time first line of defense. These defenses are built in and we are born with them. Acquired is what we get after having infection. Yoga stimulates Lymphatic system that includes T cells, B cells and NK cells, Circulatory, Endocrine, Respiratory and Nervous system. It stimulates the circulation of lymph fluid in the body and boosten ups the immune system.

Introduction

The aim of this study is to highlight the beneficial effects of yoga practice on parameter like oxidative stress, immune function, innate and acquired immunity among people. Man has stepped into the 21st century. In today's era yoga is becoming popular in the world. Some people even practice yoga to become closer to God and some for fashion to keep himself fit and beautiful. There are innumerable benefits of yoga. Yoga support balance and boost the immune system. If done on regularly basis, it even reduces stress in the body which in turn cuts down inflammation and degeneration. A strong immune system of any person can wipe out a virus within few days without harming any organ. As far as Yoga benefits are

concerned they often examines the role that neurotransmitters have on human being. Neurotransmitters such as nor epinephrine, dopamine, serotonin, estrogen, melatonin play a very important role in stimulating activity within nerve cells. Yoga reduces the toxic effects of chronic inflammation.

Yoga for immunological aspects of health

The resistive action of the immune system against foreign substances like bacteria, viruses determines the capacity of immune system. We have two types of immunity mainly- Innate immunity and Adaptive immunity. Innate immunity is all the time first line of defense and we all are born from it. It is a major barrier to any antigen or foreign substance. Adaptive immunity is not present by birth, we acquire it after getting an exposure to an antigen into our body. Major active cells are T and B cells. Practicing yoga on regular basis can boost our immunity. The major component nowadays such as stress, effects the immune system that further affects health of the human being. Stress management can be done through yoga. For example, if someone is suffering from any chronic diseases there are possibilities of reduction in natural killer (NK) cells. T cells and B cells, that are major reactive cells of immune system. The yogic exercises are considered as the best method to manage stress and major psychological diseases. Yoga has been proven beneficial in curing diseases like Hypertension (high BP), Diabetes, Menstrual problems (PCOD). Yoga asanas tends to remain our body in the position of relaxed and perhaps person will remain in happy mood with all positive vibes around.

Yoga asanas like Sukhna Vyayama, Pranayama, Sarvagasana, Bhujangasana and Kriyas play a vital role for the purification of body and to boosten up the immune system. Sukshma Vyayama is a whole body warm up yoga that helps in increasing blood and lymph circulation where majority of lymph circulation where majority of lymphocytes such as T killer cells, B cells, Natural killer NK cells are circulating, all this further helps in increasing immunity. Pranayama is the main yoga asana that removes toxins from the body by acting through respiratory system. Bhujang asana, Kriyas like Kapal Randhra, Jal neta etc are very helpful for immune system and for curing acute and chronic diseases .

Conclusion: Yoga is very beneficial to boost the immune system. All this suggest that yoga can prevent inflammation associated diseases. Yoga provides so much of relaxation and peace of mind. The positive health benefits of yoga practice are irrefutable. Yoga has several

advantages like curing cancer, pharmacological conditions with absence of any negative side effects; more research in this field would be of great significance.

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