



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

STUDY OF BENEFITS OF DAILY EXERCISE: A LITERATURE REVIEW

Dr. Sanjay Zanzad¹

¹Professor and H.O.D., Dept. of Kayachikitsa,

Smt. Vimaladevi Ayurved Medical College and Hospital, Chandrapur.

Corresponding Author's Mail ID: sanjayzanzad@gmail.com

ABSTRACT -

Exercise is not about lung volumes and muscle size. It is about benefitting your body, mind and soul. Sure, exercise improves physical health, physique, trims your waistline, improves sexual life, and gives you long life spans. People who exercise regularly tend to do it constantly because it gives them a profound sense of well-being. They enjoy more energy throughout the day, their sleep is better at night; they have good memories, and are more relaxed and positive minded. Exercise seems to be a powerful medicine for many mental health challenges.

The article reviews the benefits of daily exercise.

Keywords: exercise, benefits, physical, health

INTRODUCTION:

Exercise is any activity which is meant for physical fitness, general health and well being¹. Exercising people are enjoying their lives at its fullest. There are specific advantages of the regular exercise. We have all heard it many times before, regular exercise is good for you, and it can help you lose weight. But if you are busy with your hectic schedules, you have a sedentary job, and you have bad dietary habits, then you may have suffer ill health, sleepless nights, memory related diseases and may have lowered immunities. You must have to adopt for exercising spells and can prevent yourself from above mentioned disasters which may lead to dangerous diseases. You can start slowly, with mild exercise, and can increase the severity of exercise to have the major benefits of the regular exercise. To get the hundred percent benefits, you should follow the recommended exercise for your age. We regular exercise, you will feel enjoyable, help to prevent or manage many diseases.

MATERIALS AND METHODS:

Recently published scholarly articles, Google search, PubMed and *Samhitas* of *Ayurveda etc.*

Review:

What are the health benefits of exercise?

Regular exercise and physical activity may:

1. Help you control your body weight: Along with diet, exercise plays an important role in controlling your weight and preventing obesity. To maintain your weight, you have to burn the same amount of calories what you ate as your diet. To lose weight, you have to combust more

calories than you eat and drink, in the form of exercise.

2. Reduce your risk of heart diseases: Exercise keeps your heart strong and improves blood circulation. The increased blood flow keeps high oxygen levels at the cellular level. This also prevents you from diseases like high cholesterol, atherosclerosis, coronary artery disease, and myocardial infarction. Regular exercise also helps to decrease the blood pressure and lipid levels in blood.

3. Helps to control blood sugar and insulin levels: Exercise yields benefits regarding blood sugar level and help your insulin performance. Regular exercising prevents metabolic syndromes and type 2 diabetes. In case of these diseases, the exercise helps to control the diseases.

4. Helps to quit smoking: Exercise may be beneficial for you about quitting the smoking. It may reduce the withdrawal characters of smoking.

5. Improvement in mental health: the chemicals liberated in the body while exercising might affect your mental health positively and may elevate your mood. Due to this, you feel more relaxed and comfortable. It decreases your risk towards depression and stress. Regular exercising keeps your mind healthy. Risk for developing dementia and Alzheimer's disease may be minimized through regular exercising.

6. Improve in thought process and judgment skills: exercise helps you to keep your thinking, learning, and judgment skills improved and upgraded. During exercise body secretes some chemicals which stimulate some proteins which are helpful to improve brain functions. Negative thoughts and daily worries are alleviated by regular exercising.

7. Make bones and muscles Fit: Regular exercise helps you for strong bones. Strenuous muscular exercise gives your muscles nice shapes and performing fitness. Regular exercising people are found to have strong bones, muscles and joints and have a lower risk of osteoporosis in their old ages.

8. Minimize of risk of major diseases: exercising regularly prevents you from some cancers, and some other major metabolic diseases like diabetes. Exercise may improve your physical fitness² and reduces the risk of several diseases like type 2 diabetes, cancer and cardiovascular diseases..

9. Improves sleep: depth of sleep increases by doing regular exercise. You fall asleep faster and for long duration.

10. Boosts Sexual health: Sexual disorders like erectile dysfunction can be prevented by exercising regularly.

11. Provides platform for Social activities: regular exercising people get connected with other exercising people. This provides them an opportunity to have some social activities.

12. Pain management³: pain of lower back, myalgia pain and other chronic bony pains may be managed through regular exercise.

13. Improves functions of skin⁴: due to high amount of sweating during the exercise, skin becomes fresh and gets luster.

Physical activity and exercise can have instant and long-term health benefits. Regular exercising may improve quality of life.

DISCUSSION AND CONCLUSION:

Exercise affects mind, body and soul. The exercise has many advantages, for physical

and mental health. Some benefits are preventive and some of them are seem to have curative effects. Mild, moderate and heavy exercises, whichever type is adopted, yields benefits to the body, physically and mentally. Any amount of exercise, even if it falls below the suggested amount, is likely to produce benefits. Exercise improves mental health and physical health and gives a person an increased quality of life.

REFERENCES:

1. <https://en.wikipedia.org/wiki/Exercise>
2. Dr. Pramod Prakash Kanap, Prospective Observational Randomized Study Of Physical Fitness In Some Daily Exercising Persons With The Help Of Mc'cloy Physical Fitness Test In Vataj And Kaphaj Ekdoshaj Deha Prakriti., PhD thesis submitted to Tilak Maharashtra Vidyapeeth, Pune. Regi. No. 05615008340 dated 22.02.2016
3. [https://www.physio-pedia.com/Exercise and Activity in Pain Management](https://www.physio-pedia.com/Exercise_and_Activity_in_Pain_Management)
4. Simioni C, Zauli G, Martelli AM, Vitale M, Sacchetti G, Gonelli A, Neri LM. Oxidative stress: role of physical exercise and antioxidant nutraceuticals in adulthood and aging. *Oncotarget*. 2018 Mar 30;9(24):17181-17198. doi: 10.18632/oncotarget.24729. PMID: 29682215; PMCID: PMC5908316.