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Relationship between yoga and nutrition in health

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Abstract

Exercise and proper nutrition are very important in daily life. A nutritious diet promotes good mental and physical health. Holistic nutrition and yoga philosophy have a lot in common. Using two disciplines together can maximize your health benefits. Yielding greater physical and emotional result than practicing one of them alone.

Keywords: practice, yoga, nutrition, health, food, digestion

Introduction

A regular yoga practice may have a benefit for young adult health, however, there is limited evidence available to guide yoga inter variation for getting weight - related health. The present study explored the relationship between yoga and nutria health, healthy early behaviors and physical activity among young adults. Eating moderate proportions of fresh white natural foods is the key to an effective yoga diet. Chose organic fruits, vegetables and meat products. Eat a lot of raw vegetables and whole grains. Eat for nutrition not to satisfy emotions or for pleasure. Nutrition plays a very vital role in our life. Yoga and Ayurveda had laid down the foundation of dietetics (<https://www.nebi.ntm.nih.gov>).

The valuable guidelines available various food books and diet for yoga Sadhaka, to achieve maximum benefits are given traditional yoga texts like. Heart Pradipika and Gheranda Samhitha. Now is the time to evaluate the place of nutrition in yoga.

Benefits of good Nutrition for Yoga

The practice at least a few yoga postures daily, giving yourself time to claim and center through day breathing both before and after. Nutrition is more delicate balance. Be sure to eat balanced meals and hot go longer then 4hours without food, to maintain a stable blood sugar level.

1. Stress Reduction

In regular life we can do deep breathing, mental focus and of course, Shavasana all have an obvious stress reduction benefits. Yoga helps us engage our Parasympathetic nervous system to bring clam to both body and mind. A little less obvious might be the role nutrition there are number of factors that reducing stress. Of a factor that stress our bodies including nutrient deficiencies, exposure to toxic and food allergies. Cleaning up your diet by eating organic fruits and vegetables, and avoiding chemical, excess hormones and artificial ingredients will reduce stress on your body. (Dr. Khatri H.L. 2016) ^[2].

2. Improve Digestion

Good nutrition is always kept. Good digestive system. Many yoga poses stimulate the digestive organs allowing the function more efficiently. The squeeze and release of the twist, for example, restrict blood flow to your organ temporarily, before allowing fresh oxygenated blood to bring them nourishment. Likewise healthy food delivers nutrients to your entire body. Using proper food combining ensure that your digestive system functions optimally, laying the foundation for the food health.

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3. Peace of Mind

Both yoga and nutrition increase our connection to our bodies. Yoga allows you to tune in and listen to the cues your body gives you. Eating is an opportunity to bring yoga with you to the table. Use your intuition making food choices and be meaningful of the way your body responds once you have eaten. Practicing yoga improves your ability to witness discomfort and build resilience carries over to other uncomfortable situations like craving junk foods. Bring mindfulness to the table by practicing gratitude before meals. Chewing your food thoroughly is another good way to practice being present and the mindful with your food while you eat ([https:// www.precisionnutrition.com](https://www.precisionnutrition.com)).

4. Detoxification

Yoga promotes to keep your good health. Yoga helps to wings out our organs, prompting them to release toxins. During hot yoga classes, we release toxins through our skin when we sweat. The food we eat can be responsible for the contributing to or decreasing our toxic load. Food like lemon, ginger and cilantro are natural detoxifiers. Having enough fibers in your diet will be aid to the elimination process, ensuring toxins can be extracted from the body is easily through the colon.

5. Increasing energy

Yoga postures and breathing release stored energy in your body, giving you a liberating feeling at the end of class. Stretching your muscles and expressing your full range of motion increasing the energy and blood flowing to your extremities. The food forming we eat is a main source of energy for our bodies. There is a transfer of energy from our food our food to our body that happens during digestion. Eating living foods promotes life in our bodies (Mohan M-2005).

Yogic Approach

According to yogic approach yogic texts like Gherandra Samhitha and hath pradipika have been guidance's regarding various food articles and diet for a yoga practitioner interested is fruitful practice of Pranayama and other higher practices of yoga some of the yogic practice individually or in a group can also reduce blood sugar levels. If such type of study are taken on a large population with proper experimental designs, respecting the individual radiation and also taking in to accurate the model scientific mythologies of a human and lays, the yogic approach of diet will throw some light is the national and international problems on clinical nutrition. On these studies nutritional policies can forms for the development of nutrition science and in the interpretation of nutrition states of man yoga life mod compulsory in school will be advantages for planning nutritional project by introducing the diet approach as giving in yoga (Bhole. M.V, Desai B.P 1982) ^[4]. Yoga is compromised of various poses, known as are asana. Which including being in down ward and several positions that puts pressure on the stomach organs and can cause feedings of discomfort as food gets pushed up during moves so, it important to not eat too close, to the time of a practice. It can also cause constipation. Mood swings from hungers and low blood sugar do not support a proper workout and will niter fore when doing yoga. So going to class hungry is nervous good idea. Lastly the important of increase blood circulation, which will direct only to the digestive precise. When one full in effect wasting its benefit (Gharote ML., 1977).

Conclusion

These are so many overlapping benefits of the nutrition and yoga including improving digestion stress management mindfulness increasing energy and even detoxification eating will and producing yoga can help you maximize your overall health benefits in the areas everyone should be yoga regularly and get good diet

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