Aging is a progressive biological process, which has several physiological, psychological and social consequences. Age-related health problems are not inevitable. Hence attempts have been made to achieve healthy aging using mind-modifying techniques. Yoga, an ancient Indian Science is one such technique that has been successfully used, in a geriatric population to promote healthy aging.

Yoga comprises physical postures, regulated breathing, meditation and relaxation techniques, which have been used in different combinations to manage major age related health problems. The beneficial effects of yoga, based on the available evidence in a geriatric population include an improvement in the gait and balance, muscle power, cognitive functioning and cardio-respiratory endurance. Apart from the physical and physiological effects, levels of depression and negative affective states changed with yoga practice, in the elderly. Studies suggest that increased physical activity through postures interspersed with relaxation techniques can reduce depression scores, anxiety levels and improve the quality of sleep.

While understanding the underlying mechanisms, it has been speculated (based on the evidence from studies on Yoga in normal healthy middle aged volunteers) that reduced oxidative stress, improved immune surveillance, re-establishing a balance in hormonal levels (increased melatonin and decreased cortisol) and a state of psycho-physiological rest induced by yoga are possible factors amongst several others contributing to the process of healthy aging.

Hence, adopting yoga practice would be a possible measure to: (i) reduce the chronic consequences of psychosocial stress (ii) improve resilience to stress and recovery, and (iii) induce homeostasis among integrated physiological systems for minimizing changes associated with aging and hence achieve healthy aging.

**Keywords:** Yoga, healthy aging, geriatric medicine.