

عنوان مقاله:

The Impact of Holistic Living and Yoga Techniques on Stress Reduction and Mental Health Improvement in Adult Patients

محل انتشار:

چهارمین کنفرانس بین المللی اسرار زندگی هولستیک با رویکرد علوم پزشکی، تغذیه و بهداشت روانی (سال: 1403)

تعداد صفحات اصل مقاله: 20

نویسندگان:

Haniyeh Aminifard - Student Research Committee, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran

Ali Abbaszade-Cheragheali - Student Research Committee, Torbat Heydariyeh University of Medical Sciences, Torbat Heydariyeh, Iran

خلاصه مقاله:

This review investigates the effects of holistic living and yoga techniques on stress reduction and mental health enhancement in adult patients. Holistic living advocates for a balanced lifestyle that nurtures physical, emotional, mental, and spiritual well-being. Yoga, a fundamental element of holistic living, integrates physical postures (asanas), breathing exercises (pranayama), and meditation, which collectively contribute to mental and physical health. This review synthesizes findings from various studies to assess the effectiveness of these practices in alleviating stress and improving mental health. The evidence indicates that holistic living and regular yoga practice can lead to significant reductions in stress levels, as evidenced by lower cortisol concentrations and improved autonomic nervous system regulation. Moreover, yoga has been shown to enhance mood, reduce symptoms of anxiety and depression, and improve overall cognitive function and emotional regulation. These benefits are attributed to the mind-body connection fostered by yoga, which promotes mindfulness and relaxation. In addition to psychological benefits, yoga can improve physical health markers, such as heart rate variability and immune function, further supporting mental well-being. The incorporation of yoga into daily life offers a non-pharmacological approach to managing stress and mental health disorders, serving as a valuable complement to traditional medical treatments. Future research should aim to conduct long-term studies to confirm these benefits and elucidate the underlying mechanisms of yoga's impact on mental health. By integrating holistic living and yoga into standard care practices, healthcare providers can offer more comprehensive and effective strategies for improving patient outcomes.

کلمات کلیدی:

holistic living, yoga techniques, stress reduction, mental health, adult patients

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/2046896>

