

AN IMPACT OF PHYSICAL EXERCISES ON HEALTH - A REVIEW

Umesalma¹, Dr. Sudheendra Rao L N² & Vishwanath K³

¹Research Scholar, B.M.S. College of Law, Bull Temple Road, Basavanagudi, Bangalore, Karnataka, India

*²Director, Department of MBA, SVM VVSS Institute of Management Studies, Ilkal, Bagalkot,
North Karnataka, India*

*³Research Scholar, Sri Krishna Temple Main Road, Dwarakanagar, Hosakerehalli, BSK 3rd Stage, Bangalore,
Karnataka, India*

ABSTRACT

Exercises are important for a man to maintain good health. Some people think torturing by extracting more work. Health is wealth and to realize it will take more time by that time it is too late. Running, Walking, Jumping, Swimming, and throwing all come under some sort of exercise. Yoga, Mind Thinking, Meditation, and Sports are also included in this branch since from the birth of a child till the last breath one way or the other a sort of exercise will take place knowingly or unknowingly. In yoga, we call these Asanas physical movements of the body along with breathing techniques. Sports need a movement of the body World Yoga Day is observed around the entire globe and especially in India. Many are lazy by nature and assuming that he is suffering from any deceases he will be too much tired and stop doing all physical activities and takes rest.

Nowadays the place is identified in the parks to do exercises. A group of people will do these exercises and it becomes a fashion to do this. And feels to do this without any hesitation because looking at one person without any fear of another person also does the same thing. Several instruments make the exercises depending on the condition of the available instruments can be used. For good health these instruments are purchased under the MP, MLA, and Corporate funds for the development of the area and give the benefit to the residents of that area which helps them to get free of cost.

KEYWORDS: *Exercises, Parts of the Body, Instruments, Effects on Health*

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INTRODUCTION

Death, clinically dead, unconscious stage, paralysis conditions where the man cannot move his/her parts of the body other than these conditions every human being who is alive will do sort of movement with an intention or not. While eating man uses his fingers and palm, right or left according to his choice. To shift from one place to another place legs will move forward and backward. If anybody calls from behind immediately twist and turn with 90 degrees or 180 degrees depending upon the situation. Man is adjusted for frugal comforts he does not wish to sit on the floor for eating he wants a dining table only. Washing machines replace physical exercises such as rotating arms from front and back during clothes washing. He will never bend his body to clean the beneath of the cot.

Household work such as washing vessels was replaced by hiring the maidservants all these comforts lead to becoming lazy which in turn leads to ill health and sickness. To overcome this sickness, one has to undergo exercise. Even Doctors also suggest the same thing. Especially with old age, people Doctors normally advise that your knee is to be replaced and hence an operation is required. In case of a person met with an accident Doctors will advise physiotherapy which is nothing but the movement of the part of that body that needs physiotherapy this is nothing but exercise. Through these exercises, we regain health.

Yogasanas

Take any Asana: Shirasasana, Kukkutaasana, Mayurasana, Padma Mayurasana, Right Urdakonaasana, Left Urdakonaasana, Chakrasana, Halasana, Shavasana, Dhanurasana, Tree Position Asana etc. They all need physical exercises to the entire body.

Surya Namaskara

It leads 12 positions of our body movement, backward, frontward, arms movements, stomach movement, body bending, neck movement, applying the pressure on the hands and the body, etc.

Breathing Exercises

Inhale, hold, excel, hold needs controlling of lungs and absorb the different colours with the different scales 1:1, 2:3, 3:5, 4:7, 5:9. 6:11, 7:13 it effects the colours in the order of VIBGYOR, Violet, Indigo Blue, Green, Yellow Orange and, Red.

Unit of Measurement of Breathing

Pulse is the unit of measurement of breathing just like Indian Rupee is the unit of currency, Meter is the unit of measurement of length and breadth, Litre is the unit of measurement of liquid, Kilo Gram is the unit of measurement of Weight.

Treadmill Instrument

To check up on the heart beating and the stain at which level can be identified easily with this instrument. This instrument will be used to measure the velocity of the person or speed of the person by the movement of his legs with different control speeds which help in improving the heart conditions.

Old age people cannot go for a long-distance of walking they will be tired very much and hence by standing at one place they can make use of the different instruments to do the all physical activities and all sort of exercises which enhances the improvement of their health conditions.

Some Important Authors Quoted on Exercises

Sara Devi

She wrote in her book titled "Health with Exercises" in the year 1985 to remember her daughter's birthday which falls on the 1st of April 1985 at France Printed and Published at Sara Printers and Publishers Pvt Limited. Page No. 1, 6, 9 & 16 and explained very clearly how exercise improves health conditions by giving an example of my Grandmother, Mother, and I were strong enough but my Daughter is not strong as my Grandmother.

Sharanya Mathaji

1989 in her manuscript “Yoga and Exercises Improves Health which Leads Wealth” Printed and Published at Prasanta Tarafdar Printers and Published by Pampa Publishers, North Paragana, West Bengal Page No. 28, 70& 90.

Shakila Banu

Devine exercise healer by touch in the year 2005 wrote a manuscript titled "Movement Improves Slowly and Gains Health" Printed at Atiya Banu Printers and Published at Mansoor Ahmed Publisher in Nayandahalli, on Page No. 14 & 31. When a person was suffering from Chicken Gunnie deceases and was unable to move the leg and hands she helped a lot with the movement of the body making them relax and finally able to walk and move hands freely.

Abdul Bashir

Physical activity is necessary for fitness and health he wrote in his manuscript "How Exercises Improves Health of a Sick Person" 2011 May, Printed at Guljar Bhanu Printers and Published at Subhan Pasha & Suheeb Pasha Publishers at Hassan District Page No. 5, 9, 14, 21&31. Physical exercise for every person is a must to retain good health. On each occasion, a different type of exercise is advised.

Mr. Satya of Katte Balaga

The present corporation has installed/commissioned some physical exercise instruments in Bugal Park for old age people the photographs are original and are at present in full working condition. He cares for the public of his locations.



Figure 1: Indicates Arm/Shoulder Exercises by Sleeping Positions.



Figure 2: Raising by holding Arms Movements.



Figure 3: Sideways Pressure for Arms and Shoulder.



Figure 4: Lifting with Pressure Arms and Shoulders.



Figure 5: Applying forces to improve the Strength of Muscles and Body.

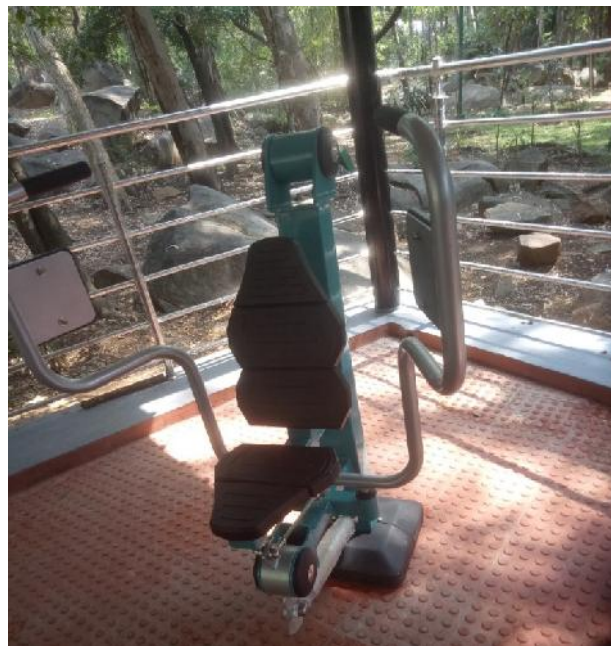


Figure 6: Different Strength of Sideways Pulling to Strengthen the Muscles, Lungs and Stomach.



Figure 7: Lifting of seat by applying Pressure on below Force.

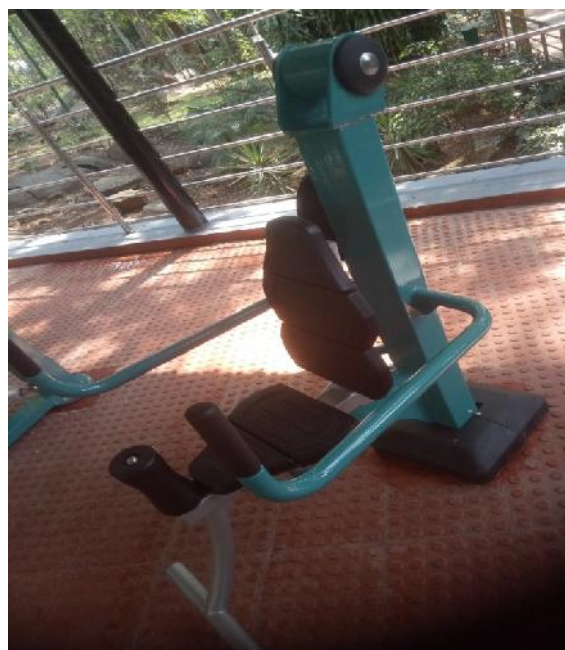


Figure 8: Stretching Arms Lungs and Heart Exercises.



Figure 9: Sleeping Exercises for Stomach, Abdomen, Heart and Lungs and Arms.



Figure 10: Hand Movements Arm and Shoulder Movements.



Figure 11: Up and Down Exercises by Sitting Positions Leg Exercises.



Figure 12: Twisting Legs and Waist in the Speed.



Figure 13: Legs and Hips Exercises.



Figure 14: Arms, Shoulder Chest Exercises along with Breathing Exercises.



Figure 15: Movement of Legs Left and Right results in Waist, Hips, and Thighs Exercises.



Figure 16: Leg Pressure Seat Movement Up and Down with full Force.



Figure 17: Neck and Arms Exercises.



Figure 18: Wheel Instrument for Arm Chest Stretch.



Figure 19: Twisting of Arms like Car Steering Wheel.



Figure 20: Both hands in Opposite directions to Each other Alertness Memory Improvement and Concentration.



Figure 21: Rotation of Stomach and Body Circular Way.



Figure 22: Movement of legs like fast walking releases pain of Joints with Hips and Thighs.

ADVICE

If you are suffering from any diseases before undergoing these exercises, please consult medical advice because it may deteriorate your health condition further.

For example, if any fractures are there in the bone of any part, then the movement of the body is prohibited for a certain period. If you use the leg movement exercises, body shakes and it further hampers the healing of the bone itself.

CONCLUSION

People are ready to do this type of exercise in a group and the common places, but not in their house. If they do household work regularly, these instruments are not at all required. Anyhow these exercise instruments will improve their health. Health is wealth and exercise is a must. Good luck to everybody.

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