

A NOVEL SYSTEM FOR BALANCE IMPROVEMENT IN ELDERLY FOR MOBILITY ENHANCEMENT

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ABSTRACT

Integrative yoga therapy blends the physical and mental aspects of yoga to promote physical, mental, emotional, and spiritual wellness. This research article aims to examine how well integrative yoga therapy works to support people's emotional stability and mental health. The study will look into how frequent Integrative Yoga Therapy practice affects conditions like post-traumatic stress disorder (PTSD), depression, and stress reduction. Data on Integrative Yoga Therapy's effects on mental health and emotional balance will be gathered utilizing a mixed-methods approach that combines quantitative and qualitative techniques. To determine the efficacy of Integrative Yoga Therapy in enhancing mental health outcomes, quantitative data will be analyzed utilizing statistical techniques such t-tests, ANOVA, and regression analysis. The influence of Integrative Yoga Therapy on emotional balance and mental well-being will be studied utilizing thematic analysis of qualitative data to find recurring themes and patterns. In this study proposal, the effects of integrative yoga therapy on mental health and emotional balance are discussed. To acquire information on the efficacy of Integrative Yoga Therapy in enhancing mental health outcomes, the research will use a mixed-methods approach. The results of this study may add to the expanding body of research on the advantages of integrative yoga therapy and provide useful information for practitioners, academics, and decision-makers in the fields of integrative medicine and mental health. The findings of this research might have an impact on how integrative yoga therapy is used in clinical settings as a supplement to traditional mental health therapies.

I. INTRODUCTION

Yoga as integrative therapy has been shown to improve a person's physical, mental, emotional, and spiritual well-being through the use of its mental and physical components. Multiple styles of yoga use a combination of asanas, breathing exercises, and meditation to improve physical and mental health. Yoga can improve people's health and well-being by increasing their stamina, flexibility, and composure. One can de-stress, regain contact with one's physical self, and alleviate physical and emotional stress by doing practice of yoga and meditation. Yoga as integrative therapy helps individuals with mental health issues which includes anxiety and depression. Yoga as integrative therapy has been utilized for decades to promote the healing and well-being of the body, particularly in depressed or emotionally obese individuals. People are drawn to it for its weight loss, health promotion, and health maintenance benefits. Yoga as integrative therapy has been clinically demonstrated to alleviate stress. It enhances a person's general health, well-being, body, and immune system. For those who practice Yoga as integrative therapy and meditation, depression and post-traumatic stress disorder are no longer a concern.

In order to be able to relax during meditation, one must strike a delicate balance between doing nothing and releasing tension. The secret to a restful night's sleep is meditation. It is marked by love, happiness, and tranquility. Meditation focuses an individual's attention and concentration on a single concept, object, or activity. It aids in attaining self-awareness and mental and emotional clarity and stability; as a result of this practice, your discomfort, stress levels, ability to connect, and focus increase.

These five distinct levels of our existence are called "koshas." They can also be viewed as overlapping and interdependent facets of ourselves. As a yoga therapist, these principles are utilized to help clients heal on all levels, including the physical and psychological. When practicing yoga as therapy, the Koshas become more transparent, permeable, and purified. To develop integrated medicine and ensure the efficacy of the practice taught and assigned to the client, they collaborate closely with other caregivers, healers, and members of the medical team.

The integrated approach to yoga therapy concept states, "The mind is at the root of all psychosocial disorders; this creates an internal imbalance caused by chronically stressful and demanding life events." As a result of these high-stress conditions, people are susceptible to emotional, philosophical, and psychological fluctuations, which are to blame for massive imbalances (Pranamaya and Annamaya Kosas). Yoga therapy promotes "mastery of the mind" by shortening the loop of uncontrolled thought speed through a series of processes that attempt to balance disruptions on each of the five levels by correcting imbalances (Pancha Kosa).

Each stage of the yoga as integrative therapy program, which is based on the Pancha Kosa concept, incorporates multiple yoga practices, allowing it to treat a variety of ailments. This method includes the following characteristics: When the internal organs are deeply massaged, they begin to work in concert with one another and the mind, resulting in a sense of calm. Highly recommended is the Sattvic diet, which emphasizes whole, simple, vegetarian foods that are calming to the mind and body. Flexibility and strength training lubricate joints and increase physical endurance. (Villacres, et al, 2014)

Through breathing exercises and breath purification, pranyama kosha techniques help to expand lung capacity, raise awareness of proper breathing, and purify the lungs. In contrast, Pranayama calms the mind to relax the autonomic nervous system. The techniques of Manomaya Kosha include meditation, mind sound resonance, and cyclic meditation. And the third type of devotional time is known as: The "Bhakti Yoga" curriculum and the Vijnanam Yatra practices for stress management include lectures and yogic counseling based on yogic ideals of courageous living. The ultimate goal of these practices is to facilitate the experience of blissful stillness, which is characterized by awareness, perfect equilibrium, and freedom of choice. The mind is devoid of negative thoughts and concerns. Because it addresses imbalances on the physical, mental, and emotional levels, yoga therapy is considered a holistic paradigm. Because the components of this paradigm are theoretically incompatible, it is necessary to integrate and provide them so that they have the desired effect on each of the five levels of existence. The complementary benefits of yoga therapy have benefited stress during pregnancy, asthma, mental illness, arthritis, and cancer.

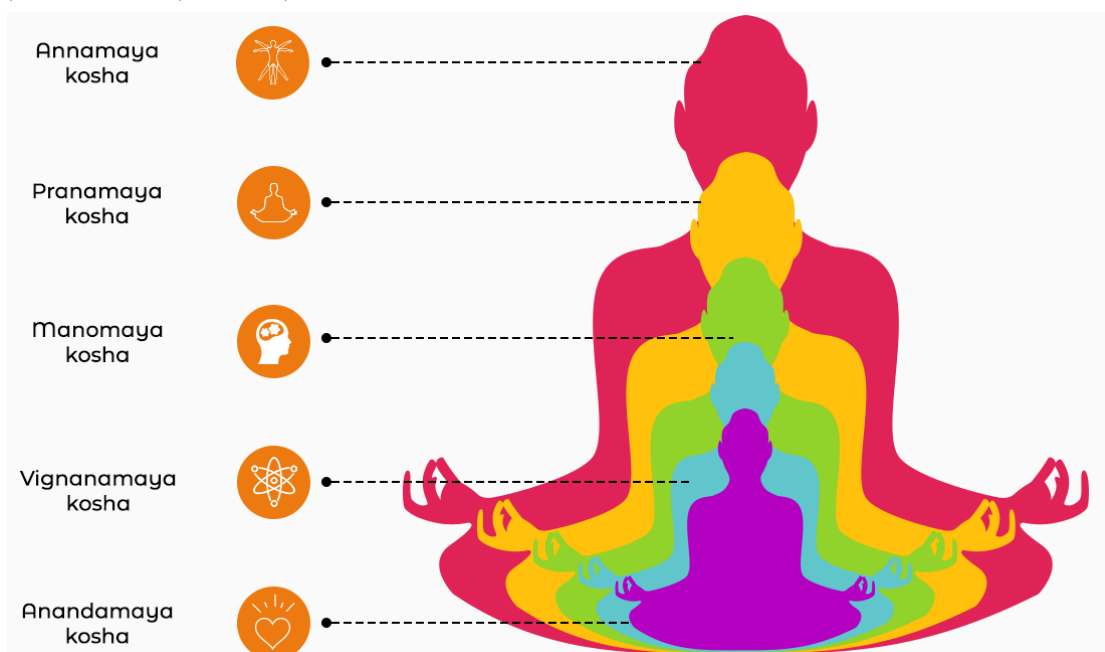


Figure 1: Diagram of Kosha Model

Regular practice of Yoga Therapy elevates mental and emotional health to new heights. One feels calmer and more relaxed as a result of the release of tension from their muscles and joints. Yoga Therapy is predicated on the premise that the mind and body are interconnected, and it assists us in coordinating and balancing all aspects of our lives. Yoga teaches us to focus more on our parasympathetic nervous system and to accept our circumstances rather than fleeing or fighting them. By practicing deep breathing, we can calm our nervous systems and improve our mental health. Yoga as integrative therapy, which is not merely a spiritual exercise,

can be used to treat a number of physical ailments. It strengthens your motivation and resolve to resist disease and maintain a positive outlook even in the most difficult circumstances.

Yoga as integrative therapy has developed and expanded over the years to become a form of medicine and a method for treating a broad spectrum of health conditions in individuals. Yoga therapy is frequently recommended by doctors and other healthcare professionals to help patients overcome health issues and mental illness in the present day. Integrating yoga into modern medicine now affords individuals the opportunity to develop their health. Both physical health and the capacity to handle stressful situations without compromising one's mental health are essential. Yoga therapy can also teach people how to better manage stress and avoid becoming a victim of their environment. By participating in Yoga as therapy, one can maintain fitness, health, and mental acuity. Its postures, meditation, and effects on physical, mental, and emotional health are described in the following section.

II. LITERATURE REVIEW

There is a great need for services that assist seniors in maintaining their balance and preventing falls. Leg conditioning and balance training are two of the most promising forms of physical therapy. Unknown are the benefits of balance training for nursing home residents. Additionally, fear of falling is a common concern that negatively affects the health of the elderly (FoF). This condition may prevent older adults from engaging in physical activity or maintaining their balance. FoF can affect a person regardless of whether they have fallen or are receiving care in a facility. Thus, FoF intervention and evaluation may be required to provide a holistic treatment for institutionalized older adults. A growing number of individuals are turning to Hatha Yoga (HY) to enhance their sense of balance. It qualifies as a complementary or alternative therapy because of the mind-body connection. There are three components to HY: breathing, meditation, and enhancing one's postural stability and balance. In light of these concerns, the authors of this study sought to investigate the effects of HY and SBE on balance function (balance, gait, and overall balance) and FoF in nursing home patients. They discovered that individuals aged 65 and older can safely participate in HY activities and still reap the benefits of the program. For the SBE intervention, they chose exercises that are widely recommended by physical activity policies for healthy aging. They anticipated greater HY (first hypothesis) results due to the fact that yoga practice emphasizes physical awareness more than other forms of exercise. Consequently, they anticipated detecting changes and improvements in HY but not in SBE (second hypothesis) (Hamrick, 2017).

According to (Guner, & Inanici, 2015), fatigue, balance, and gait disorders can have a significant impact on the quality of life and psychological, social, and economic health of multiple sclerosis patients. The majority of older adults with multiple sclerosis (75–90%) describe fatigue as one of their most common and debilitating symptoms, with the majority (55%) describing it as the worst. Within 15 years of diagnosis, nearly half of MS patients need assistance with walking, and 10% become wheelchair-dependent. In the absence of a cure, it is crucial to have symptomatic and supportive treatment options available, as drug therapy only partially alleviates symptoms. Integrative Yoga Therapy is gaining popularity as a complementary and alternative medicine option for multiple sclerosis patients. Although yoga is widely practiced, few quantitative studies have evaluated its efficacy for people with Multiple Sclerosis (MS). MS patients must engage in daily exercise to maintain disease control. Multiple sclerosis (MS) patients can benefit from a variety of exercise modalities that have been shown to enhance strength and endurance, fatigue and balance, as well as mood and health-related quality of life.

In the case of multiple sclerosis, there is no one-size-fits-all exercise regimen (MS). Asanas, pranayama, and meditation can enhance body awareness, muscle tension release, coordination, and balance. An individual can also improve their capacity to manage fatigue. Physical, emotional, and spiritual health are the primary objectives of integrative yoga therapy. Yoga utilizes asana (postures), meditation, and breathing techniques to balance the body, mind, and soul. Body, mind, and spirit integration can lead to feelings of wholeness, tranquility, and self-realization. Similar benefits are provided by yoga positions, such as reducing fatigue, enhancing mental clarity, and expanding range of motion. The effects of a 12-week yoga treatment trial for people with multiple sclerosis on Fatigue, Balance, and Gait were evaluated (MS).

Every year, 30 to 50 percent of individuals 65 and older fall. Accidental deaths, nonfatal injuries, and trauma are more prevalent among patients aged 65 and older than any other age group in the hospital. The Centers for Disease Control and Prevention reported in 2010 that 662,000 older adults were hospitalized due to nonfatal fall injuries. In 2013, fall-related medical costs totaled \$30 billion. As the U.S. population ages, this issue will inevitably worsen and become more expensive for all of us. People with type 2 diabetes can anticipate improved symptoms of depression and anxiety, less pain, better sleep, and an overall improvement in quality of life from the practice of integrative yoga therapy. It enhanced the mobility and balance of 307 individuals over 60 years old who participated in six studies. Uncertainty remains as to whether yoga can prevent falls.

A recent study found that integrative yoga therapies and Tai Chi are equally effective at enhancing the postural stability of older adults. The Cochrane Collaboration and the Centers for Disease Control and Prevention found evidence that Tai Chi can reduce the risk of falling in five randomized trials involving 1,563 participants (RR 0.72, 95 percent confidence interval [CI] 0.52–1.00). 7,8. There was only one small randomized trial of Integrative Yoga Therapies found in the scientific literature, and it failed to demonstrate a significant reduction in the risk of falling. In the past few years, only two studies on rural integrative yoga therapies have been conducted. According to a survey of yoga practitioners and our previous feasibility research, practitioners are less likely to reside in rural areas, which may explain why yoga is underutilized among the most in need. A study was conducted in rural areas to determine the level of interest and acceptance for yoga. As a result, a pilot study on a small scale was conducted to determine whether Integrative Yoga Therapies could assist older people in rural areas in reducing their risk of falling. (Ni, et al, 2014)

Chemotherapy-induced peripheral neuropathy (CIPN) is a phenomenon that affects individuals with breast, colon, lung, or lymphoma malignancies and is caused by some of the most commonly used chemotherapy drugs. In order to reduce the risk of long-term and potentially irreversible incapacity, it is essential to address the negative effects of CIPN. Additionally, pharmacological pain relievers can impair one's ability to maintain balance. The majority of CIPN research has focused on pharmaceutical treatments to alleviate symptoms, as opposed to the underlying causes of sensory and motor impairment associated with the disorder. The aging process exacerbates for many years after treatment the impaired function, increased disability, and increased risk of falls observed in nearly half of breast cancer survivors. In 65 to 98 percent of instances, colorectal cancer patients are at risk for acute oxaliplatin neurotoxicity. (Kong SS, et al 2021) Individuals with CIPN who have a glove or stocking distribution may exhibit sensory, motor, and autonomic deficits. Chemotherapy has been shown to increase cancer patient survival rates; however, the tendency of CIPN to develop over time nullifies this advantage. Symptoms such as fall risk and disability have increased as a result of these functional deficiencies. Since chemotherapy is commonly used to treat CIPN, few nonpharmacological treatments have been evaluated for their efficacy. The purpose of this study is to determine if a pilot somatic movement-based yoga program can reduce these side effects and provide the most effective treatment for cancer survivors.

III. METHODOLOGY

A. Uttanasana Yoga Pose (Standing Forward Bend)

Inhale while keeping your hands on your hips to lengthen the spine in Uttanasana (Mountain Pose). To exercise your quadriceps, lift your quads away from your kneecaps and away from your shins. As you exhale, bend the hips slightly. Fold the torso over the legs and rest the head on the floor to complete the pose. If possible, place your hands on either side of each foot while seated on the mat. Utilize blocks if you cannot reach the ground. Deeply inhale and exhale as you lift your chest to an upright position. Place your weight on the ball of your foot and your hips higher than your heel. Exhale while maintaining a long front body and your weight in the front. Exhale slowly. Pull your shoulder blades toward your sacrum to maintain a long, free neck. If you continue to engage your quadriceps, your hamstrings will begin to relax. Leave this position after five to ten breaths. As you inhale and exhale, you should pull your sternum away from your abdomen and widen your collarbones. Take a deep breath and place your hands on your hips to calm down. Begin by inhaling deeply and returning your torso to Tadasana. (Myers, 2019).

B. Adaptations to the Standing Forward Bend

- Using these three variations, find a back and hamstring stretch that works for you. Ardha Uttanasana (Half Standing Forward Bend)
- Rather than attempting to touch the ground, use blocks. It enables you to maintain a

strong core while maintaining an open chest. If it makes you feel more comfortable, you can bend your knee slightly.

- Assume a bent knee and forward bend the knees
- Extend your knees while contracting your thighs. This will result in a more stable hamstring, as the stretch will be more concentrated in the muscle's belly rather than its attachments.
- Sitting in a chair with your knees bent
- For a more comfortable position, rest your forearms and head on the chair's seat. To reduce the stretch strain, assume a kneeling position.

Yoga Therapy concentrates on the limbs, angles, thighs, arms, shoulders, joints, and muscles of the human body. The poses and movements of yoga strengthen and lengthen the muscles surrounding the joints, thereby relieving joint misalignment-related pain. Yoga therapy maintains proper bone and joint alignment, allowing for more efficient muscle function. Reducing abnormal joint surface wear can aid in the prevention of osteoarthritis. Because the muscles are used more efficiently, the body requires less energy, resulting in less strain on the ligaments that hold the spine's joints together. It also prevents the spine from becoming immobilized in abnormal positions. This product can help prevent back pain and muscle issues. It also contributes to the preservation of a healthy appearance.

C. Benefits of Standing forward bend (Uttanasana) Posture

Uttanasana is a forward bend that can help you achieve balance between your upper and lower bodies (standing forward fold pose). There are many benefits to performing yoga in a symmetrical position. Here's how everything unfolds: Extends, revitalizes, and enhances: In Uttanasana, the hamstrings, calves, glutes, and pelvic muscles are all stretched (Standing Forward Fold Pose). As the weight of the upper body is transferred to the lower body, the forefoot rather than the heel bears the majority of it. This exercise strengthens the foot and ankle muscles. With each breath, the practitioner lowers their body while elongating their spine from the cervical to lumbar regions. It increases the spine's range of motion. This exercise improves knee joint stability and strength in addition to targeting abdominal and core muscles. This workout would not be complete without a few minutes of back and spine stretching. In this asana, the hips, pelvis, knees, and spine are constrained, making it difficult to perform. It is possible to increase the range of motion in the hips, pelvis, and lower back through time, longer holds, and even dynamic exercises like the Sun Salutation. Many other yoga poses, such as Padangusthasana and Standing Forward Bend with Hands Under Feet Pose, can be learned once this practice becomes simpler and more mindful. Inverted Forward Fold Pose is a yoga pose in which the head is lower than the heart (Uttanasana). This condition affects the diaphragm, heart, and lungs. You must defy gravity in order to replenish the depleted blood supply in your heart. Typically, this is how the venous system attempts to return blood to the heart. In this position, the Arterio-Venous Arcade becomes more effective, stabilizing the heart's rhythm. As a result of increased venous capacity and a longer lung back, you are still able to breathe adequately when your chest muscles are strained. Now, more challenging forward folds, such as Standing Forward Fold Pose Variation Hand Behind Feet, can be performed with greater ease (Uttanasana Variation Hands Behind Feet). Patients must be guided gently into and out of the pose for the first time due to the difficulty of the practice, which exerts pressure on the chest cavity, abdomen, and spine. Even when practicing in a dynamic flow, basic awareness must be maintained for extended durations (making it a static practice). You must learn to bend from your hips rather than your chest or shoulders in order to properly lengthen your spine, as well as to effectively use your core muscles (particularly your pelvic floor and gluteus), to open your rib cage and intercostal muscles, to maintain an open neck and shoulders, to exhale as you bend forward, and to keep your feet and toes firmly planted. Students can attempt more challenging poses like Reverse Head Two Hands Bounded Pose once they have mastered synchronizing their breathing, body, and mind (Vipreet Sheershi Dvi Hasta Badhasana).

In a body with proper posture and alignment, the lower body and pelvis are flexible, the spine is long, and the foot and knee joints are strong. This section focuses on the upper and middle back tightness. In addition, when using this stance, the upper body's weight is evenly distributed across the fronts of the feet, which improves overall posture and coordination. By increasing the amount of time students spend in this posture and learning about the muscles, ligaments, and other connective tissues involved, kyphosis concerns can be alleviated. Fold

Pose, or Uttanasana, is a forward-facing asana that revitalizes and relaxes the entire body by increasing metabolism and flushing out toxins. By stretching the lower body to its fullest extent, leg muscle tension is reduced. Extending the spine is essential for preserving natural vertebral spacing and promoting spinal tone. The spinal cord transmits messages to the brain, the pivot of the nervous system (Imamolu & Dilek, 2016). When the spine is healthy, the mind is at ease. While standing, one could begin by focusing on the organs and circulatory system. This pose, Fold Pose, stimulates the digestive system by applying pressure to the abdominal region. Massage of the internal organs increases the flow of blood to the digestive tract. Veins must work against gravity to deliver deoxygenated blood to the heart, despite having thinner and more fragile walls than arteries. By lying on one's back with one's head on one's knees, blood flow from the pelvis to the heart and lungs is improved.

By sitting in this position, a patient's Arteriovenous Arcade is made more efficient and their heart rate is lowered. Through the lymphatic system, lymphatic fluid flows to remove waste from the body. The lymphatic system eliminates pathogens, toxins, and excess proteins by transporting them to lymph nodes for elimination. Lymph relies on gravity and muscle movement to move, so inversions facilitate lymph flow. A healthy lymphatic system is also beneficial to the body's immune system. Stretching and toning the bones, joints, and muscles of the body is an essential component of musculoskeletal system strengthening. In addition to stimulating the reproductive organs, abdominal pressure benefits the reproductive system. If taught properly, the yoga pose Standing Forward Fold (Uttanasana) can be used for rehabilitation. In order to reap the benefits of the posture, you must gradually increase your strength and flexibility. This position may be useful for treating hormonal imbalances that cause constipation, gas, loss of appetite, painful menstruation, irregular menstrual cycles, and infertility in students in good physical condition. Therapy can also be used to treat minor aches and pains such as sciatica, varicose veins, and lower back discomfort. As a natural flushing mechanism for congested sinuses, this position is advantageous for those with nasal allergies and sinusitis.

Due to the blood surge, the congested areas are cleared of secretions and respiration is restored. Enhanced brain function results from an increase in blood flow to the area. With the aid of this technique, sleeplessness and mild depression can be alleviated. Inversion's anti-gravity effect on the face and the forward bend's stimulation of facial blood flow are two additional benefits. Improving your appearance has never been simpler. Thus, the facial muscles do not sag, and collagen production is stimulated, increasing the facial muscles' rigidity. Controlling one's emotions: Incorrect spinal alignment and strain on the back muscles are the leading causes of poor posture in modern society. Uttanasana helps alleviate stress and anxiety by increasing and releasing the flow of prana (energy). Due to this activity, the chakras are balanced and energy channels in the body are opened. Correction of physical imbalances has a negative impact on a person's reactions and emotions due to changes in hormonal function.

D. Uttanasana (Standing Front Fold Pose) disadvantages

It is not recommended for individuals who have undergone surgery. Also, avoid uttanasana if you have issues with your knees, hips, pelvis, shoulder, rib cage, neck, or spine (Standing Forward Bend Pose). This forward bend pose should be avoided by those recovering from injuries to the hamstrings, calves, ankles, or shoulders. Patients who have undergone spinal, hip, knee, or abdominal surgery should also avoid this treatment. Disconnection between the body and breath: To execute this stance, one must be conscious of their breathing. Each time the subject inhales, the bend becomes more pronounced. Protecting the back requires maintaining a straight spine without hunching while bending in this position. Individuals who cannot maintain body-breath coordination should avoid this pose. Without breath support, they are more likely to jolt into and out of the posture, causing additional damage to their spine, hips, and pelvis. Those with tight hamstrings or weak ankle or knee joints should utilize this technique with caution. Even if this isn't a contraindication, exercise caution to avoid any potential risk or inconvenience. If you suffer from high blood pressure, vertigo, or headaches, you should avoid this position because the brain receives a sudden influx of blood. If you have a spinal condition such as herniated disks, severe cervical-lumbar disc disease, kyphosis, or scoliosis, you should avoid this position. Patients who have recently undergone heart surgery should avoid inversion.

IV. RESULTS

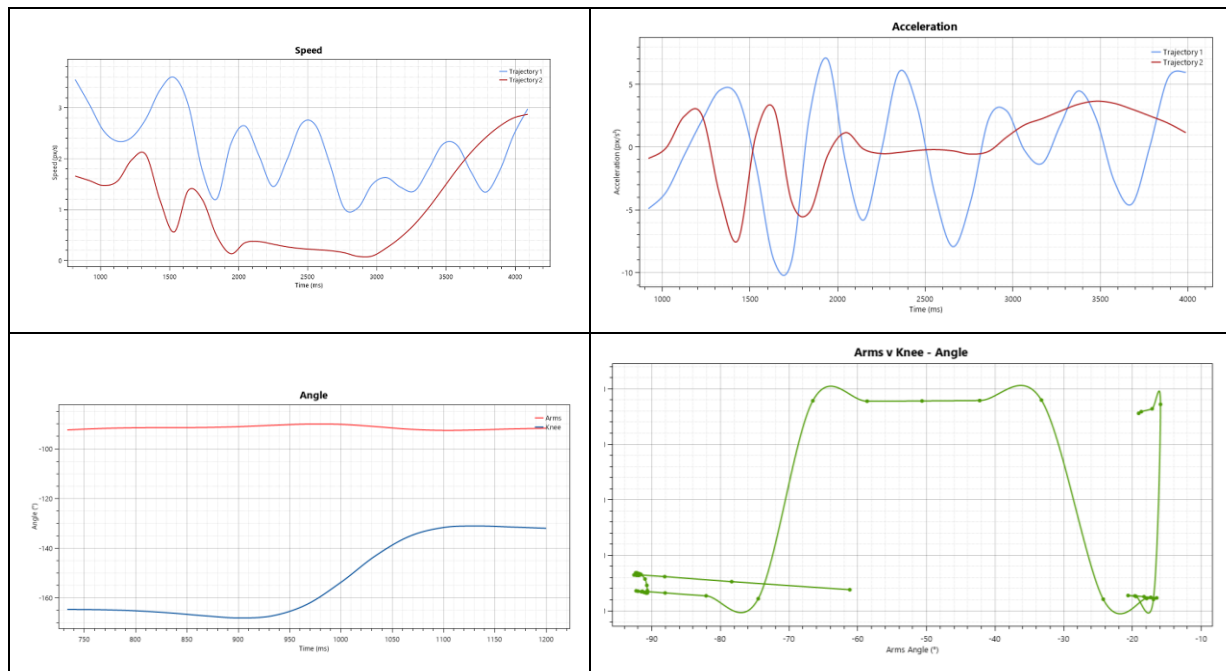


Figure 2: Results extracted from the AI Tool

As shown in Figure-3, these are the results extracted from the AI Tool. Figure 3.1 shows the graph of Speed vs Time. The authors observed a constant fluctuation in the knee which is bent after some time of the exercise. Figure 3.2 shows the graph of Acceleration vs Time. This shows the amount of acceleration in a given time period. Figure 3.3 shows the Angle vs Time graph. It is observed that the angle increases as the amount of time also increases. Figure 3.4 shows the Arms vs Knee Angle vs time. This analysis could be biofeedback into the system and analysis can be done.

Figure-3 shows an individual performing uttanasana (sanding forward bend) in front of the AI Tool and its readings. According to the speed chart above upper left side shows speed at raising arms up and folding forward. By looking at the graph on the upper right hand corner as the posture is held longer the individual became more and more stable. The movement of the lines which move up and down show the individuals inner vibration and stability of the body. You can see as the posture is held longer the blue line graph became shorter, therefore it shows the body becoming more stable while in the posture. Over time when performing this asana along complete individualized yoga protocol the body would become stronger, the muscles and joints would gain strength and flexibility. As a result of the body and mind becoming stronger the inner vibration would become more stable and the individual would be able to stand and walk while in balance in turn preventing fall. The graph on the lower left corner shows the act of an individual moving into the uttanasana forward fold. While standing the distance between the knees and arms is wide and when folded forward with arms down you can see the distance between arms and knees getting shorter. Over time when performing this asana along with the yoga protocol which also includes meditation and breathwork, the distance between the arms and the knees would decrease which is due to the individual's muscles and joints becoming stronger and more flexible.

V. DISCUSSION

Yoga is a therapeutic option for integrating yoga into modern medicine to achieve optimal health and wellbeing. When one practices Yoga as therapy, using their body and mind are revitalized. Identifying the root cause of a disease is a relaxing and cost-effective process. One of its primary functions is to restore a person's sense of well-being which promotes psychological and emotional health. Utilizing these non-drug treatments can provide long-term benefits to the body. According to complementary medicine research, increasing numbers of senior citizens are interested in Yoga therapy and its benefits. Recent estimates indicate that it is practiced by 15 million Americans, including 18.4% of those over the age of 55. 31% indicate that the need to assess

questions regarding barriers, accessibility, and cost play a significant role in determining whether or not to practice yoga as therapy. Teachers are able to teach yoga and are able to modify the curriculum to include fall prevention, thereby expanding access to yoga and enhancing fall prevention alternatives. Yoga as therapy was effective at preventing falls as a patient-centered objective.

Both dorsomedial and ventral back muscle contractions result in increased intra-abdominal pressure and considerable trunk rigidity. Also visible with the arms raised in the mountain pose is this. These two standing positions elongate the spine, expand the pelvis, and compress the ribs.

Yoga and burpee training increased muscular endurance, flexibility, and equilibrium. Integrating yoga therapy with other therapies has some limits regarding balance.

The first argument against yoga as integrative therapy is whether or not the claimed benefits are accurate. The increased knee extension range observed during Suryanamaskar may be due, among other things, to an intrinsic joint laxity or an increase in soft tissue length. As suggested by the findings, the wide range of angle standard deviations observed in the postures is likely attributable to individual differences in technique and heightened awareness of joint position perception in some individuals. It has been demonstrated that Suryanamaskar improves balance in both healthy and neurologically compromised individuals, which may be due to a heightened awareness of joint position throughout the practice.

Even though many people attribute various difficulties to yoga as integrative therapy, its long-term effects remain unknown. Numerous obstacles discourage individuals from engaging in regular yoga practice. The majority of people only practice yoga as integrative therapy because they are required to or because they have a condition that can be treated with integrative yoga. They are not a unique instance. If one desires to enhance their mental, physical, and emotional health, he or she should incorporate yoga as therapy into their daily routine.

In addition, the current trend of focusing on medical treatments and pharmaceuticals instead of basic life has made it more challenging to incorporate yoga. When it comes to problem-solving, the majority of people today prefer to avoid becoming too involved. They therefore rely on pharmaceuticals and medications to treat minor ailments. Integrative yoga is not accepted by the majority of the population. Therefore, it is difficult for physicians and medical authorities to convince patients to try it. If integrative medicine is to spread globally, more individuals must be made aware of the health benefits and medical assistance that integrative yoga can provide. The practical implementation, dynamics, and conceptual framework of the yoga as therapy model were investigated using a qualitative approach by S-VYASA researchers who followed up with two depressed patients and their treatment team who were utilizing the model. The qualitative study reveals that patient-related factors play an integrated role in achieving these objectives, demonstrating yoga therapy's "purpose" and "improvements"

Yoga and meditation are frequently utilized by cancer patients to manage their symptoms. According to an RCT study, these combination drugs have a significant positive impact on cancer patients' quality of life. Yoga and meditation have been shown to improve the quality of life for cancer survivors, according to research. A panel of experts convened by the American Society of Clinical Oncology and the Society for Integrative Oncology recommended the use of integrative therapies to mitigate the side effects of cancer treatment and enhance the quality of life of. These studies made it possible for yoga to be utilized as a pain treatment for individuals with neuropathy.

Before one can be mentally fit, they must be physically fit. No matter which type of yoga you choose, your spirit will be uplifted and energized. Pranayama is a breathing technique that can enhance an individual's physical health. Burpees and similar exercises can provide numerous benefits. A good workout will help improve one's physical fitness. This treatment has the benefit of bolstering the physical body. Improves one's physical and social health and well-being. This intense workout will be extremely beneficial for your legs, arms, and other body parts. Burpees are an efficient form of exercise that improves posture, strength, and mass. They also aid in core development, which is essential for overall health. According to experts, burpees are a high-intensity exercise designed to improve muscular endurance, heart and lung capacity, and lower and upper muscle levels.

VI. CONCLUSION

As the prevalence of mental disorders increases, so does the use of complementary and alternative therapies, such as integrative treatment and psychotherapy, to treat dissatisfaction and anxiety. People suffering from a variety of diseases are increasingly seeking out practitioners as a treatment option. Yoga as integrative therapy can assist with both physical and psychological health concerns. Yoga enables individuals to accept their emotions and regulate how their bodies react to various situations. There are numerous ways in which yoga can alleviate their stress and inspire them to live a more fulfilling and rewarding life. When anterior-posterior soft tissues are stretched in an alternating pattern, the vast range of transition between Suryanamaskar's flexion and extension has the potential to improve joint mobility in nearly every joint of the body and to stress postural balance systems. Numerous obstacles have made it difficult to conduct meta-analyses and systematic reviews of yoga studios. A few examples include the lack of consistency in assessing program length and duration and the lack of standardization among yoga programs and practices. Consequently, the study will combine yoga poses with hardware technology to ensure accurate numerical measurement of the data. More research on the biomechanical requirements for Suryanamaskar poses, such as joint angles, ranges of motion, and center of mass trajectories, is required to better equip physicians and yoga practitioners to use Suryanamaskar as part of their routine healthcare. This study examined the kinetics, center of mass trajectory, and temporal variables of Suryanamaskar.

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