

YOGA AND HEALTH: A REVIEW

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ABSTRACT

Yoga is a 'way of life' and goes beyond the physical fitness or posture. Yoga in Indian traditions is more than physical exercise and has a meditative and spiritual core. Yoga makes our physical and spiritual life smooth. Medical researchers also approve the interrelated factor that when the physical body is in good health, the mind functions properly and tension is in controlled state. The breathing exercise performed in practicing yoga is a solution for stress and anxiety. Yoga shows us different ways of maintaining physical and mental health. In my research paper, I want to show that the importance of yoga for physical and mental health and relevance in the modern times.

Keywords: Yoga, Modern life, Spiritual health, Physical health, Mental health.

Introduction

This whole universe is the limitless embodiment of infinite number of mysteries. But never any incongruity takes place in its course because it has a definite rule since its creation that is never deviated. But many of the human being has lack of knowledge of proper method of life. Every individual soul living inside every human being, possesses endless and innumerable power i.e 'Shakti' which can place him in the pick of success.

Yoga in Indian traditions is more than physical exercise and has a meditative and spiritual core. Yoga derived literally from the Sanskrit root "Yuj" means to add, to join, to attach or to unite is considered as any "practices" that helps facilitate a union between Self (Jivatma) and the Divine (Paramatma). As a complete exercise programme and physical therapy routine, the physical postures of yoga are used to alleviate health problems, reduce stress and make the spine supple in

contemporary times beside the spiritual goals. There is no denial of the fact that now- a -days development of science and technology has simplified our life a lot, but due to lack of proper rest, fast food habit, negative effect of environment and work style human being is suffering both mentally and physically. Though the modern life gives us more comfort, but rivets more things. Due to modern life style we are suffering from stress both physically and mentally and facing various fatal diseases.

Yoga is more relevant in modern stressful life. Yoga is a way of life. It is only way through which the body will be fit and fine without any trainer, without equipment and medicine. Swami Vivekananda proclaimed “Each soul is potentially divine”. Do this either work or worship. The practice of yoga asanas and meditation provides natural support to the immune system. So, yoga is more relevant in our daily life.

Yoga for Health and Well-being

Yoga is an ancient and comprehensive form of spiritual self discovery. Yoga exercises have a holistic effect and bring body, mind and conscious and soul into balance. Many years ago the sages of India were trying to unravel the cosmic mysteries through their meditation. They were trying to reconcile the worldly objects with the spiritual consciousness. As a result, they came to know the cosmic laws and natural laws. It is true that the effects of worldly powers and great cosmic powers are described and explained in the Vedas. Much of this knowledge have been discovered and confirmed by modern science. It is undeniable that yoga has many benefits. Regular practice of yoga keeps the body and mind healthy. Yoga practice keeps our mind cheerful and body healthy. There is no alternative to yoga to keep the body healthy. Therefore, regular yoga practice is necessary.

Yoga teaches us the knowledge of how to lead a healthy living. It improves our concentration, creativity and sharpens our memory. In addition, yoga improves our muscle strength, stamina and brings immune and mental stability. Therefore, practice of yoga is significant in controlling health problems. Yoga is holistic which provides physical, mental, social and spiritual benefits. It helps to manage stress and anxiety and keeps mind relax. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthy life style.

Modern age is of science and technology. Then yoga refers to the science of health, happiness and harmony. Yoga has been much popular in modern times as the science and art of

holistic living. People are attracting towards yoga as a holistic care system. Holistic approach of healthcare includes:-

1. Preventive health
2. Promotive health
3. Curative health.

Impact of Yoga in daily life

Yoga is a way of living that aims towards a healthy mind in a healthy body. Yoga reduces stress and tension in the physical body by activating the parasympathetic nervous system. Yoga promotes a balanced and integrated personality. Practice of yoga develops a whole human system. Yoga has succeeded as an alternative form a therapy for the diseases like Asthma, blood pressure, arthritis, digestive disorders and other ailments of chrome and constitutional nature.

Yoga is very useful in present times. Our country is now developing in the I.T. field and education structure is developing in a faster way. In the I.T. field person's brain is used heavily for hours due to which the mental stress increases and back pain also increases. Therefore, such reasons for immediate relief they go for tablets and have side effects which will bring them to the level of cancer also. Modern children have different challenges compared to previous generation. They are prone to spending a considerable amount of time in front of T.V or computer, listening to their I-pods or playing video game and as a result, they spend less time on physical activity. They suffer from insomnias, eating disorder, ADHD (Attention Deficit Hyper activity Disorder) and sometimes aggression. But yoga can solve or help all the problems seen present stage.

Yoga is most effective in controlling both stress and functional disorder. Practice of yoga develops a whole human system. Yogic asanas, mudras and pranayamas are the best means of serving the body and mind. They are good for relaxation of mind. A person's mental and physical health depends on brain and body chemicals. Yogic practice gives direct and tangible benefit to everyone. Yoga has succeeded as an alternative form of therapy, diseases such as like Asthma, blood pressure, Arthritis, digestive disorders and other ailments of chrome and constitutional nature.

In the modern world environment, people have to struggle in various ways to survive. Currently, people are under more and more physical and mental stress due to complex life style. Yoga is the way through which we can solve some of these problems. Yoga helps to live in harmony with our environment; it helps us to give recognition for ourselves, the natural environment we are living and help us to peaceful interact with the society to which we belong. In maintaining the

physical health it is essential to balance our diet. Yoga teaches as an ethical principle we have to be selective of the food we eat and focus on vegetable and we have to avoid meat, alcohol, drugs and nicotine. Yoga is most relevant in modern era.

Yogic exercises recharge the body with cosmic energy and facilitates :-

1. Attainment of perfect equilibrium and harmony
2. Promotes self healing
3. Enhances personal power
4. Yoga to live with greater awareness
5. Helps in attention, focus and concentration
6. Yoga for better relationships

Yoga has many benefits. Here are the top five benefits of yoga:-

1. Relieves stress and depression
2. Improved posture and flexibility
3. Toning
4. Improved sleep
5. Better body image

Finally it can be said that yoga practice is essential for human race to get rid of any diseases. Yoga is the only life-giving medicine for body and mind. Therefore, we should do this for better and healthy living.

Conclusion

The practice yoga helps in controlling an individual's mind, body and soul. It improves respiration, energy and vitality. The modern life style is complex and filled with tension. As a result, people in urban areas are busy with work schedules to fulfil what life demands survival. This life style brought stress to the individuals which leads to different types of diseases. Today yoga thoroughly globalized phenomenon; yoga has taken the world by storm and is gaining popularity day by day. In short, yoga suggests a number of ways to achieve a calm peaceful mind. Yoga is holistic which provide physical, psychological, social and spiritual benefits. So we need habit to bring yoga to our day- to -day life. Therefore, we should do this better and healthy living.

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