

Resurgent Yoga: Its History and Recent Trends

Vikas Dhikav^{*}

Department of Neurology, University of Dr. Ram Manohar Lohia Hospital and PGIMER-GGS IP, New Delhi, India

DESCRIPTION

Beginning

The practice of Yoga has been done across India for last 5000 years. So far, yoga which was widely recognized as art is now increasingly becoming science as well. In last decade or so, the medicinal benefits have become recognized.

Yoga, then and now

Yoga has moved from recreation to therapy now. There are now graduate and postgraduate level courses in India about the same. There are teacher training academies in the world now. In the USA, yoga courses are being done for diseases and medicinal purposes as well. Cultures that have traditionally promoted their own physical activities like China too have opened colleges of Yoga. There are universities based courses/classes offered in major universities of many developed nations like USA, UK, Australia, Newlands, Canada, Japan and Korea etc.

Global yoke

In recognition for its global appeal, United Nations (UN) gave its approval for International Yoga Day (IYD), celebrated on 21st June of every year. It has been that over 250 million people in the world regularly do yoga and more than 20 million of them are in US alone. In the USA, it is almost as popular as golf as 10% adults regularly perform yoga. Starting from yoga campus, to holiday resort yoga, the popularity of yoga seems soaring now. The first IYD was celebrated in almost all UN member countries including at New York's Times Square. No wonder, Yoga is now about \$80 billion industry. So was the enthusiasm at this event, that it was heralded as the 'revival of an ancient art form'.

Recent promotions in India

The yoga training in about 800 schools for employees have recently been started in India. Certain units Coal India steal and electrical plants regularly conduct yoga programs so that the same can be involved in yoga activities. Yoga is a regular activity in Indian corporate houses, schools and even prisons. Major cities have yoga clubs. Many smaller towns and villages have morning and evening yogic classes now. Training for yoga trainers has also been started in last decade or so.

Emerging trends

In the emerging trends of yoga, yoga for sexual dysfunction or improving sexual prowess is getting attention. Our seminal studies on yoga and sexual functions have gotten tremendous response across globe. Major world health magazines, Newspapers and periodicals have published featured them. Nature's sister journal hailed one of our paper as, "breakthrough" in medicine. Hundreds of participants have started their sexual yoga classes around the world reading those articles.

CONCLUSION

Our work has helped yoga become "New Viagra" or natural male sexual stimulant or a tool to make men last longer. The same has been recognized in recent reviews on the subject. We have undertaken recent projects in erectile dysfunction and yoga, and cognitive effects of yoga among youth, the results of which shall soon become available.

Correspondence to: Vikas Dhikav, Department of Neurology, University of Dr. Ram Manohar Lohia Hospital and PGIMER-GGS IP, New Delhi, India, E-mail: vikasdthikav@hotmail.com

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