

# The Impact of Yoga and Mindfulness on the Mind and Its Implications for Health and Illness

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## Article Info

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## ABSTRACT

In today's times it is necessary to integrate a holistic understanding of the human body, remembering the importance that mind and emotions have in the physical appearance of the body. The purpose of this paper is to provide a comprehensive overview of the benefits of consistent yoga practice and to assess the results of a few chosen articles that investigate the therapeutic effects of yoga. Healthcare providers must comprehend the fundamentals of yoga and the empirical data demonstrating its wide range of therapeutic benefits as the several people participating in mind-body fitness programs, like yoga, keeps growing. As per the results of this study, yoga has the potential to significantly boost muscular strength and flexibility, enhance cardiovascular and respiratory health, aid in addiction recovery, reduce stress, anxiety, and depression, lessen chronic pain, enhance sleep quality, and ultimately enhance overall well-being and quality of life. The goal of this article is to present a thorough analysis of the advantages of regular yoga practice and to evaluate the findings of a few selected articles that look at the therapeutic advantages of yoga. Given the growing number of people participating in mind-body fitness programs like yoga, it is imperative that medical professionals comprehend the fundamentals of yoga and the scientific data demonstrating its wide range of therapeutic benefits.

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## 1. INTRODUCTION

In order to achieve an improvement of health and quality of life with respect to existing physical problems, yoga, Varma therapy and meditation play a very important role [1]. They are one of the few techniques and therapies that manage to go deep into the totality of our body, reaching the origin of the physical problems and deactivating or releasing them. From my point of view as a physiotherapist, the great majority of back problems and pains hide an underlying emotional and mental origin. Neck pains usually have their origin in mental patterns of excessive thinking and control [2].

They occur in very self-demanding and perfectionist people who always need to have everything under control, unable to flow letting them be carried away by the events of the present moment. They have a predominance of the rational part of their mind at the time of developing their day to day. This excessive mental rigidity with themselves and with the outside usually manifests itself in stiffness and pain in the muscles at the base of the skull and neck.

It is difficult for them to let go of caring for others, they have many attachments, and they find in giving more than they receive a certain personal value that they are unable to give to themselves. They assume too many responsibilities even if they do not correspond to them and they do not delegate easily since they feel that through these excesses they will be valued and loved more. Until they change their attitude and begin to love value and take care of themselves physically, mentally and emotionally, their body does not find relief.

Chronic kidney disease (CKD) includes a number of health consequences that have a substantial influence on a person's overall quality of life and cause them a great deal of stress. Problems include insufficient sleep and appetite, higher heart rates and blood pressure, and increased blood sugar and high levels are common. For individuals with chronic kidney disease [3], the graphic below offers a succinct summary of the numerous advantages of yoga exercises.

Improved blood stress, improved lipid profile (particularly cholesterol levels), improved kidney function, improved glycemic control as demonstrated by boosted blood sugar levels, improved sleep quality, and an overall enhancers in quality of life are some of these advantages (Figure 1).

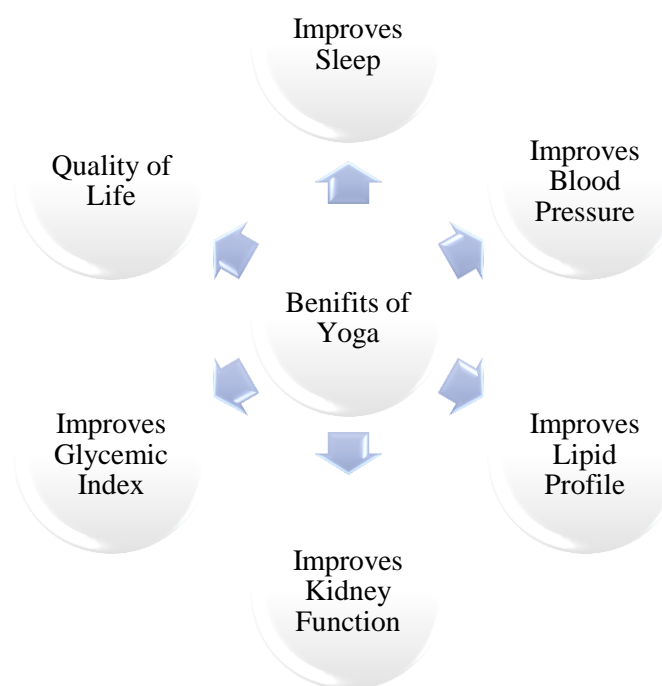


Figure 1. Yoga's health advantages for those suffering from chronic kidney illness

Considered the ultimate authority on yoga, Patanjali's Yoga Sutras is the foundational literature that largely articulates yoga theory and practice. Nowadays, asana, the physical practice, is what most people think of when they think of yoga, yet asana is only one of numerous tools there are for psychological recovery. Only three of the 196 sutras mention asana, which is noteworthy. The other sutras explore several facets of yoga, such as the use of sound, meditation, conscious breathing techniques, dietary and lifestyle changes, and visualization. Patanjali presents ashtanga, or "eight limbs," as an eightfold route to awareness and consciousness in the Yoga.

## 2. LITERATURE REVIEW

For people with non-communicable illnesses and lifestyle-related conditions such as obesity, heart disease, high blood pressure, and polycystic ovarian syndrome, meditation enhances quality of life and lessens the burden of disease [4]. Studies show that by enhancing immunity, oxidant status, hormone state, and cognitive function, controlled rhythmic respiration methods like Sudarshan Kriya support a healthy lifestyle. Previous research has shown that yoga and meditation practices improve neurophysiological processes and can be used as an alternative therapy for a several psychosomatic conditions. A recent study shown how mindfulness-based meditation can improve quality of life metrics linked to gastric reflux illness and lower anxiety.

The Patanjali Yoga Sutra and other ancient texts are full of insight that could help with a variety of mental health issues [5]. The 196 aphorisms that Sage Patanjali recorded

in Sanskrit are known as the Yoga Sutras. Sutras are separated into four chapters, or padas: Samadhi Pada, Sadhana Pada, Vibhuti figurine Pada, and Kaivalya Pada. In Sadhana Pada and Vibhuti Pada, the eight aspects of yoga are discussed as a means of overcoming mental fluctuations. The oldest and most recently studied type of meditation is rajyoga, which is advised to be practiced everywhere, irrespective of age, occupation, or physical or mental health. Because of its ultimate comprehensive perspective, the Patanjali Yoga Sutra is regarded as the most important literature for establishing ideals in the educational system. Given that systematic counseling is necessary everywhere, Varambally and Gangadhar proposed using the Patanjali Yoga Sutra as a basis for creating an intervention strategy for a variety of mental health conditions.

A key idea in Ayurveda, sadvritta relates to the moral, ethical, and behavioral principles necessary to preserve overall wellness. It is a collection of universal rules that regulate a person's social, psychologically and personal behavior and guarantee a happy and healthy existence. The Sanskrit word "Sadvritta" comes from the words "Sat" (good or right) and "Vritta" (conduct or demeanor) [6]. An intellectual and moral code that guarantees a controlled, sound, and peaceful existence is known as sadvritta, and it is a fundamental Ayurvedic principle. Ayurvedic classics Charaka Samhita, Susruta Samhita, and Vagbhata's Ashtanga Hridaya all mention Sadvritta as a key component in preserving health and preventing illness. In order to promote holistic well-being, each of this literature highlights the significance of moral conduct, harmonious behavior, proper cleanliness, and righteous conduct.

Over 50 million people worldwide suffer from Alzheimer's disease (AD), a progressive, irreversible neurological illness. Memories, spoken language, and reasoning are among the cognitive and behavioral skills that are gradually compromised, and the symptoms get worse with time. Depending on the degree of cognitive decline, AD is divided into stages, including mild, preclinical, and senile [7]. AD has a complex etiology that includes genetics, personal habits (such as food, physical activity, drinking and smokers), education, circumstances, and age, which is its biggest risk factor. The World Health Organization projects that by 2024, 10% of the world's citizens will be 85 and over, and by 2045, that number will rise to 24%. These demographic changes highlight a higher incidence of age-related diseases like AD.

An essential part of our nervous system, the self-regulating nervous system controls involuntary physiological processes such as blood pressure, breathing, digestion, and heart rate [8]. Both the parasympathetic and sympathetic nervous systems are its two primary branches. The SNS primes the human organism for "fight or flee" reactions, triggering physiological processes to deal with stress and crises, which raises breathing and heart rate. On the other hand, by lowering heart rate and gastrointestinal activity, the PNS encourages a "sit back and eat" condition that facilitates relaxation and recuperation.

One's health is impacted by increased stress on both a physical and psychological level. Stress increases the risk of endocrine, cardiovascular, autonomic, depressive, and anxiety disorders. There have been reports of immune system dysfunction among nursing staff members who experience ongoing work-related stress [9]. Pregnancy-related stress,

both personal and professional, has an impact on fetal health. Incorrect communication with the person in need and their family members, incorrect medicine, and an increase in hospital-acquired infections has all been seen. Stress raises the financial burden both directly through employee absenteeism and health care costs and indirectly through lowering patient care worth, which raises patient health care costs.

### 3. METHODS AND MATERIALS

This research explores how meditation might reduce stress, nervousness, and melancholy using scholarly materials from reliable books and journals. The PubMed database and other globally recognized health and meditation-related information sources were major components of the search approach [10]. The keywords selected were "Stress," "Anxiety," "Depressive Symptoms," "Emotional Depression," along with "Role of Meditation in Psychological and Physical wellbeing." This study provides a conceptual analysis of how meditation can lower stress and enhance general wellness and life quality. It makes use of citations from books, scholarly journals, foundational works, and well-known publications on the topic.

#### 3.1. Definition and meanings of Mindfulness

"Meditation" is derived from the Latin word "meditari," which means "to deliberately participate in meditation or thought." The word "meditation" is derived from the Latin and Greek roots of the word "medicine." A condition of "thoughtless consciousness" or mental silence characterizes the distinct and well-defined experience of meditating. While retaining a high level of attention, this state involves less mental effort. Meditation is a set of self-regulation exercises intended to improve consciousness and focus in order to intentionally control mental processes. Unwinding, concentration, altered awareness, putting aside rational thought, and cultivating an attitude of self-observation are all components of meditation. Because of this, there is no universally accepted definition of meditation, and it has been characterized in a variety of ways [11]. It is challenging to condense its essence into a single definition. Any activity that satisfied the following requirements was categorized as mediation.

- uses an exact and well-defined technique;
- includes muscle relaxation at a certain moment;
- involves neither analyzing or judging probable psychophysical consequences or results logically or forming any expectancies; and
- A condition that one induces for oneself [12];
- Entails using a self-focus technique or "anchor" to focus interest.

#### Irregular conception and yoga

Because regular yoga practice enhances the entire integration of physiological systems, it improves reproductive functioning in both men and women. Indicating ideal modifications in hormonal stress profiles, it also lowers blood levels of testosterone and the luteinizing hormone, raises excretion of cortisol, and decreases urinary excretion of

catecholamines and lisinopril [13]. Frequent yoga and meditation reduce oxidative DNA degradation and seminal oxidation stress at the molecular level in cases of infertility in men that cannot be explained.

Sperm oxidative DNA damage, the buildup of carcinogenic oxidized DNA adducts, and genome-wide hypomethylation could all be contributing causes to juvenile malignancies. Consequently, minimizing sperm DNA damage by yoga and mindfulness may have a beneficial effect on the male epigenome and lower levels of mutagenic adduct which will lower the incidence of childhood malignancies and congenital abnormalities and have an effect on the offspring's long-term health. At a tertiary center in India, 131 fathers of kids with retinoblastoma—a non-familial irregular heritable—and 50 controls—fathers of children in good health—were enlisted. Reactive oxygen species (ROS), DNA breakage index, 8-oxoG, telomere length, and sperm characteristics were measured at day 0 and three and six months of action, in accordance with WHO 2010 criteria. The six-month action, which included yoga theory and practice, lasted two hours every day. When comparing fathers of kids with retinal tumors to oversight, overall levels were noticeably higher. However, after three months following the yoga session, positive changes were noted. Their levels of ROS, DNA disintegration, and 8-oxoG had all dramatically decreased six months following the treatment.

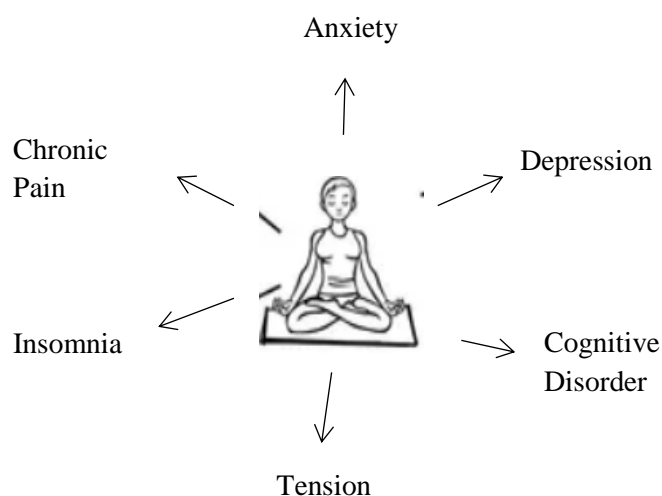


Figure 2. Conditions that are currently treated with MT

The ancient Chinese had perfected the self-exercise technique for maximizing mental and physical fitness through breath control and meditation as early as 5,000 years ago. Yoga, meditation, tai chi, and other alternative therapies have gradually gained popularity. A general definition of mindfulness is a form of present-centered awareness that is simple, nonjudgmental, and embraces each idea, emotion, or experience as it emerges in the attentional field [14]. To attain physical and mental equilibrium, the MT advises practitioners to develop this consciousness through prayer, fully and logically

focus on the present moment with a behavior of recognition (not over-identification) as opposed to a reaction perspective, and work in tandem with particular processes to reach body and mind. MT has been widely used to treat sleep problems, chronic pain, tension, and sorrow (Figure 2).

## 4. IMPLEMENTATION AND EXPERIMENTAL RESULTS

### 4.1 Impact of Raja Yoga Meditation on Farmers' Health

It has been demonstrated that Raja yoga mindfulness benefits not only water, soil, crops, and fruits and vegetables, but also the health of those who practice it. BKRYM facilitates mental clarity and relaxation, which helps one rediscover and re-establish a connection with the original divine force. Farmers' wealth, mental and physical condition, and overall well-being are all improved by practicing Raja yoga meditation, which also helps to reduce the number of farmers who commit suicide [15]. To assess the effects of Raja yoga concentration on the state of well-being of those who practice it, a pilot study was carried out in Punjab (Figure 3).

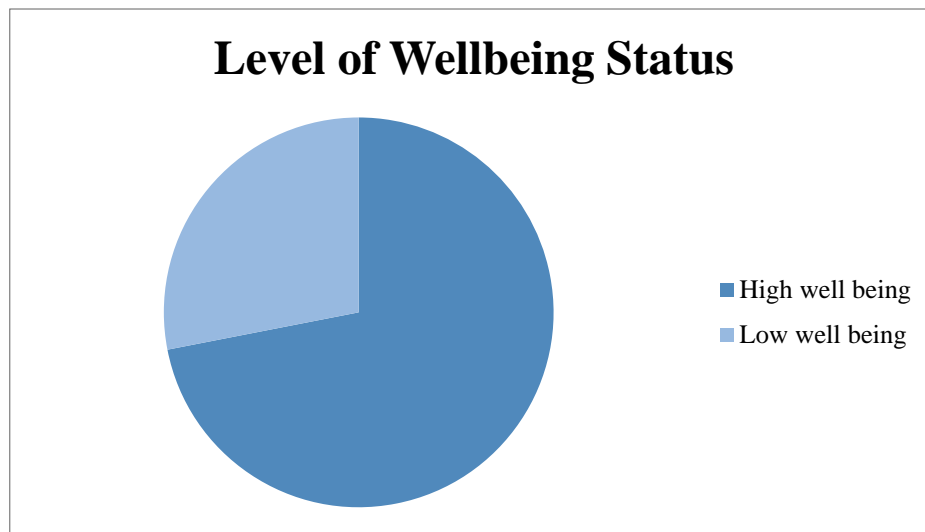


Figure 3. Pie chart displaying the frequency and proportion of people practicing Rajyoga meditation that are in a state of well-being

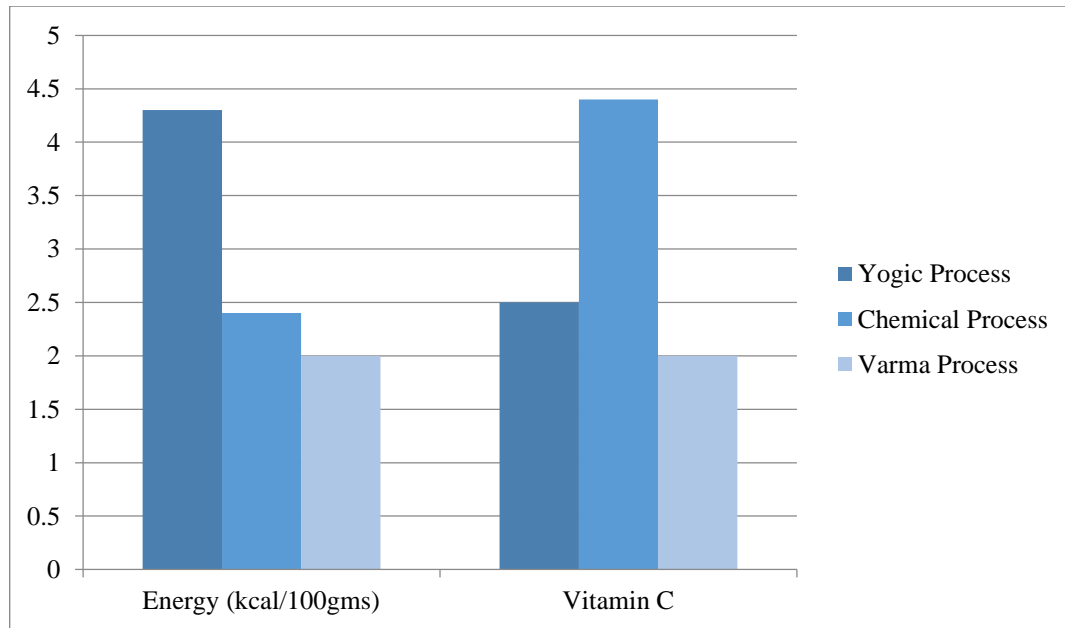


Figure 4. This graph shows that tomato crops treated with BKRYM had higher levels of energy and Vitamin C

Alcoholic and other drug addicts have been found to benefit from the Raja yoga meditation practice in Figure 4. Additionally [16], it was discovered that crops cultivated using BKRYM techniques were brimming with healing energy and happy tremors which would benefit customers' wellbeing.

## 5. CONCLUSION

We want to draw attention to how crucial it is to use mindfulness and yoga practices as supplemental therapy for serious mental health conditions. To meet the demands of the patients, the therapists and mental health specialists should collaborate closely. It's interesting to note that during the intervention; only few participants in the included studies experienced negative side effects or worsened positive sensations. This likely implies that patients with schizophrenia were conducted MDD, and BD can practice yoga and mindfulness practices without experiencing significant symptom worsening.

BKRYM From a sustainable perspective, mindfulness is widely recognized as a helpful farming and nutritional practice. This is advantageous because it is primarily non-profit driven and resource-free. It is most likely the sole technology for ecological growth because it has no ecological impact. Embracing meditation-based farming has found to be extremely advantageous in terms of both product quality and cost when combined with organic components. It is advised since it has the ability to completely resolve the world food issue.



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