

ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 191-194

© 2018 Yoga

www.theyogicjournal.com

Received: 25-11-2017

Accepted: 26-12-2017

Dr. Ashwani Kumar

Assistant Professor,

NILM University,

Kaithal, Haryana, India

Significance of Yoga in Human daily Life

Dr. Ashwani Kumar

Abstract

The word “Yoga” originates from Sanskrit and means “to join, to unite”. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of “Yoga in Daily Life” are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yogic techniques are known to improve one’s overall performance. Pranayama is an important, yet little known part of Yoga. Until recently, this art and science of yogic breathing was almost completely unknown to the common man like many other ancient Indian arts. Pranayama techniques act to purify the nadis including these three main energy channels.

Keywords: Yoga, Physical, Health, flexibility

Introduction

Yoga goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions.

Om Saha Navavatu

Saha Nau Bhunaktu

Saha Virya Karvav-Hai

Te-Jasvi Nava dhitam-Astu

Ma Vidvi Şav-Hai

Om SantiH santiH santiH

OM Paramatma, protect and bless us.

Give us strength to come to the end of the path,

To eternal knowledge,

Help us so that we do not turn against one another,

and eternally united continue on the path together.

OM Peace Peace Peace

-Swami Maheshwarananda

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health.

What is yoga?

The practice of yoga is about creating balance in the body by developing both strength and flexibility. This is accomplished by performing a series of postures or “poses” which are designed for specific benefits to each part of your body.

There are many different styles of yoga being practiced today. While almost all of these styles is based on a series of postures, each style has a particular emphasis.

Correspondence

Dr. Ashwani Kumar

Assistant Professor,

NILM University,

Kaithal, Haryana, India

Consult with a certified teacher to determine the best style of yoga for your physical fitness and overall health goals.

Importance of Yoga

Many people view yoga as just a fancy form of stretching. But the benefits of yoga go well beyond that. Along with being a great stress reliever, yoga can improve your flexibility, strength, posture and breathing and lung capacity.

The main goals of “Yoga in Daily Life” are:

- Physical Health
- Social Health
- Spiritual Health
- Mental Health

These benefits apply to both men and women:

Yoga improves flexibility: Yoga poses work by safely stretching your muscles and all other soft tissues in your body. No matter what your yoga-level is, you will likely feel the benefits within a short period of time.

Yoga improves strength: Some styles of yoga are more vigorous than others. But no matter what type of yoga you’re doing, you will improve your core strength. This type of functional is very useful for everyday life and beneficial as you age.

Yoga improves posture: Increased flexibility and strength helps you improve your posture. With better core strength and the body awareness you create by practicing yoga, you are more likely to recognize when you are slouching or have bad posture and correct it.

Yoga improves breathing and lung capacity: Most forms of yoga emphasize long and deep breathing. This can help expand your lung capacity and improve endurance.

Physiological Benefits

- Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system

dominance rather than the usual stress-induced sympathetic nervous system dominance

- Pulse rate decreases
- Respiratory rate decreases
- Blood pressure decreases (of special significance for hyporeactors)
- Galvanic Skin Response (GSR) increases
- EEG - alpha waves increase (theta, delta, and beta waves also increase during various stages of meditation)
- EMG activity decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases (respiratory amplitude and smoothness increase, tidal volume increases, vital capacity increases, breath-holding time increases)
- Gastrointestinal function normalizes
- Endocrine function normalizes
- Excretory functions improve
- Musculoskeletal flexibility and joint range of motion increase
- Posture improves
- Strength and resiliency increase
- Endurance increases
- Energy level increases
- Weight normalizes
- Sleep improves
- Immunity increases
- Pain decreases

Psychological Benefits

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- Anxiety and depression decrease
- Hostility decreases

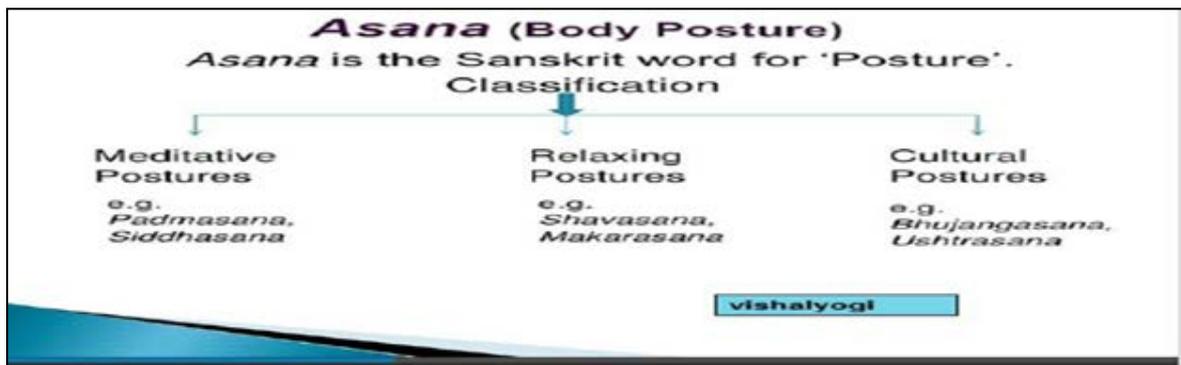




Fig: Demonstration, By DR. Ashwani Kumar

Mayurasana the benefits of this asana are:

- Digestive organs.
- Liver, and Pancreas.
- Tones abdominal muscles.
- Diabetes.
- Constipation,
- Colon.
- Piles
- Obesity.
- Develops chest.

- Spleen
- Pancreas
- Normalizes high blood pressure.
- Menstrual disorders in women are cured.
- Improves memory power.
- More blood flows to face,
- Face dazzles
- Kept young.
- Back bone flexible and strong.

Benefit of Halasan

- Constipation
- Stomach disorders.
- Reduce both belly and body fat.
- Inner organs like:-
- Thyroid,
- Kidney,

Purna Dhanurasana

- Bow pose for weight loss
- Massage Liver
- Blood cleansing
- Kidney health
- open up the chest

Ekapadarajapotasana (PigeonPose)



Fig: Demonstration, By DR. Ashwani Kumar

Benefits of the Pigeon Pose

- Stretch the entire lower body.
- Abdominal organs,
- Digestion.
- Relieves back problems,

- Strengthens the back.
- Helps to add flexibility t
- Opens up the hips.
- open up the chest
- Improves urinary and reproductive systems.

Conclusion

Regular yoga practice builds mental lucidity and coolness, boost body awareness, relives stress patterns, relaxes the minds and sharpens concentration. Yoga provides tools through which one can manage which the pain and helps contradict with the feeling of helplessness and depression. Yogic breathing and stretching exercises have been seen to result in better mental and physical energy and improved mood. The mental performance also increases with yoga. Doctors also have suggested that yoga can enhance cognitive performance.

Reference

1. Paramhans Swami Maheshwarananda. Yoga in Daily Life-The System Vienna: Ibero Verlag /European University Press, 2000.
2. Roney-Dougal SM. On a possible psychophysiology of the yogic chakra system. Journal of Indian Psychology, Jul 1999; 17:2.
3. Bhattacharya, Sanjay. Social Work Interventions and Management New Delhi: Deep and Deep Publications, Print, 2008.
4. Karalay GN. Integrated Approach to Rural Development: Policies, Programmes and Strategies. New Delhi: Concept Publishing Company Print, 2005.
5. Vishnudevananda, Swami. The Complete Illustrated Book of Yoga. New York: Three Rivers Press Print, 1988.
6. Swami Sivananda A. The Divine Life Society P.O. Shivanandanagar 249 192 Distt. Tehri-Garhwal, Uttar Pradesh, Himalayas, India., 1999.