



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 582-583

© 2019 Yoga

www.theyogicjournal.com

Received: 18-11-2018

Accepted: 22-12-2018

Sahil Sharma

PET, Department of Youth
Services and Sports, Jammu and
Kashmir, India

Yoga for good health and well being

Sahil Sharma

Abstract

The Purpose of the study to find out the role of Yoga in the life of a many. To live happily with oneself is the wish of every human. But most of the people are not leading a happy and productive life. Because modern age is the age of stress, tension and anxiety. More and more people suffer from physical and mental tension and there is an inactivity in the life of a man. At this point, Yoga can be beneficial in the life of a man. Yoga helps to get rid of physical, mental and stress related problems. We must adopt Yogic exercise in our daily life, it moves us towards the Quality life, healthy life, constructive life, happy and peaceful life which is real aim of life.

Keywords: Yoga, life, man, well-being, health

Introduction

Yoga helps in maintaining and improving the physical, mental, emotional and spiritual health of an individual. The regular practice of Yoga helps in making our muscles strong and regulating other systems such as respiratory, excretory, circulatory and digestive system. It increases the efficiency of these systems.

Nothing can be said firmly about Origin of Yoga except that it was originated in India. At that time, people used to do Yoga. Yoga is also mentioned in Mahabharata and Ramayana. Yoga is a large part of Indian culture. Most of the people consider that Yoga is a significant means to achieve a healthy and positive lifestyle. Lifestyle in modern age is full of problems with no or zero physical workout. As a result various lifestyle diseases like obesity, diabetes, asthma, hypertension, migraine and depression people are facing. The daily practicing of Yoga benefits in curing many diseases like diabetes, high blood pressure, physical injuries, asthma etc. Yoga has become increasingly popular outside of India. Yoga day has celebrated on 21st June in all over the world. Most of the people from other countries practicing Yoga in their daily schedule because they understand the importance of Yoga in human's life. Most of the organizations and multinational companies has started Yoga classes for their employees and workers in order to get rid of physical and mental stress of work load.

The average person needs regular physical exercise because human body was designed to move. To keep your body healthy, you need to exercise or practicing Yoga daily. There are lots of things which India has given to world from ancient times. India taught the world the way of living a healthy and happy life through the practice of Yoga.

The importance of Yoga in modern life is unbelievable. Yoga teaches us how to lead a healthy living. To maintain a positive physical and mental health, Yoga is must. Yoga plays an important role in students, male, female, sports person, soldier, politicians, doctors, lawyers, business and trade man's life to relax the body and soothes the mind. Yoga improves interpersonal relationship and enhance confidence level. Yoga is a natural way to remain healthy throughout the life.

Objectives of yoga for well being

Physical purity: Internal organs like lungs, heart, kidney, stomach can be cleaned with the help of various Yogic exercises. There are three substances in our body i.e Vaat, Pitt and Kaph. If these substances have proper balance in our body then we remain physically healthy. Neti, Dhouti, Nauli, Basti, Kapalabhati, Tratak etc. are Yogic exercises which keeps our internal organ clean.

Corresponding Author:

Sahil Sharma

PET, Department of Youth
Services and Sports, Jammu and
Kashmir, India

Reduce mental stress: Yoga play an important role in reducing mental tension. It is well know fact that modern age is the age of stress and tension. Most of the people feel upset and disturbed in the present day life. TO get rid from these mental stress we attend parties and take suffer with more tension and stress. Pratyahar, Dhorana and Dhyan play an important in the peace of mind. Makarasana, Shavasana, Shalabhasana and Bhujangasana are important for releasing stress and tension.

Spiritual development: Yoga helps in attaining spiritual development in the life of a man. Regular practice of Yogic exercise helps in good control on our mind. Padmasana and Siddhasana are the best asanal for spiritual development.

Improves health: Yogic exercise helps in maintaining and improving health by increasing the efficiency of internal systems such as respiratory, excretory, circulatory and nervous system. Various asanas like Padmasana, Gomukhasana, sirsasana, Sarvangasana, Tadasana, Shashankasana etc. helps in improving the Health of individual.

Reduces obesity: In modern age obesity is a worldwide problem. Obese people fall prey to various diseases like diabetes, asthma, heart problems, migraine, hypertension etc. Yogic exercises are very beneficial in reducing obesity.

Helps in maintain the correct posture of body: Most of the people are suffering from postural deformities because of their unhealthy lifestyle. Good posture is necessary to do their work efficiently. Without good posture an individual is not able to enjoy their life. If we perform Yogic exercises regularly. We can maintain the correct posture.

How yoga improves our health and well being

Yoga can help your heart: Yoga improves the quality of life to remain the heart healthy. The person who do Yogic exercise in regular interval decreased their heart rate and blood pressure. Researcher from the Europe have discovered that Yoga may reduce the risk of heart related problems.

Yoga can benefit your lungs: Yoga may have a positive effect on quality of life in people with asthma and other respiratory problems. People who practice Yoga can promote their lung function. Yogic exercises improves the lung capacity, reduces the inflammation in blood vessels and increases the efficiency of respiratory system.

Yoga reduces the physical pain: Yoga helps to reduction in physical pain in people with birth defects. In recent studies Scientist proved that Yoga can be safe for people with arthritis.

Yoga can help you lose weight: Regular Yoga practice helps in reduction in over weight. Overweight is the most serious problem in modern life, because there is inactivity in the life of an individual. As we discussed above overweight invites various disease which is sometime causes death. Different Yogic posture gives opportunity to reduce your weight without dieting.

Yoga can have a positive effect on your mood: According to a recent studies, people who suffer from depression and other mental disorder should participate in Yoga. These people should practice breathing Yoga exercises at least twice

weekly to overcome the symptoms of mental disorder. Different scientists and doctors suggest that Yoga may be better than other kinds of exercises in its positive impact on mood and anxiety.

Discussion

As we discussed above Yoga has become more and more popular in the life of male, female, students, sports person, Soldier, Politicians, Doctor, Business man. Yoga has eight elements which helps a human to remain healthy throughout life. These eight elements are Yoga, Niyama, Asana, Pranayama, Pratyhara, Dhara, Dhyan and Samadhi. All these eight elements of Yoga helps a human to achieve his life's goal.

Health and well being is the ultimate benefits of regular Yogic exercise. Regular practice of Yoga effects human body totally. Yoga improves each and every organ and system of the body. Yoga helps in strengthen the body and creates the feeling of well being. Psychologically Yoga sharpens the intellect and make creative mind. It balances our emotions and encourage a caring for other. Growth and development of our body depends upon the secretion of hormone. Yoga helps in hormonal balance in the human body. Regular Yoga practices strengthen our immune system, which is most important defensive mechanism in our body. Nervous system is also affected by regular Yoga practice and many problems related to brain like headache, insomnia, migraine, stress, depression are cured our reproductive system is strengthen and the menstrual disorders are cured. Problems related to digestive system like constipation, gas, acidity are removed by practicing Yoga. Muscular and Skelton system become strengthens by regular Yoga practices. Regular practice of Yoga cures addiction in people like smoking drinking and drugstics.

Conclusion

It is concluded that Yoga teaches us how to become physically, mentally and spiritually fit. Through Yoga practice we can understand our self better on all levels, including our physical and mental well being, our actions, thought process, emotions and desires. One aspect of Yoga's benefits is to explore the bond between health and beauty. The regular practice of Yoga helps in creating balance in the body by developing strength and flexibility in the body. So the main aim of Yoga is control over the mind and all round development of the body. If an individual practice Yoga regularly then there is no need to visit doctors.

References

1. Paramhans Swami Maheshwarananda. Yoga in daily life. The system Vienna: Ibera Verlag/European university press, 2000.
2. Swami Sivananda. A The Divine life society P.O Shivanandanagar – 249 192 Dist. Tehri-Garhwal, Uttar Pradesh India, 1999.
3. <https://www.the-fitindian.com/Yoga-poses-for-PCos-treatment>.
4. Jessica Livingstone, Founder. <https://www.wellbeingyoga.co.uk/benefits-of-yoga/>.
5. Ross A, Thomas SJ. The health benefits of Yoga and exercise: a review of comparison studies. 2010; 16:3-12.
6. Hale T. Exercise physiology A Thematic Approach, England: John Wiley and sons ltd, 2003.
7. <https://www.yogaforall.org>.
8. <https://www.yogaforalltx.com>