

# Physical Health Benefits of Yoga

Yoga, though an old practice, has gained popularity in today's society. For a majority, yoga enables them to take a break from their busy lives. In addition, yoga provides them with many physical and health benefits. Below is a list of physical and health benefits of yoga.

## **Enhances the Strength of the Body**

Yoga is popularly known for its capability to relieve both tension and anxiety in the mind. However, it can also have an effect on an individual's exercise capacity. A study shows that individuals who practice yoga report greater improvement in the strength of their muscles, flexibility of their bodies, endurance and cardiorespiratory fitness when compared to those who do not practice.

## **Enhances Weight Loss and Body Balance**

Individuals who practice yoga are mindful eaters and are more concerned about their health. Therefore, they do not eat any food they find around. Researchers found that those who practice yoga for at least 30 minutes a week for a duration of four years do not gain weight during middle adulthood. Those who were overweight actually lost their weight during the study. In short, those who practice yoga have a lower body mass index than those who don't practice yoga.

## **Improves Quality of Life**

Yoga has become a common therapy used to increase the quality of life for many people. Practicing yoga significantly boosts mood and lowers fatigue, especially in women suffering from breast cancer. Such women experience less pain and show improvements in the level of relaxation and acceptance

compared to others who do not practice yoga.

## **Cardiovascular Benefits**

A study shows that yoga has an effect on the risk factors associated with cardiovascular diseases. It helps reduce blood pressure in people suffering from hypertension and improves the baroreceptors' sensitivity. This enables the body to detect the imbalances in blood pressure and restore normalcy. Researchers also found that yoga reduces the amount of cholesterol in the body. In addition, it lowers the blood sugar levels in patients suffering from diabetes mellitus. Due to these benefits, yoga is currently being included in several cardiac rehabilitation programs.

## **Relieves Migraines**

Migraines are serious recurring headaches that can really make life uncomfortable. Traditionally, doctors used medications to manage and relieve symptoms of this condition. More researchers have found evidence indicating that yoga can be a useful therapy in managing this disease. According to the researchers, yoga stimulates the vagus nerve, which is effective in relieving the symptoms associated with acute pain.

Many studies have confirmed that yoga has multiple physical and health benefits. Therefore, adding it to your daily routine can improve your health and increase strength and your body's flexibility. A few minutes of yoga per day are enough to make a big difference.

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