
Benefits Of Ayurveda And Yoga For Elderly

Grandparents are the roots of the family tree, a best play partner for children and the one who shares the best life experiences with them. Grandparents have a lot to offer, and for reassuring their presence for yoga impart yoga and Ayurveda into their lives. Explore the blog to know about the benefits of yoga and ayurveda for grandparents and how they should get started. Grandparents and elderly people are a treasure to a family, and it is the responsibly of the youngsters to pay attention towards their health and maintain it as well. Old age comes with both positive and negative notions, where at one place society give immense respect to elderly and they are considered the guardians.

Getting older presents you with many gifts- grace, maturity, wisdom, experience, etc. to name a few. But on the other hand, with age they faces multiple problems which needs to treated for a comforting aging. When we find ourselves in bad health we do a lot of things including going to gym, doing aerobics, indulging into Keto or visiting doctors popping in medications, etc. But the same doesn't go well with the grandparents. Your grandparents can't be lifting weights at such age or indulge into some alter diet routine or try remedies just to experiment. But for reassuring their healthy presence in the family for long, it is important to leave both their mind and body feeling great at this age. This is where the holistic practice of yoga and ayurveda comes in handy. Yoga and Ayurveda are the age-old system of preventative and curative medicine.

A holistic approach to life and health issue, both the ancient practice has today took the health and fitness industry by strong. The practice is amazing for children, adults and seniors. Health conscious seniors takes aging positively that who are not, and love to try and adopt new health management goals for themselves. So here we are noting down sure shot benefits of yoga and ayurveda for grandparents, and how they can get started: Why Yoga and Ayurveda for Grandparents? Yoga is an amazing form of exercise for seniors to stay active and healthy in old-age. The holistic practice of yoga and Ayurveda reduces the negative impact of old age and build positivity to grow old gracefully. As per scientific study, the practice postpones age-related effects and also controls geriatric problems. Induce Better Sleep for Complete Relaxation With age problem in sleeping increases and yoga is the practice than put positive impact on the seniors making them fall asleep easily and restfully. According to studies, yoga practice reduces the fall-asleep time in seniors and increase the duration of sleeping.

Enhance Muscle Strength that Protects Joints Strong muscles mean better joint condition, and yoga is the practice that surely improves the same preventing the risk of arthritis. Grandparents with arthritis issue can practice chair yoga for relieving the pain and soothing effects. Yoga protect join reducing the risk of carpal tunnel syndrome.

Prevent and Control Diabetes Diabetes again is the common health condition among adults and with yoga one can prevent or control type 2 diabetes. Research has proven that after practicing yoga for 40 days people age 30-60 have experienced significant decline in the blood sugar level. Help in Losing Weight With back issue or knee joint pain indulging into exercising is difficult which result in weight gain for many aged people. But yoga is the way out that cure back pain, relief joint issue and loses weight if practiced daily. Practicing chair yoga or easy poses help senior with less weight gain.

Reduce Stress and Hyper Tension Stress and tension is not restricted to any particular age group, certain conditions and our reaction to situation is enough to build up stress. Yoga has positive impact on stress, anxiety and hypertension, and people practicing yoga for three months have seen drop in cholesterol level as well. Improve Flexibility Mobility of the body is required for proper body movement. Yoga is perfect for seniors to stay active and fit. It strengthens and stretches the body making it flexible.

Yoga maintains a good range of body motion, improve balance, and enhance stability which prevents the risk of fall injury. Other: Yoga enhance bone strength, keep digestion healthy, relieves chronic pain, relieves lung issues, boost mood, and more, and if you start practicing it early it may also reduces the sign of aging making skin look radiant and also prevent early hair greying. Best Yoga Asana for your Grandparents Practice asana Vrikasana, Sukhasana, Shavasana, Bhujanagasanam Pawanmuktasana, Uttanapadasana, Makrasama and more are beneficial. Also indulge in 20 minutes of meditation practice to rejuvenate mind and body. Practice breathing techniques like Anulom Vilom Pranayama and Bhramri Pranayama. Aging Gracefully with Ayurveda Practicing Ayurvedic routine and trying Ayurveda remedies help your grandparents to get rid of certain health condition comes down the line with age. Along with above mentioned benefits, Ayurveda help you age gracefully providing your skin a healthy boost making it smooth, radiant, and skin disease free. It keeps eyes healthy and minimise the chances of suffering from many other health condition occurs with old age. Certain Ayurvedic remedies and therapies also help the grandparents for easy senior hood. With Ayurvedic diet follow Ayurvedic daily regime to aid age issues. Combine yoga with Ayurvedic therapies like Abhyanaga, Swesabam, Dhara, Pixhichul, etc. only after proper consultation.

For complete rejuvenation one can try Ayurvedic home remedies related to stomach issue and pain. Change in Daily Regime Change in habit plays essential role and needs to be corrected with Ayurvedic lifestyle and yoga practice like sleeping. Lifestyle is one of the biggest reasons for health condition not only in seniors, but with all of us. We all have power to influence the routine to which the ancient system of yoga and ayurveda assist. Improving health the holistic practice allow you socialise which itself relieve stress, depression, anxiety and stabilize emotions. With all the mental and physical benefits, enhance the spiritual awakening by connecting with self strongly and deeply. Yoga and Ayurveda on all grounds help grandparents correcting their health and lifestyle providing them the opportunity to have a happy aging.