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**Complimentary Therapies
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Yoga as a Complimentary Therapy

Yoga is conceptualized as a set of ancient techniques, which is based on meditation, relaxation and breathing. This technique, coming from the Hindu culture, encourages greater conditioning of the physical and mental control of the people who practice it systematically (Bock et al., 2019). The mechanical and physiological principle of yoga focuses on the combination of contemplation, ecstasy, and absolute immobility, to reach spiritual perfection and the beatific state. Its practice has been recommended by various researchers, as a therapeutic tool in various unpleasant conditions and conditions. Research on the effects of interventional yoga therapies is reported to have proliferated in recent times. Scientists have spent significant time and resources studying the effects of this discipline on a wide range of physical and mental conditions (Kamradt, 2017).

As therapeutic yoga has been pointed out in a millenary practice that is considered efficient and safe, this practice has been adopted and implemented by hospitals and medical centres where cancer treatments are worked. Some guides are recognized and designed by the medical community where their positions can be modified (Pushpa, & Sharma, 2018). Its main principle comprises breathing, relaxation, visualization, breathing techniques, meditation and restoration.

Principles of using Yoga in Current Practice

Yoga is a form of physical and mental health and involves the combination of muscle activity and intrinsically focused attention to oneself, breathing and energy awareness. Teaching and practicing the yoga rehabilitation system are the four basic principles. The first principle is that the body of a human being is a whole entity composed of interconnected dimensions. Health

or disease in one dimension will affect other dimensions. Illness is an expression of an imbalance in the mind and body and can be caused in the body for a variety of reasons such as genetics, nutrition, environment, emotions and trauma (Bhargav, 2018). Yoga is designed to be customer-focused, not disease-focused. This usually requires treatment that can fully address the person's overall imbalance, not just one aspect of the symptom picture. The second principle is the individuality of a person, as their needs are distinctive, so they should be treated in a manner that identifies their individuality and therefore, their practice should be adjusted accordingly (Bhargav, 2018).

Another principle is that yoga is strengthened through guided practice. Yoga involves students in the rehabilitation process; by taking an active role in the health progress, rehabilitation originates from internal sources rather than external sources, achieving a greater sense of autonomy. The therapist teaches and supervises the entire rehabilitation process (Bhargav, 2018). As a teacher, the therapist can help clients self-regulate to maintain their health, rather than simply instructing specific treatments, without first understanding why their health is compromised. This form of education focuses on the client's personal growth and recognizes life experiences that influence the client's learning goals and health outcomes. To help clients understand the concept of disease growth, it is imperative to maintain a good relationship and communication between clients and professionals. In the fourth principle, the state and quality of an individual's thoughts are considered essential to recovery (Allman, 2020). When a person's mental state is positive, the recovery will be faster, and if the mental state is negative, the recovery time can be extended.

Practicing the yoga sequence will provide individuals with intense and varied exercises that are considered appropriate exercises. Yoga can accomplish this goal by reflexing internal

organs, conditioning, and stretching ligaments and muscles, increasing flexibility of the spine and joints, and improving blood circulation (Allman, 2020). Any valuable training method must take into consideration current stamina and fitness and any healthcare conditions. In yoga, an individual can change positions or use aids to help people of different physical abilities perform safe exercises.

Breathing is an essential part of Yoga, as it is deliberated a connection between the mind and the body. Proper breathing technique in yoga involves full and rhythmic breathing performed by a person and active use of full lung capacity to maximize personal oxygen uptake. To obtain deep, slow and rhythmic breathing, the person must be able to adjust not only the duration and depth of the breath, but also the expiratory time of the breath (Sharma, & Sharma, 2018). Yoga requires inhalation and exhalation through the nose.

The breathing technique in Yoga rejuvenates the body by maximizing the blood oxygen content. The posture must be performed correctly to ensure correct breathing activity. When assuming a pose, consider the position of the upper body, it is necessary to ensure that the ribs are lifted up and outward, the chest opens, and the person remains in contact with the movement of the diaphragm. In addition to increasing the energy level, controlling the breath also affects the mental state, making the mind calmer and focused.

Comparison of Yoga with Traditional Therapy

Yoga originated in India, descends from ancient Vedic philosophy, is a physical, mental and spiritual practice that originated in India and is associated with traditional Indian Ayurvedic medicine. Throughout the 20th century, the knowledge of yoga has expanded beyond India and has become popular around the world as a system for improving health and well-being (Nanthakumar, 2020). Although modern yoga generally focuses on physical postures and is

considered a type of exercise, its practice generally involves one or more spiritual or spiritual elements traditionally associated with yoga, such as relaxation, concentration, or meditation.

Yoga therapy complements traditional treatments for patients with osteoarthritis and other bone and joint diseases. Following anatomical instructions, yoga teachers can adjust postures (asanas) to ensure that the patient's organs, joints, and bones are aligned for physiological changes. A recent study by the author on the effects of yoga therapy on rheumatic conditions (such as osteoarthritis) and repetitive stress (such as carpal tunnel syndrome) shows that yoga therapy can induce physiological changes, relieve pain, and improve exercise. Today, doctors see yoga as a complementary therapy and include it in the treatment of diseases and conditions of patients.

Yoga is considered a type of holistic medicine for the mind and body that can combine the physical, mental, and spiritual components of a person to improve health, especially stress-related illnesses. There is some evidence that stress can lead to heart disease, cancer, and stroke, as well as other chronic diseases and conditions (Sciarrino et al., 2017). Since stress causes many illnesses, the priority is to manage stress and reduce. In recent years, scientific research on yoga has increased dramatically and many clinical trials have been conducted to evaluate its therapeutic effects and benefits. As participation in physical and mental health programs, such as negative emotional states to reduce the burden of disease. Yoga is a holistic stress management technique, a form of complementary therapy that can trigger a series of physiological events in the body to reduce stress responses. Yoga, continues to grow, health professionals need to understand the nature of yoga and its many pieces of evidence of therapeutic effects.

Effectiveness of Yoga

Rothberg and Friedman (2017) found that there was ample evidence to support the recommendation of yoga. Their study has shown that various treatments can effectively treat back pain through strong to moderately compelling evidence, comprising yoga, acupuncture, and heat therapy (Rothberg, & Friedman, 2017). Moreover, even after trying various treatment styles and extensions, yoga can weaken the pain barrier. Although back pain is a chronic condition, there is strong evidence that supports short-term improvement (Allman, 2020). One of the challenges faced by yoga therapy is non-compliance of the patient, however, if patients are willing to adhere to the suggested treatment plan, yoga can be as effective as physical therapy, but at a lower cost (Asher et al., 2017).

Another positive effect described is the stretching of muscular, tendon and nerve structures, which facilitates the adoption of suitable postures and elimination of vicious positions, thus reducing contractures, pain in the spine and the range of joint movement mainly. It is important to highlight that general physical exercise has been pointed out as an element that produces positive psychological effects, such as confidence, self-control, and security; these generate a pleasant state (Kamradt, 2017), especially in people affected by high levels of stress, which causes emotional, mental and/or physical instability.

The findings suggest that Yoga promises to be an effective, low-risk treatment for improving long-term cognitive and functional outcomes in individuals with ADHD (Ramanathan, & Bhavanani, 2018). In addition, the researchers propose that both the parents of these children and the schools consider these types of alternatives to maximize the opportunities that children with ADHD may have in their day-to-day development (Ramanathan, & Bhavanani, 2018). Among the benefits of this practice are it increases the energy levels of patients; the immune system gradually becomes stronger with regular practice; improves night

rest since relaxation gives more ability to fall asleep; helps to free oneself from constant fears about the ailment; anxiety decreases, optimizing the mood thanks to postures and breathing exercises, and there is rest and balance while developing a greater capacity for concentration.