

over 5,000 years and counts nearly 10% of the country as adherents, according to the 2015 National Health Interview Survey. Start practicing your downward dog, and you can reap the potential health rewards too. "Yoga may be especially well suited to people with arthritis because it combines physical activity with potent stress management," study author Susan J. Bartlett, Ph.D., said in a statement. Yoga has invariably been looked at as a healthy practice. While there is much literature available on the benefits of yoga in terms of health and wellness, the present article is an attempt to find the economic gains of yoga. The same are brought out in three parts: (i) in the context of 'self', i.e. in terms of curative and preventative benefits for a yoga practicing individual; (ii) in terms of benefits to the 'workplace and/or organization' promoting yoga, and (iii) in terms of commercial opportunities, i.e. benefits gained by serving yoga to 'others'. The article concludes with suggestions Yoga lowers cortisol levels. If that doesn't sound like much, consider this. Normally, the adrenal glands secrete cortisol in response to an acute crisis, which temporarily boosts immune function. If your cortisol levels stay high even after the crisis, they can compromise the immune system. Temporary boosts of cortisol help with long-term memory, but chronically high levels undermine memory and may lead to permanent changes in the brain. The body takes those extra calories and distributes them as fat in the abdomen, contributing to weight gain and the risk of diabetes and heart attack. 12. Makes you happier. Feeling sad?

Email id

- Journal Home
- Current Issues
- Archive / Issues
- TOC
- Registration
- Subscribe
- Editorial Board
- Aims & Scope
- Author
- Guidelines
- Ethics & Malpractice
- News & Events
- Subscribe
- Alerts

Article
Submission

FREE

Sample Issue

Trial Access

Economics of Yoga: Multi-Level Healthy Gains

Dr. Falleiro Savio P.

Vice Principal, Associate Professor & Head, Department of Economics, Rosary College of Commerce and Arts, Navelim, Goa, India

Online published on 2 July, 2016.

Abstract

Yoga has invariably been looked at as a healthy practice. While there is much literature available on the benefits of yoga in terms of health and wellness, the present article is an attempt to find the economic gains of yoga. The same are brought out in three parts: (i) in the context of 'self', i.e. in terms of curative and preventative benefits for a yoga practicing individual; (ii) in terms of benefits to the 'workplace and/or organization' promoting yoga, and (iii) in terms of commercial opportunities, i.e. benefits gained by serving yoga to 'others'. The article concludes with suggestions for the healthy development of yoga.

[Top](#)

Keywords

Curative benefits, commercial benefits, economic benefits, health and yoga, preventative benefits, yoga.

[Top](#)

[Buy Now](#)

[PDF](#)

14 Reasons Why Yoga Is Good for Your Health. Who needs a little blue pill when you have the cobra pose? By Amy Capetta. Jul 14, 2017. Getty Images. Yoga, a mind and body discipline that combines breathing exercises, simple meditation and physical postures, dates back over 5,000 years and counts nearly 10% of the country as adherents, according to the 2015 National Health Interview Survey. Start practicing your downward dog, and you can reap the potential health rewards too. "Yoga may be especially well suited to people with arthritis because it combines physical activity with potent stress management," study author Susan J. Bartlett, Ph.D., said in a statement. Yoga has invariably been looked at as a healthy practice. While there is much literature available on the benefits of yoga in terms of health and wellness, the present article is an attempt to find the economic gains of yoga. The same are brought out in three parts: (i) in the context of 'self', i.e. in terms of curative and preventative benefits for a yoga practicing individual; (ii) in terms of benefits to the 'workplace and/or organization' promoting yoga, and (iii) in terms of commercial opportunities, i.e. benefits gained by serving yoga to 'others'. The article concludes with suggestions Yoga lowers cortisol levels. If that doesn't sound like much, consider this. Normally, the adrenal glands secrete cortisol in response to an acute crisis, which temporarily boosts immune function. If your cortisol levels stay high even after the crisis, they can compromise the immune system. Temporary boosts of cortisol help with long-term memory, but chronically high levels undermine memory and may lead to permanent changes in the brain. The body takes those extra calories and distributes them as fat in the abdomen, contributing to weight gain and the risk of diabetes and heart attack. 12. Makes you happier. Feeling sad?