

Good Afternoon to everyone present over here. This is Rakshit Singh Tomar. I'll be discussing about Yoga and Physiology today.

To start with, what exactly yoga and physiology is about...

Yoga is psycho-somatic-spiritual discipline. Here psycho-somatic means it involves the mind and the body and aims at creating a balance between them. Coming on to spiritual it is because of its roots and as they say it's a union of the mind body and the soul with awareness of the surroundings.

Physiology on the hard hand deals with the mechanism that goes behind working of our bodies and all the individual processes that are needed to sustain life.

So, in Yoga and Physiology I'll be discussing about the physiological effects of yoga on major human body systems as we progress.

What is homeostasis in the first place? It's about attaining stability or a steady state reacting to state of things like temperature, blood pressure, levels of oxygen, cardiac output etc...

So yoga helps by contributing towards cell-homeostasis. Whenever we take-up a new activity. Be it yoga in this case. It would actually lead to new pathways and improved cell signaling. Yoga can aid absorption of vitamins and other factors that would lead to protein development. Further the protein is utilized to make new cells. We make cells almost every minute every second.

Now, when we talk about oxidative cell stress, it is actually free radicals or oxygen molecules that can be formed as a result of our stressed lifestyle or the toxins from the UV rays. Which can causes damage to the cells, protein and even DNA. Yoga can help by reducing overall stress and by promoting cell health.