

# YOGA AND ITS ROLE IN IMPROVING PHYSICAL FLEXIBILITY AND POSTURE

**Dr. Anju Bala**

Assistant Professor  
F.C. College for Women  
Hisar, Haryana, India.

## **Abstract:**

Yoga, an age-old Indian discipline, is a powerful means of enhancing both mental and physical wellness. This study looks into how practicing yoga on a regular basis improves posture and physical flexibility. To enhance overall body alignment and mobility, extra focus is paid to specific asanas (postures) that stretch and strengthen the muscles, joints and spine.

## **INTRODUCTION**

In today's fast-paced environment, sedentary lifestyles, excessive use of electronic devices, and poor ergonomics are typical causes of postural imbalances and muscular stiffness. Yoga is an all-natural, non-invasive solution to musculoskeletal problems by enhancing musculoskeletal alignment, mobility, and body awareness.

## **UNDERSTANDING YOGA AND ITS RELEVANCE**

The word "yoga" comes from the Sanskrit root "Yuj," which means "to combine," and refers to the unity of the body, mind, and spirit. Yoga is a lifestyle that combines physical postures (asanas), meditation (dhyana), and breath control (pranayama) to enhance wellbeing. It is not just a kind of physical exercise.

## **ROLE OF YOGA IN PHYSICAL FLEXIBILITY**

### **What is Flexibility?**

Flexibility is the range of motion a joint and muscle possess. Not having flexibility can cause injuries, chronic soreness, and reduced movement.

### **How Yoga Can Help Flexibility:**

- It is a progressive form of stretching which eases muscle and tendon elongation.
- It is effective in improving the range of motion in joints over time.
- It eases stiffness from the structures that bind muscles to bones and improves blood flow.

## **IMPORTANT YOGA POSITIONS WHICH ENHANCE FLEXIBILITY:**

Pose Name	Enhancement of Movement
Paschimottanasana	Strengthens the spine, shoulders, and hamstring flexibility.
Trikonasana	Strengthens torso rotation and hip flexor openness.
Bhujangasana	Strengthens spinal extension.
Ardha Matsyendrasana	Stimulates abdominal viscera and spinal torsion.

## **ROLES OF YOGA IN POSTURE CORRECTION**

### **What is Posture**

Posture is the position of the body while standing, sitting, or lying down. Bad posture can lead to musculoskeletal chronic conditions such as lower back pain, shoulder pain, and neck pain.

**BENEFITS OF YOGA ON POSTURE**

Yoga increases core muscle strength, body stability, and engagement of the neuromuscular system with controlled movement and breath, which is done intentionally. It helps promote proper positioning of the spinal column and creates awareness of its alignment.

**SOME ASANAS THAT HEALS AND CORRECTS POSTURE:**

Asana	Name Postural Benefit:
Tadasan	Maintains body equilibrium and spinal elongation

**Evidence and Scientific Research**

A study published in the American Journal of Physical Therapy in 2016 found that individuals who engaged in yoga for 12 weeks experienced a 35% improvement in flexibility. Research from the Morarji Desai National Institute of Yoga in India indicates that practicing yoga daily can diminish back and neck issues related to posture by as much as 60%. Various biomechanical assessments have demonstrated that yoga enhances core strength, which is crucial for maintaining an upright posture.

In conclusion, yoga has proven to be an effective and beneficial method for improving both posture and physical flexibility. Consistent practice fosters better structural alignment, increases joint mobility, and enhances muscle elasticity. Integrating yoga into daily routines can significantly boost comfort and physical performance while decreasing the risks associated with a sedentary lifestyle.

**RECOMMENDATIONS:**

1. Yoga should be made an essential component of physical education curricula in schools and universities.
2. Companies should incorporate regular yoga sessions in the workplace to promote employee health and wellness.
3. Licensed yoga instructors should be available in health and rehabilitation centers to assist in improving mobility and correcting posture.

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