

## **Effect of *Yogāsana* on Improvement of Immunity-related Outcomes: A Literature Review**

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Yoga is a universal practice which strengthens body physically as well as mentally. There is recent research evidence to suggest that regular practice of yoga postures strengthens the immune system and reduce chronic inflammation. In fact, researchers have found an overall pattern that yoga reduces pro-inflammatory markers, with the strongest evidence for the reduction of a cytokine called IL-1beta. This study was primarily designed to study the effect of Yogasana on enhancing immunity of the individual. An extensive literature review was conducted based on Haṭhayogapradīpikā journal papers and other related e-papers on yoga. All the Yogasanas mentioned in Haṭhayogapradīpikā were critically analyzed to determine a relationship between the regular practice of yoga postures and the degree of immunity. The study revealed that the most effective yoga to activate the regular functions of the immune system is combination of Yogasanas, Pranayama and meditation. Further, practice of Yogasana increases the amount of antibodies such as leukocyte, eosinophils and monocytes and stimulate inflammatory responses. Yogasanas are also extremely beneficial to manage stress which is often associated with an increased occurrence of autonomic and immune system pathology. On the basis of the review, it can be concluded that Yogasanas are effective in improving a variety of immune system-related outcome measures. However, these effects warrant further methodologically rigorous studies to determine the clinical implications of the findings for inflammatory outcomes.

**Key Words:** *Yogāsana, Pranayama, Haṭhayogapradīpikā*