

"Can Yoga Help In Swine Flu..?"

The **2009 flu pandemic** is a global outbreak of a new strain of an influenza A virus subtype H1N1, referred to as the **novel H1N1**-first identified in April 2009, and commonly called "**Swine flu.**"

The big difference is that the current swine influenza A (H1N1) virus has components of pig and bird influenza viruses in it, so that humans don't have any immunity to it. That is what made it more likely that it would become a pandemic virus because it could easily spread from person-to-person.

Swine Flu Symptoms

According to the CDC, like seasonal flu, symptoms of swine flu infections can include:

- fever, which is usually high, but unlike seasonal flu, is sometimes absent
- cough
- runny nose or stuffy nose
- sore throat
- body aches
- headache
- chills
- fatigue or tiredness, which can be extreme
- diarrhea and vomiting, sometimes, but more commonly seen than with seasonal flu

How Yoga Help:

Yoga lifestyle has always held that one can make their bodies resistant to withstand the onslaught of multifarious disorders, people with strong immunity are less prone to such viruses. Various Yoga technique esp. Postures and Breathing techniques is the best natural to increase immunity or body resistance.

The special postures:

- Surya Namaskar, Cow Face Pose, Cobra, Bow pose.
- Pranayama: Kapalbhatai, Shitali, Ujjayi along with other
- Cleansing process: Neti(Jala & Sutra) are to be practiced.