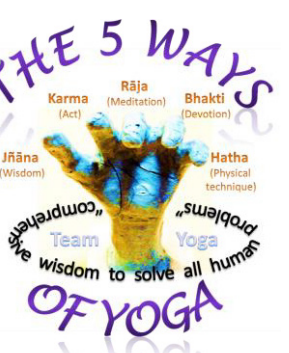


Yoga and Mental Health in the Covid-19 Era



STATEMENT

<https://youtu.be/guhLfdgS0u4>

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Health Management and Lifestyle Learned from SARS-CoV-2 (Covid-19) Infection Epidemic

- Measures and Prevention of Infectious Diseases.** So far, there have been many diseases that have caused global pandemics: cholera, typhus, plague, smallpox, and influenza, to name just a few.
- Features of SARS-CoV-2 Infection.** The infectious disease that spread in 2020 is called SARS-CoV-2, but it was initially unknown how the infection would spread. By not knowing, we all fell into anxiety and fear.
- Characteristics of People who are Prone to Serious Illness.** As with any illness, it was reported one after another that some people are vulnerable, some are vulnerable to severe illness, and some are not. With such an announcement, we were wondering whether we had something to do with ourselves or whether the family was fine.
- Enhance Immunity.** "I am immune because of this reason, so I am okay," I found a few people who were relieved. What do you think, and to what extent is the person able to say that on the basis of this? Here, I would like to propose only one of the most researched methods to improve the intestinal environment and enhance immunity. However, we believe that very few people know how to boost immunity and can be confident that they are doing it, even if they are doing it.
- Prevent Aging of Blood Vessels 1.** When so-called good bacteria such as bifidobacteria and lactic acid bacteria increase in the large intestine, the intestine becomes strongly acidic. It stimulates the small intestine, which produces incretins.
- Prevent Aging of Blood Vessels 2.** Why is metabolic syndrome a problem? This is because metabolic syndrome results in obesity, hyperglycemia, dyslipidemia, and high blood pressure as a set and causes serious damage to the blood vessels. Blood vessels not only supply nutrients to the whole body, but also play an important role in living, such as excretion of whole body waste, information system (endocrine, immunity).
- Prevent Aging of Blood Vessels 3.** Junk food is widespread all over the world. It is very cheap and can be easily eaten by low-income people, so poor people are suffering from metabolic syndrome. Looking at the world's diabetes data, as of 2019, the number of people with diabetes is 473 million, of which 4.2 million are fatal. (9th Edition of IDF Diabetes Atlas) As of June 13, 2020, the number of new coronavirus cases worldwide was 7,617,591, with 424,587 deaths. I do not know how long it will end up, but which one is more serious than diabetes?
- Establishment of Lifestyle 1.** If we change our lifestyle, our metabolic syndrome will definitely improve. It does not have to wait for the help of doctors or the government. It is just a matter of how we realize, study and practice.
- Establishment of Lifestyle 2.** However, the very difficult thing is that we cannot get away from the belief that "I am in the right lifestyle".
- Establishment of Lifestyle 3.** What is a healthy life? I think it's important to keep calmly observing ourselves while studying this.
- Chapter 2 Toward the Future.** For us who enjoy Yoga, is this not important now?
- Think of a Lifestyle that will lead to the Future.** Japan and the world are changing in various ways every moment. "Seeing the change with a quiet eye" From there, we can deepen ourselves.
- POST-CORONA World: Yoga for All.** Natural disasters cannot be avoided. But it is not impossible to change what humans do (karma) and avoid future problems. Every single thing is very difficult, but I think that the seriousness of radioactive contamination due to human negligence, which may occur in the future, has already been forgotten. Even if the karma of the past is irreversible, I would like to keep in mind the words of Yoga Sutra that "we can avoid the future suffering caused by the current karma. That is Yoga."
- Yoga for All is for What?** We are engaged in activities called "Yoga for all". We are convinced that Yoga will not only change our individual lives but also improve the lives of all.

Who need yoga? People - who are caught up in the whirlwind of a fast-paced stressful life? People - who frequently have difficulties to cope with stress and cease to act any more. Yoga exists for all those people.

We have good reason to state this clearly. (The Basic Principle of Yoga®)

<h3>ライフスタイルの確立 2</h3> <p>Establishment of Lifestyle 2</p> <p>▶ 普段から、自分の体質と年齢にあったライフスタイルの確立が大切である。 ▶ 3のポイントがある。 a. 食生活、b. 運動、c. 休養と活動のリズム a. 食生活は、すでに述べた。 b. 適度な運動習慣 こまめに体を動かす。(日常的な掃除、炊事、通勤、職場での工夫。) c. 適切な休養 活動と睡眠のリズムを乱さない。睡眠中に、傷んだ細胞の補修工事と、免疫システム補正が行われる。</p> <p>▶ It is always important to establish a lifestyle that suits our constitution and age. ▶ There are 3 points. a. Diet, b. Exercise, c. Rest and activity rhythm a. The diet has already been mentioned. b. Moderate exercise habits Move your body frequently. (Routine cleaning, cooking, commuting, work in the workplace.) c. Proper rest Do not disturb the rhythm of activity and sleep. During sleep, damaged cells are repaired and the immune system is corrected</p>	<h3>2章 未来へ向けて</h3> <p>Chapter 2 Toward the Future</p> <p>▶ 少し細かく書きました。健康管理に「こんなにたくさんをしなければならぬなんて冗談もいじ減にしてくれ」と思えて来るかと思えます。 ▶ 細かいことはいったんスルーして、まずヨガを日々の生活に取り入れることをお勧めします。 ▶ そうしていると知らないうちに「自分の健康にとって今なにが大事か」がわかり、一つ一つ出来る事が明確になります。 ▶ 日本では、一見終息に向かったかのように見えますが、コロナの問題は、いつまで続くかわかりません。</p> <p>▶ I wrote it in much detail. You may think, "are you joking that one has to do so much for health care." ▶ It is recommended that you take Yoga into your daily life first, leaving the details behind. ▶ Without knowing that you are doing Yoga, you can understand what is important for your health now, and you will be able to clarify what you can do one by one. ▶ In Japan, at first glance it looks like we're on the verge of ending, but I am not sure how long the coronavirus problem will last.</p>	<h3>コロナ後の世界：みんなのためのヨーガ</h3> <p>POST-CORONA World: Yoga for All</p> <p>▶ 皆様が、どのような仕事についていられても、どのような主義主張で、活動をされていても、今後、新しい出来事や事故が起きるはずですよ。 ▶ 新型コロナウイルス感染症は、私たちに行動変容の必要性を強いてきました。 ▶ あらためて、考えます。これだけですむ問題ではないと、…。 ▶ 環境汚染、気候変動、放射能汚染、地震・火山活動…何が起きるか予断が許されないのですから。</p> <p>▶ No matter what kind of work you do or what kind of principles you are active in, there would be new events or accidents in the future. ▶ New coronavirus infection have urged us to change our behavior. ▶ I will think again. This is not the only one problem ... ▶ Environmental pollution, climate change, radioactive contamination, earthquakes and volcanic activity ... We cannot predict what will happen.</p>
<h3>ライフスタイルの確立 3</h3> <p>Establishment of Lifestyle 3</p> <p>▶ ストレス対策は極めて大切である。過度なストレスや延々と続くストレスは、免疫力を大きくダウンさせる。 ▶ 身体的なストレス対策は、a,b,c.がそのまま当てはまるだろう。 ▶ 精神的なストレス対策は、あえて書き加える必要はないと思う。つまり、アーサナ、呼吸法、冥想の実践につける。</p> <p>▶ Measures against stress are extremely important. Excessive stress and endless stress greatly reduce the immune system. ▶ As for measures against physical stress, a,b,c., may be applied as it is. ▶ There must be no need to add additional measures for mental stress. ▶ In other words, it's all about practicing Asana, breathing, and meditation.</p>	<h3>未来へつながるライフスタイルを考えよう</h3> <p>Think of a Lifestyle that will Lead to the Future</p> <p>▶ 新型コロナウイルスは、世界中に恐怖と不安を植え付け、個人も、国家も、国際社会も、大規模に経済的打撃を受けています。 ▶ もしかすると、健康問題以上にそのストレスは巨大かも知れません。私たちが待ち受けているストレスは、今までと少し違った様相があらわしているのではないのでしょうか。 ▶ この影響は、長期間に及びそうに見えます。そして、いつ、また想像もつかない事件や出来事が起きるか分かりません。 ▶ どんなストレスに見舞われても、私たちの精神の健全性を維持出来るためには、今、皆がヨガをすることが、きわめて必要な時代になったように思われます。</p> <p>▶ The new coronavirus poses fear and anxiety around the world. And this fear and anxiety is having a huge economic impact on individuals, nations, and the global community. ▶ Perhaps the stress may be greater than the health problem. The stress that awaits you may be a little different from before. ▶ This effect seems to be long term. And we do not know when an unexpected event or event will happen again. ▶ In order to maintain our mental health under any kind of stress, it seems that we have reached a point in time where it is extremely necessary for everyone to practice Yoga.</p>	<h3>1_10 MINUTES ASANA_GT_TYfA2020</h3> <p>https://youtu.be/FhkchAV0Qug</p>

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"As civilization has evolved and medicine has advanced, convenience in life has dramatically increased, a healthy environment has been prepared, and medicine has continued to evolve. Many of the difficulties that humans face today seem to originate from the community, ethnicity, social, ideology, or relationships of persons. Indeed, Yoga is a powerful weapon against such problems. That's still the case today, but the new coronavirus pandemic told us now that causes the same kinds of problems that humans were exposed to in the super-ancient times. And even in such a situation, it is considered that this pandemic is that we reconfirmed that we can utilize the wisdom of Yoga that was born in the era when exactly that kind of thing would have happened frequently" (Slide No. 37, Kindle ed.)

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