

## Yoga: A Natural Vaccine against COVID 19

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### Abstract :

The most shocking situation which is the cause of sorrow for the whole universe is Covid-19. This virus was first detected in Wuhan City, China. This pandemic has shown its ramification on us in different ways and in different ways in this world. We are recently facing the second wave of Covid-19. Till the date there is no full proof medicine for corona virus (SARS-CoV-2), but scientists around the world have succeeded in developing some vaccines which would help to protect us against the deadly virus (SAR-CoV-2). It is very much important for us to improve our physical as well as mental conditions, the best way to do so is by doing physical exercises, yoga , maintain proper diet, drinking plenty of water and maintain distance from others. Covid-19 mostly affects our lungs. People experience physical problems like breathing problem , chest pain, cold, fever etc. due to covid , and those people having serious symptoms are more prone to death. Yoga is one of the best way for improving the immunity as prescribed by several doctors, scientists, virologists and even by the scientists of WHO. Many Researches have been conducted and it shows yoga improves immunity, improves respiratory competence, mental power and increases body's strength which is very much essential to fight against covid virus. In this study focus has been given on the importance of yoga in fighting against covid.

**Keywords :** COVID-19, Pandemic, Yoga, corona virus

### Introduction :

Covid-19 is a matter of concern for the whole world, the number of positive cases as well as the death case is increasing day by day. Even after taking vaccines also people are getting affected by this virus. This virus has laid down so many innocent lives. Various studies have shown that people having poor immunity are getting more affected by this virus. So the most vital way to fight against this virus is by boosting our immunity. WHO has suggested some guidelines which includes practicing some good habits like keeping our-self clean, using masks, maintaining social distancing, doing physical exercises. Due to pandemic Govt. has declared lockdown. This leads home isolation leads to increase in stress level and anxiety. Now the question comes in mind how we can keep our body and

mental condition fit. Yoga is the best answer to this question. There are several asanas and yoga shastras which will be helpful in improving physical strength as well as mental condition.

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### **Objectives of the study:**

- To study the importance of yoga in the prevailing Covid-19 pandemic situation.
- To know about various Yoga asanas which will be helpful in improving body immunity.

### **IMPORTANCE OF YOGA IN FIGHTING AGAINST COVID PANDEMIC:**

According to Yoga Guru Swami Ramdev yoga is helpful in improving stamina and strengthening muscles. Boosting immunity is the key factor to be taken care of during this covid pandemic. Yoga is also helpful in relieving stress and by doing yoga one feels energetic whole day. Even after eating healthy diet one lacks in stamina, so in order to fulfill this lacuna yoga is very much essential.

- Yoga increases pulmonary functions which help in preventing respiratory diseases.
- It helps in increasing serotonin in the body, which the main hormone which stabilizes our mental feelings, also helps with eating sleeping and digestion. This hormones act as a channel between the brain cells and other nervous system cells to interact with each other.
- It helps in reducing adrenaline, which is cause of blood pressure, heart attack and stroke. It can also result in insomnia, weight gain, anxiety...etc.
- For pregnant women yoga is very much essential as it reduces stress and boosts their immune function.
- Humming breathes increases nasal nitric oxide, which decrease body blood pressure and increases blood flow in the body.

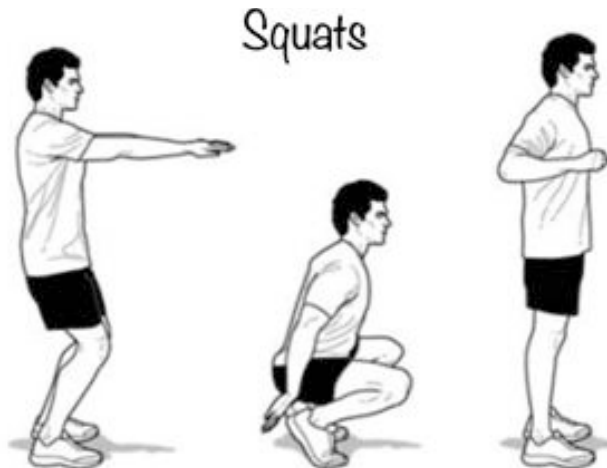
There are many more importance of yoga, but nowadays it is vital that our body should be fit and be able fight the virus, which can only be possible if we have good immunity power. If our internal body as well as external environment is good then only we can have a healthy life. As due to pollution our environment is worsening and many diseases are found day by day, the only way to keep us healthy is by performing good exercises, yoga and taking healthy diet. Yoga activates our body's function thus improving our body's immunity and the chances of getting ill are minimized.

## SOME YOGA ASANAS VERY MUCH VITAL TO IMPROVE IMMUNITY POWER:

- **DAND :** It is one of the power yoga that makes our body flexible and relax.



- **DAND BAITHAK:** First continue with 10 dand baithak a day, then after a few days increase the number gradually, this helps in keeping the body in shape , makes your body muscles strong and reduces body fat.



- **DANDASANA** : By doing this body postures become perfect. It also strengthens the arms, legs, wrists. This yoga helps in keeping your body active and also increases the stamina.



- **MISHRA DAND**: By doing this your body become stronger and it also helps in proper digestion and one can get rid of many diseases.



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- **VAKASANADAND** : By doing this your body remains fit and healthy.



## SOME YOGA PRACTICES FOR HEALTHY RESPIRATORY SYSTEM:

### 1. ASANA

- For Supine Posture there are 3 types of asana like Sarvangasana, Setubandhasana & Matsyasanas.
- For Prone Posture there are 3 types of asana like Bhujangasana, Naukasana, and Dhanurasana.
- For Sitting Posture there are 2 types of asana Ustrasana and Mandukasana.
- For Standing Posture there are also types of asana like Hastauttanasana and Virabhadrasana.

### 2. PRANAYAMA

There are various pranayams which can help in better respiration like Nadi Sodhana, Bhramari, Ujjayi & Bhastrika

### 3. KRIYA

Kapalabhati, Jala neti, Sutra neti are few kriyas which are very essential.

The knowledge of yoga asanas and pranayams helps in leading a best life with discipline and good health. The practices of yoga help your body in fighting different diseases and enhances your life span.

## CONCLUSION:

Our body immune system plays an important role in protecting our body against this covid pandemic. It has been found in different studies that yoga plays a positive role in increasing our immune system and strengthening our respiratory system. If we focus on good diet, doing yoga, exercises and maintaining social distance, wearing masks and staying maximum time at home then we can definitely be successful in fighting against the novel corona virus pandemic.

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