



The Benefits of Yoga in Healthy Life

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Abstract- Yoga has many benefits including improvement in physical and mental health. Yoga strengthens muscles, increases flexibility, and helps reduce stress and anxiety. In addition, yoga can help improve heart health, reduce blood pressure, and improve digestion. Yoga helps develop skills. Lord Krishna, the exponent of Yoga, has said in the Bhagavad Gita: Yoga is efficiency in Karma. Yoga is not just a physical exercise but an indicator of how efficiently you can communicate and work under any circumstances. Creativity, intuition, skill and better communication - all these are the effects of Yoga. Yoga always promotes harmony in diversity. Silence and peace within you are the mother of all skills. Yoga is the mother of perfection. Karma is never the mother of perfection. Work is not good. The apostle Paul wrote: Look! Skill comes from yoga. To enjoy this world, we need to go within and practice Yoga. Yoga brings efficiency in our work, reveals inner perfection and enhances the quality of our joy. Yoga has outperformed control and waitlist control conditions, but not always outperformed treatment comparison groups such as other types of exercise. More randomized controlled trials comparing yoga to physical exercise groups are required.

Keywords- Yoda. Health. Flexibility. Spiritual. Meditation

I. INTRODUCTION

Word Yoga is derived from Sanskrit word "Yaju" means "to join" or to link or to combine. Although, the word can be used in various connotations, its fundamental meaning as per Yagyavalkya smriti "Samyogo yoga ityakto jeevatma – pramaatmano" meaning is to join or link the soul to God or the Super soul. The process of Yoga (that is, of linking the soul to the Super soul) involves a step-by-step preparation aimed at balancing the body through various physical postures, controlling the mind and the senses through Pranayama, and finally realizing the truth that the soul is the real conscious energy. Yoga is the essential spiritual discipline based on subtle science which focuses on establishing harmony between mind and body. The goal of yoga is self realization, freedom from all kind of sufferings leading to the state of Moksha or Kaivalya.

Yoga is a philosophical method of exercise and meditation that originated 2000-4000 years ago in what is now India. There are many different types of yoga, each with its own set of practices, but all with the same goal of controlling the mind and body. Postures that are maintained for a certain amount of time, regulated breathing exercises and meditation are all common components in various forms. Yoga practice aims to aid the growth and integration of the body, mind, and breath in order to create structural, physiological, and psychological benefits. In particular, the development of a pain-free, strong and flexible body, a balanced autonomic nervous system that allows all physiological systems to operate effectively, and a peaceful, clear, and serene mind .



II. BENEFITS OF YOGA IN HEALTHY LIFE

1. Helps Lead a stress-free Life

Yoga provides us ways and techniques to lead a stress-free and caring life. Yoga is the aim of bringing smile on our face, despite all the stress and anxiety that come in our daily lives, even in adverse circumstances. Stress - Too much work, too little time, and energy shortage.

2. Yoga Improves Communication Skills

The behaviour of a person depends on the level of stress within it. Yoga creates a friendly and pleasant atmosphere in people. Yoga improves our waves. More than words, we express by our presence. In quantum physics, we are all emitted. When the dialogue breaks, we often say, Our waves do not match. Our ability to communicate depends on our ability to interact with others. Yoga helps in bringing clarity to our mind, our intellect.

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3. Spiritual Development of the Individual

Yoga is one that connects one with the higher consciousness. Yoga is for soul and soul. God is not sitting in heaven. God is the supreme power which is hidden in us. Yoga is the art of awakening that divine energy.

4. Beneficial for Students

Yoga gives concentration to mind, especially for students. For them studies become a simple process. You don't have to struggle to learn. Your memory will increase. Your intellect gets sharp and on the whole, your energy becomes very positive.

5. Role of Yoga in Personal Development

Yoga is not just about yoga. They are really just a part of yoga. The main part is about self, consciousness. It is a high degree of intellectual practice and to understand its subtle points, it is very important to be sharp in mind and alert. So I often call Yoga the science of consciousness. We must see Yoga as a science the science of welfare. Yoga can improve our relations and behaviour with others. It strengthens our emotions and our intuitive ability. In every business, there is a need for intuition, competence and entrepreneurship.

6. Naturally a Positive Drug

Many of our youth are suffering from drug addiction. If they follow the path of Yoga, a separate drug and energy will flow from within them which will take them to a higher level. Yoga is also a kind of intoxication, but this drug regains you and takes you to the heights of success. It also protects you from the decline of ignorance and negativity. It brings harmony and harmony across the society.

7. A Better Body Image

Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body. It's not about physical appearance. Yoga studios typically don't have mirrors. This is so people can focus their awareness inward rather than how a pose — or the people around them — looks. Surveys have found that those who practiced yoga were more aware of their bodies than people who didn't practice yoga. They were also more satisfied with and less critical of their bodies. For these reasons, yoga has become an integral part in the treatment of eating disorders and programs that promote positive body image and self-esteem.



8. A Boost to Weight Loss and Maintenance

People who practice yoga and are mindful eaters are more in tune with their bodies. They may be more sensitive to hunger cues and feelings of fullness. Researchers found that people who practiced yoga for at least 30 minutes once a week for at least four years gained less weight during middle adulthood. People who were overweight actually lost weight. Overall, those who practiced yoga had lower body mass indexes (BMIs) compared with those who did not practice yoga. Researchers attributed this to mindfulness. Mindful eating can lead to a more positive relationship with food and eating.

9. Enhancing Fitness

Yoga is known for its ability to soothe tension and anxiety in the mind and body. But it can also have an impact on a person's exercise capacity. Researchers studied a small group of sedentary individuals who had not practiced yoga before. After eight weeks of practicing yoga at least twice a week for a total of 180 minutes, participants had greater muscle strength and endurance, flexibility, and cardio-respiratory fitness.

10. Cardiovascular Benefits

Several small studies have found yoga to have a positive effect on cardiovascular risk factors: it helped lower blood pressure in people who have hypertension. It's likely that the yoga restores "baroreceptor sensitivity." This helps the body sense imbalances in blood pressure and maintain balance. Another study found that practicing yoga improved lipid profiles in healthy patients, as well as in patients with known coronary artery disease. It also lowered excessive blood sugar levels in people with non-insulin dependent diabetes and reduced their need for medications. Yoga is now being included in many cardiac rehabilitation programs due to its cardiovascular and stress-relieving benefits.

III. CONCLUSION

The conclusion is that Yoga need to be practiced in order to attain a state of complete health and happiness. Yoga the spiritual goal and practices. Yoga mainly deals with strengthening and controlling the mind and senses. Yoga gaining popularity among the general population as a result of their positive benefits on mental and physical health. Yoga has been utilized as a comprehensive relaxation technique that is helpful against hypertension, obesity, anxiety, sleeplessness, and aging since ancient times. Yoga practice is safe and may provide numerous health advantages to practitioners. Yoga is a mind-body exercise. Yoga incorporates physical postures, breathing methods, and meditation or relaxation into many forms. To improve mental and physical well-being, it incorporates exercise, meditation, and breathing methods. Yoga increases strength, balance, and flexibility. It also improves heart health, relaxes you to help you sleep better, and may result in more energy and happier emotions. In the end we can say that Yoga is very important and Beneficial for our healthy life.

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