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The contribution of Yoga in Lifestyle Disorders in Children's

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ABSTRACT

This article is meant to deal with stress, sedentary lifestyle and keep oneself happy because today's lifestyle is causing many types of diseases and these diseases are increasing rapidly in children. On an average, 60% of children are suffering from overweight/obesity. Many have at least one additional risk factor for cardiovascular disease, such as high blood pressure, or hyperinsulinemia. *Yoga* is a medium through which you can stay healthy and happy. *Yoga* gives you the strength to fight physical diseases, heals your mental health and helps in developing and strengthening the self. and it also has a positive effect on motor, physical, cognitive and social aspects. *Surya Namaskar* should be done to improve the current life style in children and it helps in improving the physical and mental health of children and also *Surya Namaskar* is effective in pulmonary functions, respiratory pressure, handgrip strength, endurance and cardiovascular diseases.

Key words: Lifestyle disorder, Physical activity, Yogic lifestyle, Surya Namaskar, depression.

INTRODUCTION

A *Yoga* - based lifestyle entails changing one's way of living in accordance with the ideas of fostering good living and psychosomatic and spiritual wellness. As a result, *Yoga* is shown to be more beneficial for managing and preventing lifestyle problems as well as for rehabilitation.

Children and young people worldwide are exposed to a variety of new norms and possibilities as a result of

globalization. Children nowadays are expected to do well in addition to having access to new resources. Children and teenagers are continually exposed to expectations and stimuli from a variety of institutions, including the media, school, and family. Young people's life could become stressful as a result of being exposed to these new demands and expectations, particularly in relation to performance evaluation.

Yoga is a traditional practice that seeks to balance a person's mental, emotional, physical, and spiritual well-being. It is an art of life management and a universal means for self realization. Different lifestyle disorders include hypertension, coronary artery disease, bronchial asthma, diabetes mellitus, obesity, chronic liver disease, psoriasis, arthritis, cancer, etc. *Yoga* provides great options to combat these diseases. Compared to western medical science, the idea of *Yoga* therapy appears more sophisticated and antiquated. Lifestyle disorders are non-infectious and non-transmissible, but are likely to continue progressively unless intervened.^[1]

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It is now considered that most of the chronic disorders like diabetes mellitus, bronchial asthma, hypertension, coronary artery diseases, COPD (chronic obstructive pulmonary diseases), obesity, chronic liver disease, psoriasis, arthritis, cancer etc. are resulted due to faulty lifestyle. Therefore, the lifestyle modification is considered sheet anchor for the prevention and management of such type of disorders.^[2]

World Health Organization lists "lifestyle diseases" as the "number one killer" threatening humankind. Lifestyle diseases have seriously endangered human health. This is WHO's warning for mankind in the Third World Wellness Seminar. As per World Health Organization, diseases due to poor lifestyles account for the deaths of 70%-80% of citizens in developed countries, while they are 40%-50% in the less developed countries. According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle.^[3]

MATERIALS AND METHODS

Lifestyle Disease in Children's

Lifestyle diseases, also known as Diseases of Civilization, are linked to our surroundings; our daily choices and manner of living. Unlike other diseases, lifestyle diseases are potentially preventable and can be reduced through diet, exercise, attitude, and relationships with the environment. Once they arise, however, they take years to develop and are difficult to treat with allopathic medicine. The main causes of lifestyle diseases in children are junk food consumption, screen addiction, and reduced outdoor activity.

According to a recent survey conducted in City schools, at least 20% of children are obese, have high blood pressure, and are at risk of developing heart disease. One of the biggest global public health challenges is the increasing burden of avoidable risk factors for diseases associated with the adolescent lifestyle. *Ayurveda* emphasizes the importance of lifestyle in the pathogenesis of many disorders in the form of *Ahara Vihara*. The prime cause of *Roga* is *Heena*, *Mithya* and *Atiyoga* of *Kala*, *Indriyarth* and *Karma*.^[4]

Diseases of civilization, sometimes referred to as lifestyle diseases, seem to be spreading more widely as cultures becoming more industrialized and developed.^[5] Increased lifestyle risk factors based on by rapid urbanization result in lifestyle diseases. In recent years, lifestyle diseases have become a major global cause of mortality and disability.^[6]

Children's lifestyle diseases are primarily caused by poor eating habits, physical inactivity, incorrect body posture, a disrupted biological cycle, and inappropriate social interactions.^[7]

Yoga in Children's

The beauty of *Yoga* is that its benefits are available to students of every school-age group," according to Henningsen.^[8] She explains on how *Yoga* may be a complete stress-reduction strategy, which is necessary in today's children's sometimes stressful life.^[9]

Since *Yoga* often leads to improved focus and concentration, regular practice is frequently accompanied by better academic performance. which in turn helps counteract negative social and cultural influences, such as the current media pressure to be always online and available. *Yoga* can also help shift self-awareness inward to children's own cues and emotions, improve sleep, and generally encourage healthy and balanced living.^[10]

One of the traditional *Yoga Asanas* is *Surya Namaskar*, which literally translates as "to worship the Sun." Since "*Surya*" in *Surya Namaskar* means "the Sun" and "*Namaskar*" means "salutation," this *Yoga Asana* is understood to be a "salutation to the Sun."^[11]

Surya Namaskar

Improving physical fitness to improve quality of life has received more attention as a result of the recent growth in knowledge of the role that physical activity plays in improving overall health.

Twelve *Asanas* must be done in a row in order to complete the cycle.

1. *Pranamasana* (Prayer posture) 1st and 12th

This is how the person who is performing the "*Pranama*," or "*Anjali Mudra*," stands. Maintain a

straight posture with your shoulders, knees and hands relaxed at your sides. Now join hands and exhale "Namaskara" posture (Mudra).^[12]

Benefits: Initially brings peace and improves attention before relieving worry and mental strain.

2. Hasta Uttanasana (Raised arms pose) 2nd and 11th

After the prayer, lift your hands and bring your body back to your fingertips, keeping your biceps close to your ears.

Benefits: Specifically in asthma. strengthening the stomach, respiratory, and intercostal muscles helps alleviate anxiety and exhaustion while also supporting the respiratory system and enhancing digestion.

3. Hasta Padasana (Hands to feet) 3rd and 10th

Now, while maintaining a straight back, bend from the waist and touch the floor with both palms. The goal should be to maintain the knee as straight as possible while yet letting the head rest on the knee.

Benefits: It strengthens the back muscles and enhances the range of motion. stretches the hamstrings, calves, and hips. Knees and thighs are also stretched. Engage the abdominal muscles to burn off extra belly fat.

4. Ashwa Sanchalanasana (Equestrian pose) 4th and 9th

Breathe in to drive the left leg back as far as you can, bending the foot so that it touches the floor. Position the right knee between the palms. So, find it and don't give up. To balance your feet on the ground, extend them using your toes.

Benefits: strengthens the spine and restores balance to the central nervous system. Liver and kidneys are among the abdominal organs that it controls. strengthens the will. expands the lung's capacity.

5. Parvatasana (Mountain pose) 5th and 8th

The posture resembles a mountain called *Parvata*. After exhaling, extend your right leg out of *Ashwa Sanchal* Pose and align it with your left leg. Raise both your wrists and your hips simultaneously. Place your right hand and your weight on it. You have to put your head in between your hands.

Benefits: Effectively stretches the spine, balances the peripheral nerve system, builds up the muscles of the upper and lower limbs and aids in enhancing the strength and stamina of the arms, shoulders and wrists.

6. Ashtanga Namaskar (Eight limbed pose) 6th and 9th

Gently place the knees on the ground. Slide forward, pushing your hips back, keeping your chest and chin on the ground. Maintain this stance and contact each of the eight body parts - the palms, feet, knees, chest, and chin - until you come to rest on the ground.

Benefits: strengthens the respiratory and musculature of the lower and upper extremities.

7. Bhujangasana (Cobra Pose) 7th

Slide forward while lifting your chest. Keep your hands near your chest and look towards the sky. In this position, half of the body is in the air and the other half is on the ground. This is the position of the cobra.

Benefits: strengthens and supports the back, particularly the lower back, which has the greatest compression of the lumbar spine. increases the muscles' and spine's flexibility. Menstruation, back pain, sciatica, asthma, and the reproductive, digestive, and genitourinary systems are all supported by it.

DISCUSSION

Benefits of Surya Namaskar

We've talked about the *Surya Namaskar* health advantages here.

1. Helps in weight reduction (Obesity)

Quick strides *Surya Namaskar* is comparable to weight-loss-promoting physical aerobic workouts. The high dynamic coefficient of the *yoga* poses used in *Surya Namaskar* can aid in weight loss.^[13]

2. Hormones activation

Surya Namaskar maintains normal growth secretion by activating and stimulating glands like the pituitary and adrenal.

3. Impacts on the nervous system

For nervous system issues, the autonomic and peripheral nervous systems are helpful. In addition, it enhances memory and addresses a number of neurological disorders while controlling the central nervous system. beneficial for diabetes and back pain.

4. Impacts on the Gastrointestinal tract

Helps keep the digestive system operating properly. enhances the system's blood flow, which benefits intestinal function. The abdominal organs are compressed and stretched in turn to regulate the digestive system. Thus, clearing the system of any trapped gas has advantages. stimulates the digestive system and gets rid of indigestion, constipation, and other digestive issues.

5. Impacts on the Mind

Surya Namaskar is done silently; complete focus always aids in mental clarity and anxiety reduction. Frequent exercise can enhance mental well-being. It affects psychological and physiological factors more favorable. A calmer, more stable, stress-free mind can be achieved through the various postures, breathing techniques, and *Mantra* chanting involved in this practice. It boosts confidence, inventiveness, intuition, and leadership in making decisions. Hence, as *Surya Namaskar* reduces tension and anxiety, kids should practice it before exams. Moreover, it can enhance sleep habits. aids in reducing insomnia and helping to quiet the mind for a more comfortable and peaceful night's sleep.

6. Impacts on the Endocrine system

Controls the human endocrine system; it primarily affects the pituitary, thyroid, adrenal glands, and pancreas. For diabetes, obesity, hypothyroidism, and menstruation issues, it is particularly useful. Frequent exercise can result in less painful menstrual cycles and stronger abdominal muscles.

CONCLUSION

Children of today need a dynamic, creative curriculum that involves them in the teaching and learning process. This method can also be used to learn *Yoga*.

Therefore, if we can successfully connect with kids and teens, they can learn to use *Yoga* as a strong tool to reduce stress and build resilience to deal with it. We think research is essential to understanding how kids and teens can benefit from learning *Yoga*, continue practicing it, and apply it to their everyday lives. Any type of mental or social stress condition can be addressed with *Yoga*. We have discussed some of the stresses that modern children face in their daily lives in this post, such as growing expectations and children's excessive media use. We have argued that *Yoga* is essential for children's and teenagers' healthy growth, stress relief, and self-control. According to this article, *Yoga* can be a useful tool for children's. We think that children and young people should also be covered by the following statement: "If you practice *Yoga* every day with perseverance, you will be able to face the turmoil of life with steadiness and maturity"^[14]

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