

# Global Physiotherapy Congress

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## Yoga and physical therapy: The art of healthy life

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Patanjali is the father of yogic sciences. It is the greatest gift to the world from the Indians. Yoga means to merge, join & unite. The objective of this study is to assess the findings of selected articles regarding the effects of yoga and to provide a comprehensive review of the benefits of regular yoga practice on overall health. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Yoga is an ancient system of physical postures, breathing practices, and meditation designed to integrate body, mind and spirit that originated in India. Yoga is the way of life where in, art and science meets. Yoga aims at achieving a wholesome health in the form of physical, mental, psychological and spiritual wellbeing of the person. Yoga and physiotherapy plays a very important role in the prevention of a disease. If a disease has already occurred, they help in prevention of further complications and promote faster recovery from ill health. Yoga therapeutics may have the potential to complement neurologic physical therapy. Patanjali has described eight branches: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadi. These asana helps to develop the muscles and joints and the neuromuscular co-ordination. They help in the conditioning of heart, lungs, brain and other important organs of the body. Physiotherapy & yoga complement each other in enabling the patient to enjoy a good, wholesome health.

### Biography

Amritjot Kaur has completed her Bachelor in Physiotherapy from All Saints Institute of Medical Sciences and Research, Ludhiana, Punjab, India. Currently, she is a Physiotherapist in Dhanaula (the rural area of Punjab, India). She always collaborates with patients to achieve efficient outcomes through evidence based rehabilitation. Her current areas of focus include treatment of the spine, hip, hand, foot and ankle etc.

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