



IMPORTANCE OF YOGA IN HUMAN HEALTH

Kumari Kiran¹

Marolia Pankaj²

Sharma Man Mohan³

¹PG Scholar , PG Dept. of Rog Nidan&Vikriti Vigyan ,Collage of Ayurveda, Madan Mohan Malviya Govt. Ayurved College , Udaipur (Rajasthan).

²MD, Ph.D(Rog Nidan) , Professor & HOD, PG Dept. of Rog Nidan &VikritiVigyan, of Ayurveda , Madan Mohan Malviya Govt. Ayurved College , Udaipur(Rajasthan).

³ MD, Ph.D(Rog Nidan) ,Associate Professor Dept. of Rog Nidan&Vikriti Vigyan ,Collage of Ayurveda , Madan Mohan Malviya Govt. Ayurved College , Udaipur(Rajasthan).

ABSTRACT

Yoga is a valuable gift from India's ancient culture. The term "Yoga" is derived from the Sanskrit root "yuj," which means "to connect or "to unify "Yoga also refers to the union of a person's physical, mental, intellectual, and spiritual qualities. first international yoga day was celebrated all over the world on June 21, 2015. The summer solstice occurs on this day. At the June solstice, or when the sun begins to journey from north to south, the north pole is inclined towards the sun. This is the transition period in yoga, which means it is a better time of meditation. The present work is aimed to study the benefits of yoga for maintain physical health and spiritual health. Literature regarding importance of yoga and benefits of yoga collected from *Patanjalayogasutra* and *HathYoga Pradipika*. Yoga a set of physical, mental, and spiritual activities or disciplines that developed in ancient India in order to achieve everlasting peace of mind and experience one's actual nature. Yoga is a safe practice that can provide various health advantages to practitioners, whether they are young or old, healthy or sick, or seeking for a therapeutic option to help manage a chronic condition. Yoga is unique in that it may be practiced by everyone.

Keywords: Exercise, Daily Life, Mental health, Stress.

INTRODUCTION: Yoga in Everyday Life is an eight-level system of practice that focuses on physical, mental, social, and spiritual well-being. The mind is clear, focused, and stress-free when the body is physically fit. Yoga assists with holding socially solid ties while as yet associating with friends and family. Yoga aids in the management of one's mind, body, and spirit. It combines physical and mental disciplines to achieve a serene body and mind; it aids in stress management and relaxation. Yoga improves the physical health of the body, promotes spine flexibility, and raises awareness of the value of relaxation¹. His current use of yogic tools aims to bring each individual to a state of optimal health and

performance. The yogic approach to health is multifaceted. We recognize that life is multi –dimensional. It happens in which are physically, astral and Casual. These layers are divided into three categories following²

1. The physical body, which is not constitute of the physical body, but also of the bio. It is infused with an energy field (*prana*) with vitality.

2. The studies have suggested possible benefits of yoga several aspects of wellness, including stress management, mental health, emotional health, promoting healthy eating/ activity habits, sleep and balance.

3. Yoga may help to relieve menopause symptoms, relive low- back

pain and neck pain, and possibly pain from tension – type headaches and knee osteoarthritis and improve quality of life.

Yoga's historical timeline: -

Yoga was originally practice to achieve *Moksha* (enlightenment). *Patanjali* is known as the “father of yoga” who offered a re- interpretation of *yoga* in an organized written fashion. Patanjali wrote the *yoga sutras* a collection of 196 Indian verses that displayed a theory and practice of *yoga*³. *Hatha yoga* arose from *Tantra* around the turn of the 11th century⁴. Following Swami Vivekananda's success in the late 19th and early 20th centuries, Indian gurus taught yoga to the west. Yoga became popular as a kind of physical exercise in the Western world in the 1980s. Yoga's usefulness as a supplemental intervention for cancer, schizophrenia, asthma, and heart disease has been studied extensively⁵. Yoga is becoming increasingly popular as a health promoter and a means of preventing ailments such as diabetes, hypertension, bronchial asthma, obesity, and stress⁶.

Importance of Yoga :-

Yoga improves strength, endurance, flexibility, and balance, which leads to more capacity to do tasks, more energy, and a better night's sleep. Acharya Sushrut mentioned that overeating, sexual excess, and outbursts of rage and hostility are the root causes of the majority of disease⁷. Yoga is helpful in keeping the mind calm, which will lead to excellent health and energy. Angry outbursts drain one's resources. When a person loses his temper and hide profound resentment, his or her cells and tissues become overburdened with sick, lethal components. A wide range of physical problems might occur. As a result, the blood becomes thin and hot, resulting in pollution during the night.

Excessive loss of seminal energy and frequent episodes of convulsions are linked to a variety of nervous illnesses⁸.

Some important benefits of yoga for health are as follows: -

Yoga has a wide range of advantage. Yoga affects not just the physical component of the body, but also the mind and spirit. Daily activities can help relieve stress and add a sense of well-being to your life. The following are the top advantages of yoga's.

Yoga strengthens Muscles⁹:- Muscles that are well-developed do more than just look good. They also assist reduce falls in the elderly and protect us from illnesses like arthritis and back discomfort. And when you do yoga, you balance strength with flexibility. You might gain strength at the sacrifice of flexibility if you merely went to the gym and lifted weight.

Yoga helps improve posture¹⁰:- You can improve your flexibility and strength by doing so. The advantage of yoga will incorporate protracting the muscles, ligaments and tendons in your body to assist you with turning out to be more adaptable. Back, neck, and other muscle and joint disorders can all be caused by poor posture.

Improved Breathing¹¹ :- The daily yoga exercises will teach you to take deeper, slower breaths. It will aid in improving lung function and triggering the body's relaxation response. One of the most beneficial aspects of yoga is that it can help you relax.

Yoga Prevents cartilage and joint breakdown¹²:- Yoga helps to prevent cartilage and joint degradation by allowing your joints to move through their complete range of motion. By "squeezing and soaking"(its meaning is a advanced level yoga pose that performed in supine

position, Squeezing and Soaking pose additionally involves inversion, balance.) sections of cartilage that aren't used, this can help prevent degenerative arthritis or reduce disability. Joint cartilage functions similarly to a sponge, receiving new nutrients only when its fluid is drained and a new supply can be absorbed. Neglected patches of cartilage, like worn-out brake pads, might eventually wear off and expose the underlying bone if not properly cared for.

Yoga improves blood circulation¹³ :- Yoga improves blood circulation. Relaxation exercises can aid circulation, particularly in the hands and feet. Yoga also increases the amount of oxygen in your cells, allowing them to work more effectively. Twisting positions are supposed to help with flexibility.

Controlling Your Weight¹⁴:- You'll notice that the benefits of yoga start to affect your weight. Daily exercise is always encouraged, but yoga can help lower cortisol levels in the body. This helps you lose weight and keep it off.

Yoga increases lymph drainage and promotes immunity¹⁵:- Through contracting and stretching muscles, moving organs around, and coming in and out of yoga poses (a viscous fluid rich in immune cells). This aids the lymphatic system in fighting infection, destroying malignant cells, and removing harmful waste products from cellular activity.

Yoga decreases blood sugar¹⁶ :- Yoga decreases blood sugar and LDL ("bad") cholesterol while increasing HDL ("good") cholesterol. Yoga has been shown to lower blood sugar in persons with diabetes in numerous ways, including lowering cortisol and adrenaline levels, increasing weight reduction, and enhancing insulin sensitivity. Reduce your blood sugar levels

to lower the risk of diabetic consequences like heart attack, renal failure, and blindness.

Circulation has improved¹⁷ :- Yoga will aid in the circulation of your body. As a result, you'll notice the benefits of yoga with decreased blood pressure and pulse rates if you do daily activities.

Conditioning of the Cardiovascular System¹⁸ :- Even the most gentle kind of yoga can help you reduce your resting heart rate and improve your overall endurance. One of the major advantages of yoga is that it helps to increase the amount of oxygen absorbed in during regular exercise.

Stress Reduction¹⁹ :- Yoga can assist you in reducing the negative effects of stress on your body. One of the advantages of yoga is that it promotes relaxation and can lower cortisol levels in the body.

Pain Reduction²⁰ :- Yoga exercises on a daily basis might help to relieve bodily aches and pains. Many people with life-threatening illnesses have reported feeling reduced pain after performing regular activities like *aasnas* or meditation.

Keep your attention²¹:- Yoga can help you enhance your coordination, memory, reaction times, and focus by including it into your regular practice. Yoga's effects will extend far beyond the yoga studio.

Inner Peace of Mind²²:- According to *Patanjali's yoga Sutra*, yoga calms the mind's fluctuations. In other words, it slows down the stress-inducing brain loop of frustration, regret, wrath, fear, and want. And, because stress has been linked to a variety of health issues ranging from headaches and sleeplessness to lupus, high blood pressure, and heart attacks, learning to calm your mind can help you live longer and healthier.

DISCUSSION:

Yoga was once thought to be a spiritual discipline followed for *moksha*, but it is today used as an alternative and contemporary medicine all over the world. It has created psychological stability in the shape of patience, a good attitude toward life, physical health, and expanded vital capacity. Yoga is a set of physical, mental, and spiritual activities or disciplines that developed in ancient India in order to achieve everlasting peace of mind and experience one's actual nature. Early Charak offered *Sadvritta*, (Good conducts) which are codes of behavior, *achara* (Ethical principles), *dharaniya manasika vega* simply means suppression of natural urges like desire, anger, greed, hatred, *moksha marga*, and so on, and following them leads to conquer senses and manas²³. *Rajas* and *Tamas* (psychological diseases) are diminished when *Sattva* is formed, resulting in stable *Pragya* or intellect. This solid mind not only thinks favorably, but it also leads to personal growth. As result, yoga is a practical approach to achieve well-being and is recommended to be done for a better quality of life. We are now living in a stressful environment. Disturbances in physical and psychological dosha s result in illnesses as a result of stress. Yoga has helped to develop a positive outlook. Yoga is a no-cost, safe, and medication-free activity. As a result, everyone may practice it, leading to knowledge, mental and intellectual purity, and a healthy living being.

CONCLUSION:

Yoga's advantages are numerous and far-reaching. Yoga is a safe practice that can provide various health advantages to practitioners, whether they are young or old, healthy or sick, or seeking for a therapeutic option to help manage a

chronic condition. Yoga is unique in that it may be practiced by everyone. It makes no difference how old you are or how bad your health is. Yoga is one of the most effective strategies to achieve a more limber physique. Yoga also improves a person's physical coordination and encourages good posture. And it accomplishes all of this without the harmful side effects that are common in high-impact forms of exercise. Yoga, when done correctly and in conjunction with proper breathing methods, helps to activate the circulatory and digestive systems. The nervous and endocrine systems are also involved in the process. Yoga is fantastic for helping you feel younger and sharper mentally. Following yogic health care methods typically leads to a longer life. When external hazards are removed, as well as interior disorders and habits that lead to degeneration, one naturally lives longer.

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Corresponding Author: Dr. Dr.Kiran Kumari, PG Scholar , PG Dept. of Rog Nidan&Vikriti Vigyan ,Collage of Ayurveda, Madan Mohan Malviya Govt. Ayurved College , Udaipur (Rajasthan).
Email:sangawankiran594@gmail.com

Source of support: Nil Conflict of interest:
None Declared

Cite this Article as : [Kumari Kiran et al :
Importance of Yoga in Human Health]
www.ijaar.in : IJAAR VOL V ISSUE VI
JAN-FEB 2022 Page No:462-467