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Review Article

SIGNIFICANCE OF EXERCISE (VYAYAMA) IN MODERN ERA**Harprasad Ahirwar¹, Ravi Kr. Kushwaha² Pravanjan Acharya³, Anita Sharma⁴**

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6263162292****Email Id-****harprasadahirwar@gmail.com****Abstract:-**

Exercise is very important to person's health. Skinny fat person is a tragic base of a human body. It takes the muscles and bone structure not to motion. A healthy mind set to hold yourself strength or confidence. You don't feel empowered as positive about your body. The answer to this problem is a gift as exercise. As per Ayurveda classics those body movements that produce firmness and strength called vyayama. Basically three different type of exercise namely flexibility, aerobic and anaerobic exercise, wakes upon a different level to maintained the health. Before the commencement of exercise one should follow do and don'ts for exercise described into different classics. In Ayurveda timing for the vyayama is not mentioned clearly but one should have matrapurvakvyayama. The excessive exercise can cause emaciation, thirst, cough, fever etc. So one should perform up to the certain extent that does not causes any harmful impact on the human body. It is best to reduce the obesity, strengthen the muscles, joints and boost the immunity. It provides lightness to the body and maintains the agnibal (the metabolism). It also increase the pulmonary circulation. Promotes vital capacity and facilitate the proper

elimination of toxins accumulated in the body. Regular exercise helps in the prevention and treatment of some serious problem like- diabetes mellitus, hypertension and insomnia etc. Scientifically it has proved that some neurochemicals such as endorphin and serotonin are released during exercise which act as pain relieving agent and antidepressant. So exercise described in Ayurveda and modern text have positive impact on overall health of human being.

Keywords:- Vyayama, flexibility exercise, Aerobic exercise, anaerobic exercise, obesity, agnibal, metabolism, vital capacity, neurochemicals, antidepressants.

Introduction:-

Exercise today is very important to a person's health. Most people have been led to believe that changing your body just involves strict dieting. Healthy and consistent nutrition is a huge part but without exercise you aren't able to achieve the actual body shape you want. Calorie restriction without effective exercise will just leave you in a saggy human shell; you simple go from being overweight to being a skinny fat person.

To skinny fat person is a tragic waste of a human body. We are made to be brilliant but by lacking the muscle and bone structure not to mention a healthy mind set to hold yourself with strength or confidence. You don't feel empowered or positive about your body, because underneath the smaller sized clothing is still the side effect of being overweight. The flabby flesh and loose skin and lack of muscle tone are still lurking underneath. The outside may have changed but the inside still feels unworthy and punished. The answer to this problem is the gift as exercise –heart pumping, body making, endorphin releasing muscles strengthening and enjoyable exercise.

Exercise doesn't have to control your life, it should be enjoyable, motivating and most importantly it should get you results. You must ask yourself more than just I want to lose weight, you need to ask yourself what your ultimate

body look like whether it be healthy, fit, toned, strong, muscular, firm, lifted.

Methodology: Definition of Exercise:

The bodily movement which is meant for producing firmness and strength is known as physical exercise one should practise it in moderation¹.

Activities which produce exertion to the body are known as vyamama².

As per Modern Ideology:

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. The exercise is done for strengthening of muscles and the cardiovascular system improving athletic skills inducing weight loss or maintain of weight as well as for the fitness and pleasure. It also promotes mental health.

Types of Exercise: There are three types.

- 1- Flexibility Exercise
- 2- Aerobic Exercise
- 3- Anaerobic Exercise

Flexibility Exercise: Ex. Stretching exercise to improve the flexibility and range of motion of muscles and joints.

Aerobic Exercises: Aerobic exercise (also known as Cardio) is physical exercise of relatively low intensity that depend primary on the aerobic energy generating process. Light to moderate intensity activities that occur by aerobic metabolism

and can be performed for extended periods are included under aerobics. Ex. cycling, swimming, walking, tennis to enhance the cardiovascular strength.

Anaerobic Exercises: Anaerobic exercises are an intense exercise used by athletes to promote strength speed and power and by body builders to build muscle mass. This leads to better performance in short duration, high intensity activities. Which last from mere seconds to up to about minutes and then trigger lactic acid fermentation. Ex. Weight training, functional training, eco centric training or printing and high intensity internal training to enhance short-term muscles strength, sports where strength training is central are body building, Weight lifting, power lifting, shot-put disc throw, javelin throw etc.

Do's and Don'ts for Exercise:

Exercise should be done in accordance with age strength, physique, habitat, season and nature of food otherwise the person gets affected by diseases³.

The person who are much emaciated due to excessive sensual indulgence, weight, carrying travelling on foot and evacuative measures and are victims of anger grief and exertion, the children old person who speaks too much and loudly, who is suffering from hunger and thirsty should abstain from physical exercise⁴.

Exercises should be avoided by patients of bleeding diseases, emaciation, consumption dyspnoea, cough, injury in chest (lungs) and just after taking meal, who is emaciated by copulation, who is suffering from thirst and dizziness⁵.

Patients suffering from vata-pittajvyadhi children old age, suffering from indigestion should not perform exercise⁶.

Duration/Limit of Exercise:

Physical exercise should be done to the level of half of the strength of the person otherwise it will kill him, when vayu residing in the region of the heart comes of through the mouth (in other words more upward breathing) that is the sign of half the strength of the person⁷.

The person taking fatty meal and those who are strong should do exercise upto half strength in winter and spring. The rest should do mild exercise⁶.

Convencing Exercise:

Appearance of perspiration, increased respiration, lightness of the body, feeling of obstruction in cardiac region are the signs of proper physical exercise⁸.

Harms of excess Exercise:

Excessive physical exercise give rise to fatigue, exhaustion, emaciation, thirst, internal haemorrhage, darkness before eyes, cough, fever and vomiting⁹.

Consumption, thirst, loss of taste/appetite, vomiting, bleeding diseases, dizziness, exhaustion, cough, phthisis, fever and dyspnoea are disease producing by excessive physical exercise¹⁰.

Heavy exercise cause, trisna (thirst), ksaya (phthisis), pratamakswasa (severe dyspnoea), raktapitta (bleeding disease), srama (fatigue), Klama (languor, Tiredness without exertion), kasa (cough), Jwara (fever) and vamana (vomiting)¹¹.

The wise should not indulge excessively in physical exercise, laughter

speech, travelling on foot, sexual intercourse and night-vigil even if he is accustomed to them¹².

One who indulges excessively in these or similar other activities perishes suddenly like a lion dragging on elephant.

Effects of excessive exercise:

It causes nervous and muscular fatigue. It causes breathlessness fatigue, palpitation, hypertrophy of left ventricle and reduction of pulse rate. The voluntary muscles get exhausted due to lack of oxygen and nutrient supply stroke, cardiac problems, joint problems etc. can occur.

Post Exercise Activity:

After doing exercise whole of the body should be massage/press gently to feel pleasure¹³.

Discussion:

Health benefits of Exercise:

Healthy growth, brilliant complexion, well manifest division of bodydigestive fire (power of digestion), absence of lassitude, stability, feeling of lightness, cleanliness, ability to exertion, fatigue, thirst, heat and cold. Along with above resist best of health is also achieved by exercise¹⁴.

All these occur from physical exercise, nothing else than it (physical activity) exists which is best to reduce corpulence (obesity) enemies will not be able to vanquish/defeat the person who does exercises habitually, old age does not invade him quickly, the muscles of the body become stable (strong) in the person who does exercises daily habitually.

By physical exercise acquisition of following things occur lightness, increased ability to do work metabolism of extra fat

andincreasing of appetite distinct and strong physique¹⁵.

There are three good benefits to exercising. Health benefits such as helping weight management improve your quality of life and reducing the feeling of depression and anxiety. Another benefit is environmental. Regular exercise has many physical benefits including cardiovascular condition, and normalise blood pressure.

As per modern Ideology¹⁶:

1-There is an increase in respiration rate along with promoting deep breathing. This result in increased

pulmonary and proper elimination of toxins accumulated in the body.

2. There is increase in force and rate of heart beat resulting in increase of blood circulation.

3. The exercise tones up the muscles and make them strong and flexible due to improved nourishment.

4. The enhanced perspiration results in proper eliminations of mar bid wastes from the body.

5. There is an increase in appetite resulting in proper digestion and assimilation of food. The regulated intestinal movements results in proper evacuation of bowels, thus helpful in constipation.

6. Regular exercise help prevention and treatment of serious and life threatening cronice condition like hypertension, obesity, diabetes mellitus, cardiovascular diseases, insomnia etc.

7. The moderate exercise has a positive effect on the immune system and there is 29% decreased incidence of upper respiratory tract infections (URTI)

8. The researchers have shown that exercise executed by healthy individuals enhances endorphins and serotonins, Endorphin act as a pain relievers and antidepressant in the body. Thus helping in depression due to overweight, low self esteem, stress and anxiety.

9. The mind is relaxed, refreshed and calm. Thus observation power, precision and tolerance get enhanced.

10. One of the key health benefits of exercise is that it help normalize your glucose, insulin, level by optimising insulin sleep to sensitivity.

Conclusion:

Exercise described in ayurveda and modern text have positive impact on overall health of human beings. Exercise is generally acknowledgement to be important for weight control strengthening bone and muscles and increased stamina. Nevertheless the benefits of exercise transcend these common facts to many other aspects of health and wellness. Other reasons why you should exercise include a reduced the risk of disease, increased mental health, improved energy level leads to a healthy & longer life.

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