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**Address**

• Vikram Nagar, Boudhi Chouk, Latur.  
• Tq. Latur, Dis. Latur 413512 (MS.)  
• (+91) 9922455749, (+91) 9158387437

**Email**

• aiirjpramod@gmail.com  
• aayushijournal@gmail.com

**Website**

• www.aiirjournal.com

**CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE**

**Yoga: A Significant Boon for Health****Nitin Gangurde**

Research scholar,

Dr. Babasaheb Ambedkar University, Aurangabad

Email: [nitin.gangurde@hotmail.com](mailto:nitin.gangurde@hotmail.com)**Introduction:**

The conceptual background of Yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types of Yoga i.e. (Iyengar, Viniyoga, sivananda, etc.) Yogs. The term Yoga comes from a Sanskrit word which means yoke or union. Traditionally, Yoga is method joining the individual self with the divine, universal spirit or cosmic consciousness. Physical and mental exercises are designed to help achieve this goal, also called self-transcendence or enlightens.

Yoga is an old discipline from India. It is both spiritual and physical, Yoga uses breathing techniques exercise & mediation; it claims to improve health and happiness. Yoga is the Sanskrit word for union.

Patanjali was a pioneer of classical Yoga. He defined Yoga as "the cessation of the modification of the mind." (Stopping changing the mind) A person doing Yoga will move from one posture (called a sana) to another. For ex. Sun-salutation contains 12 poses of asanas, one after the other and is said to help balance body and soul. The sun salutation is popularly known as Suryanamaskar.

Scholars think that Yoga was developed by Indian ascetics. Ascetics are people who avoid pleasure. Several seals discover at Indus, valley civilization. 3300-700 B.C. sites in Pakistan depict figures in positions resembling a common Yoga or meditation pose. The pose shows & form of ritual discipline, suggesting a precursor of Yoga.

Karel Werner writes that, "Archeological discoveries allow us therefore to speculate with same justification that a wide range of Yoga activities was already known to the people of pre-Aryan India.

**Important words in Yoga:**

Yama - +ve rules of mediation

Niyama – prohibitory rules of meditation.

Asans – Physical postures and movements.

Pranayam – Breathing techniques

Pratyahar – Controlling the mind

Dharna – Grazing inward.

**Purpose:**

Yoga has been used to alleviate problems associated with high blood pressure, high cholesterol, migraine headaches, asthma, shallow, breathings, backaches, constipation, diabetes, carpal tunnel, syndrome and many chronic illness. It also has been studied and approved for its ability to promote relaxation and reduce stress.

Dhyana – Meditation with object.

Samadhi – Meditation without object

Dhyana – Meditations.

**Types of Yogas:****Classification based on mind and body.**

- 1)Rajyoga – Emphasizes the most on exercise.
- 2)Hathayoga– Emphasizes the most on exercise of physical body.

**Classification based on way of spiritual life**

- 1)Gyanyoga – It is a way of knowledge
- 2)Karmayoga – It is a way of work
- 3)Bhaktiyoga – It is a way of worship.

**Classification based on way of other things**

- 1)Swaryoga– Emphasizes the most on breathing.
- 2)Kiryayoga– Emphasizes the most on blending karmayoga (Tapa),Gyanyoga (Swadhy)and Bhaktiyoga (ishwarpranidhan)

**Benefits:**

The relaxation techniques incorporated in Yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome. “Explain Dr. Nevins” Yoga can also lower blood pressure & reduce insomnia.” Other physical benefits of Yoga include increased flexibility.

**Importance of Yoga in daily life:**

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. The main goals of “Yoga in daily life” are physical health, mental health, self realization or realization of the divine within us. These 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 Yogic techniques are known to improve one’s overall performance.

**The fundamental of Yoga Sadhna:**

Yoga works on the level of one’s body, mind, emotion and energy. This has given rise to four broad classifications of Yoga.

Each system of Yoga we practice would fall within the gamut of one or more of these categories. Every individual is a unique combination of these four factors. “All the ancient commentaries on Yoga have stressed that is essential to work under the direction of Guru. Present day’s Yoga education is being imparted by many eminent Yoga Institutions, colleges, Yoga universities, Naturopathy colleges and private trusts and societies. Yoga the trady and training centers, prevention Healthcare units of Yoga, Yoga research centers have been established in Hospitals, dispensaries, medical institutions and therapeutical setups.

**Conclusion:**

Now days, millions and millions of people across the global have benefited by the practice of Yoga which has been preserved and promoted by the great eminent Yoga masters from ancient time to this date. The practice of Yoga is blossoming & growing more vibrant every day.

Mind, body awareness can influence mood and self-esteem to improve quality of life.

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