



Yoga, health and the AI

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Abstract

The concept that the human body is able to heal itself through change of life-style including a change in diet is to be found in traditional yoga recommendations as well as in the findings of the health profession. This paper gives a hint to the directions that could be used in guiding one into a healthy, positive life.

Keywords: Yoga, lifestyle, health, self-healing, AI

Introduction

Yoga with its ancient roots (1) though it is both a philosophy and an experiential system, at present is usually applied in its experiential physical aspects. An exponentially increasing number of medical studies (2) deals with research results relating to successful application of yoga to numerous health issues. Some of the leading research into new approaches to the attainment of health, indicate that the human organism is perfectly prepared for self-healing through its encoded mechanisms (3,4) provided it is given an algorithm that would engage both the body and the mind. Yoga can be one of the key facilitators to achieve this aim. Linking the concepts found in Computer science and AI in making yoga more effective can be successful in some cases (5) or less useful (6) depending on with what purpose do we use them.

Yoga and health

The self-correcting mechanisms of the human system can be made less effective by improper lifestyle (including nutrition and mental setups). This is a key to the understanding of the sources of our disease and pains that have already been confirmed by various modern psychological research such as (7). Contemplative approaches that are a part of yoga reveal that our sense of reality

is only a mirror of affections and impressions (i.e., samskaras) that calls us to reevaluate and reinterpret our way of thinking and emotional responses and to transform our negative or destructive emotions to positive solution-oriented responsiveness that are at least harmless for us and our surroundings. That is the reason why the purity of our intention that is encoded in the principles of "yama and niyama" of yoga serves as a key when interacting with our environment providing safeguards against somatisation of disharmonious emotional responses. This has an increasing importance especially when human environment is getting more and more transformed by technical means such as AI and virtual reality which tends to take away the willingness to optimise lifestyle, have sufficient interaction with nature, sunlight and to socialize. Schwab (8) also highlights that biodiversity and naturality of our environment is perfectly reflected in the quality and diversity of the bacterial population of our intestine (i.e., microbioma). Moreover, our mental state also significantly influences the healthy diversity of our intestinal microbioma, which is one of the key factors of health. Szilak (2023) highlights the necessity to recognise the need of supporting the work of the symbiotic bacterial populations in us. Practicing yoga can lead to a sustainable health through advices and protocols for keeping our diet mostly


plant based as well as our internal physical environment clean through shatkarmas. Furthermore, yoga enables physical fitness through asanas, improves the general energy management through pranayama and brings the mind into a well-balanced condition by meditative processes (9). Care should be taken, however, not to take information from untried sources including suggestions from AI bots as these resources may demotivate us to seek for answers to our problems actively outside the virtual environment. Additionally, contemporary AI models are not free of hallucination and may give invalid information in case of yoga also (10).

Conclusions

The overall health of the modern population is decreasing globally. It seems to be affected mostly by the imbalanced lifestyle and the increasing contamination of the environment through humane activities. It appears that this condition can be reversed by adopting a diet that incorporates more unprocessed, possibly local plant-based foods and integrating yoga-related practices into one's daily routine.

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