

Online Yoga Interventions: A new Approach

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Introduction

The word yoga comes from the root word 'yuj' which mean 'to yoke or join' with a common idea of union. *Rishi-Muni* from ancient India taught the science of yoga is not about perfection of a posture but perfection of body mind spirit relationship. Yoga has an underlying neurobiological mechanism which helps the practicers to develop a positive overall impact on the body. Yoga addresses the question “Who am I? What I am doing here? And what next I should do to attain the liberation. From scientific angle, studies have shown that regular practice of yoga help to lower blood pressure, reduce stress, anxiety (Huberty, J. et,al 2019, de Manincor 2015, McCall, M. C., 2013),improve respiration, and even help in reduction of Post traumatic stress disorder (Huberty, J. et,al. 2018). Yoga is very helpful to all the age group an especially to elderly population (Ross, A. et.al , 2013, Wertman, A.2016). Around 200 C.E sage Patanjali guided the practicers through his text on Astanga Yoga to keep our mind organised through Yama: the ethical code, Niyam: personal observances, Asana: practice of posture, pranayama: the practice of breath control, pratyahar: withdrawal of the senses from the objects of the word, Dharana: concentration, Dhyana: meditation and Samadhi: the experience of oneness with the universe. The first five limbs describes observances and physical practices where as the last

three experiences the inner deep level concentration and absorption.

Asana which is third limb of Astanga yoga made up of two words : as , “to sit”, and ana, “to breath” I.e. to sit with your breath so that the benefit steadiness, freedom from diseases , and lightness of limb can be achieved (Hath Pradipika).

According to sage Patanjali, Asana should be steady and comfortable (one should be happy in the pose). An union or equal amount of attention is to be made between posture and breath. The steadiness of posture and breath helps to focus on awareness in the present. Further, asana strengthens our proprioceptive sense by helping us to notice the body position in relation to each other.

Yoga is a practice to develop internal strength, internal purification and internal beauty and the by product of yoga practices is fit body which is mainly useful for ensuring a good quality of life. It is not the end of the goal.

Recently, due to Covid-19 Pandemic, there was shift in every corner of life. Day to day life got messed up but those who practices yoga they were reported to be more healthier (Sharma, K.,2020). One of the by product of messed life is Online yoga competition. Different yoga school organised National and International Online yoga championship with an objective identify the yoga talent for different age group.

Methods: For the present study, data base from different search engines were searched for the key word “online yoga, online yoga intervention, yoga

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virtual class room etc). A total of 810 studies were found showing the word online yoga , online yoga intervention or virtual yoga class room. To filter the literature only studies related 'online yoga interventions' were taken into consideration.

Results

Table:1 List of Publication related to online Yoga

Year	Author	Title	Journal
2020	Hernani, Ma Rosita A. M. P. O. Y. A. S.; Hernani, Emmanuel V.	Online Yoga as Public Health Support in the time of COVID-19 Pandemic Online Yoga as Public Health Support in the time of COVID-19 Pandemic	International Journal of Progressive Sciences and Technologies
2020	Huberty, Jennifer; Sullivan, Mariah; Green, Jeni; Kurka, Jonathan; Leiferman, Jenn; Gold, Katherine; Cacciatore, Joanne	Online yoga to reduce post traumatic stress in women who have experienced stillbirth: a randomized control feasibility trial	BMC complementary medicine and therapies
2020	Lai, Ka Sing Paris; Watt, Christine; Ionson, Emily; Baruss, Imants; Forchuk, Cheryl; Sukhera, Javeed; Burhan, Amer M.; Vasudev, Akshya	Breath Regulation and yogic Exercise An online Therapy for calm and Happiness (BREATH) for frontline hospital and long-term care home staff managing the COVID-19 pandemic: A structured summary of a study protocol for a feasibility study for a randomised c	Trials
2020	Sharma, Kanupriya; Anand, Akshay; Kumar, Raj	The role of Yoga in working from home during the COVID-19 global lockdown	
2019	Huberty, Jennifer; Eckert, Ryan; Dueck, Amylou; Kosiorek, Heidi; Larkey, Linda; Gowin, Krisstina; Mesa, Ruben	Online yoga in myeloproliferative neoplasm patients: Results of a randomized pilot trial to inform future research	BMC Complementary and Alternative Medicine
2019	Nct	Yoga and Aerobic Dance for Pain Management in Juvenile Idiopathic Arthritis	https://clinicaltrials.gov/show/NCT03833609
2019	Uebelacker, Lisa A.; Feltus, Sage; Jones, Rich; Tremont, Geoffrey N.; Miller, Ivan W.	Weekly assessment of number of yoga classes and amount of yoga home practice: Agreement with daily diaries	Complementary Therapies in Medicine
2019		Feasibility of Online Yoga With Facebook After Stillbirth	Case Medical Research
2018	Addington, Elizabeth L.; Sohl, Stephanie J.; Tooze, Janet A.; Danhauer, Suzanne C.	Convenient and Live Movement (CALM) for women undergoing breast cancer treatment: Challenges and recommendations for internet-based yoga research	Complementary Therapies in Medicine
2018	Arruda, Jenna M.; Bogetz, Alyssa L.; Vellanki, Srisindu; Wren, Anava; Yeh, Ann Ming	Yoga as adjunct therapy for adolescents with inflammatory bowel disease: A pilot clinical trial	Complementary Therapies in Medicine
2018	Huberty, Jennifer; Matthews, Jeni; Leiferman, Jenn; Cacciatore, Joanne; Gold, Katherine J.	A study protocol of a three-group randomized feasibility trial of an online yoga intervention for mothers after stillbirth (The Mindful Health Study)	Pilot and Feasibility Studies

2018	Huberty, Jennifer; Eckert, Ryan; Larkey, Linda; Gowin, Kristina; Mitchell, Jules; Mesa, Ruben	Perceptions of Myeloproliferative Neoplasm Patients Participating in an Online Yoga Intervention: A Qualitative Study	Integrative Cancer Therapies
2018	Uebelacker, Lisa; Dufour, Steven C.; Dinerman, Jacob G.; Walsh, Samantha L.; Hearing, Casey; Gillette, Lee T.; Deckersbach, Thilo; Nierenberg, Andrew A.; Weinstock, Lauren; Sylvia, Louisa G.	Examining the Feasibility and Acceptability of an Online Yoga Class for Mood Disorders: A Mood Network Study	Journal of Psychiatric Practice
2017	Eckert, R.; Huberty, J.; Dueck, A.; Kosiorek, H.; Larkey, L.; Mesa, R. A.	A pilot study of online yoga to improve fatigue and quality of life in myeloproliferative neoplasm patients	Blood

Table: 2 Number of studies related to Online yoga (Year wise)

Y e a r	N o o f S t u d i e s	%
2 0 1 6	4	1 9
2 0 1 7	4	1 9
2 0 1 8	5	2 4
2 0 1 9	4	1 9
2 0 2 0	4	1 9
T o t a l	2 1	

Discussion of Findings

The above table reveals that online yoga intervention studies were prevalent since 2016 and still it is going on at present. April (2020) reported the use of online programs to disseminate these 2 PA interventions may facilitate access to alternative methods of pain management. This study can lead to a full-scale RCT. Hernani (2020) draws a conclusion that yoga on an online is the better platform option in a crisis situation when in-person engagement is not feasible. Huberty (2020) used Yoga to treat PTSD in other populations and may improve health outcomes for stillbirth mothers. Sharma (2020)

reported as a consequence, there is a spurt in social media, catering to daily online Yoga sessions which apparently prove useful in providing accessible means to achieve mental as well as physical well-being. Huberty (2019) concluded that online yoga demonstrated small effects on sleep, pain, and anxiety as well as a moderate effect on depression. Uebelacker (2019) reported that the use of a weekly yoga practice assessment to assess number of classes attended and amount of formal but not informal home practice. There is a need to explore the feasibility of online interventions that include social networking to determine the relationship between online interventions and social support,

and how social support acts as a mediator between social networking and PTSD, anxiety, depressive symptoms, and health behaviors., Interventions that include a Facebook component have been shown to effectively improve social support, however little is known about the optimal structure of this type of intervention. One research study asserts existing social media platforms (e.g., Facebook) as ideal because members are familiar with the platform's social norms.

Thus, the online method of yoga training is common and it can be one of the method of intervention when other methods are not feasible. But a note of cautioned is added that yoga training should always be done under the supervision of a trained yoga teacher. As a policy making, online yoga interventions should always be done by trained yoga personals only.

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