

IS YOGA IMPACTS ON HEALTH DIRECTLY? - A CASE STUDY

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ABSTRACT

Since the ancient ages Saints, Gurus, and the general public discussion about yoga and achieve success in their health. Many people applied for Patents to the provisions made in the Intellectual Property Rights (IPR) - Patent and Copyrights Bishnu Ghosh now called Bikram born in the year 1946 in Kolkata moved to California in the US and claimed that Yoga is Patent unfortunately copyrights issued in several occasions of the same products with slight modification. Yoga is a very good exercise for the body which controls the organs to function properly.

Many times heart attacks joint pains and other chronic diseases have been cured by using Ayurveda and Yoga together. Learning Yoga has influenced on Health conditions of Human beings. Breathing, and movements of organs come under yoga which has resulted in curing many root causes of sickness. Dr. Ramdev Baba, Yoga Guru alerted the Indians once again about yoga and how it helps in health aspects. Each yoga has its health benefits.

KEYWORDS: *Yoga, Branches of Yoga, Chakras -Balancing, Breathing Techniques -Benefits*

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