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Yoga : A Healthy Lifestyle

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Abstract

Good health is defined by physical fitness; but they fail to understand that good psychological state is equally crucial. One cannot truly be healthy if they're physically agile but lack the keenness to measure a full life. Health isn't simply an absence of disease; it extends beyond the physiological fitness to mental calmness, emotional stability, and joyful expressions. Moreover body, mind and spirit are just like the steering engine and kit of the car the poor functioning of even one aspect can create disequilibrium in our life and cause unhealthiness. One can start practicing Yoga at any given moment of your time and you'll start with meditation or directly with pranayama without even doing the asanas.

Key words: Physical fitness, body, mind, emotional stability and spirit.

Introduction

Good health is defined by physical fitness; but they fail to understand that good psychological state is equally crucial. One cannot truly be healthy if they're physically agile but lack the keenness to measure a full life. Health isn't simply an absence of disease; it extends beyond the physiological fitness to mental calmness, emotional stability, and joyful expressions. Moreover, body, mind, and spirit are just like the steering engine and kit of the car the poor functioning of even one aspect can create disequilibrium in our life and cause unhealthiness. Causes of sickness or unhealthiness are generally noted as impurities on the extent of mind, body and speech. Your own speech can create distress in you also as people around you. Even distress or discomfort should be treated as an illness. Body, mind and spirit are sort of a tripod albeit one aspect isn't functioning properly, our life won't be balanced which will cause unhealthiness. Yoga is an integral a part of our lifestyle. It removes the impurities from the extent of mind and unites everything with the spirit. As an example, insomnia might be connected to worry, anxiety or depression. This way, you've got a wider perception of your own mind, body, thoughts and emotions and there's more clarity and you're ready to guide your prana during a positive thanks to progress in life. One can start practicing Yoga at any given moment of your time and you'll start with meditation or directly with pranayama without even doing the asanas. Health consistent with the yogic school of wellness may be a state of complete balance between the mind and body with the soul. Patanjali describes health as a body with a competent mind that's capable enough to require the choices of the life in a superb manner without getting exhausted.

Yoga Sutras also state the four pillars of a healthy life

- ❖ Rupa (Haleness)
- ❖ Bala (Strength)
- ❖ Lavanya (Dazzling body)
- ❖ Vajranasamhananatva (Endurance)

Yogic fitness denotes harmony between the functions all the body parts in reference to the environment and emotions:

Pranayama: Pranayama is defined as a practice of the removal of the impurities present within the blood by making it warm. The breathing Yoga enhances the choice making power of the brain since the memory box is furnished with fresh air to figure its full potential.

Breath: The yogic philosophy recognizes breathing as a source of enormous power. With continuous inhalation and exhalation, the body gets pure oxygen, which is a perfect constituent of a healthy life.

Meditation: After working for hours, the mind gets tired and wishes rest. Meditation helps the mind refresh and remain calm. It heals the mind and removes any mental agonies. It reduces stress and promotes inner quiet. During the practice of Meditation, the mind goes into the state of seclusion where one finds nothing but peace. This peace teaches us to stay composed even during the moments of stiffness. Yoga trainers across the world suggest the practice of Meditation within the early morning when the weather is pleasant. Morning Meditation keeps the brain unperturbed for the entire day.

Mantra Chanting: Health is additionally decided by how positive you're in your life. A pessimist or hopeless person can never achieve the state of complete wellness for they're more likely to be within the depression by watching the negative side of the coin. Mantras are an excellent source of positive attitude within the life. The Sanskrit Mantras bring one closer to the God who teaches us to fight all types of diseases with audacity.

Yoga Asanas: Yoga is adorned with variety of asanas that are meant to stay people fit and healthy. Although, within the western world, many practice the asanas primarily for fitness, these are literally associated with complete fitness of the mental and emotional, health. The first motto of the asanas is to form the body strong enough to fight disease causing agents and therefore the mind aware to detect flaws in our fitness. Asanas like Balasana, Savasana, ViparitaKarani, etc. is right to bring immense calmness within the mind and keep a check on a headache and anxiety. Trikonasana, Bhujangasana, Dhanurasana, etc, helps in Building robust muscles.

Yogic Routine: The core of healthy living begins with the thought of awakening early within the morning followed by the practice of Yoga. Ancient yogic texts state that one should have three wholesome meals a day with an interval of roughly 5-6 hours. The vital energy within the body is named Prana. it's prana which maintains the physiology of the body. it's Prana that runs our digestive, cardiac and nervous systems. All activities within the body are controlled by prana. Prana flows within the body through channels called nadis. When there's block within the nadis, the flow becomes imbalanced and may cause physical disorders. Asanas and pranayama help to balance the prana within the body and to get rid of the blocks, Yoga can make the breathing slower and deeper, improving the capacity of the lungs and reducing the vital sign. Yoga is understood to scale back cholesterol and therefore the sugar levels in diabetic patients, reducing the risks of heart attacks, kidney failures and blindness.

Pranayama and Meditation can calm the mind and take away stress and anxiety. It improves psychological state resulting in a greater peace and stability of the mind, experienced as a way of constant well-being. Meditation induces the calmer alpha waves within the brain, which is typically experienced during deep relaxation, and may successively improve memory, physical coordination and mental clarity.

Meditation can increase awareness and helps in handling the negativities of the mind like anger and frustration. This improves the social well-being, improves relationships and makes one strong enough to face all situations in life during a composed way.

Asanas cause flexibility, strength and balance within the body. It tones the interior organs, improves blood circulation and removes toxins from the system. Yoga has the power to regenerate the body tissues and reverse the aging process. It's good for flexibility of the spine and joints making the body feel younger. It can correct wrong postures and take away defects caused by improper work habits.

Benefits of Yoga are as below:

❖ Improves your Flexibility

Improved flexibility is one among the primary and most blatant benefits of yoga. Tight hips can strain the knee thanks to improper alignment of the thigh and shinbones. Tight hamstrings can cause a flattening of the lumbar spine, which may cause back pain. And inflexibility in muscles and animal tissue, like fascia and ligaments, can cause poor posture.

❖ Builds muscles Strength

Strong muscles do quite look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And once you build strength through yoga, you balance it with flexibility. If you only visited the gym and lifted weights, you would possibly build strength at the expense of flexibility.

❖ Perfect your Posture

Your head is sort of a ball big, round, and heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it. Move it several inches forward, however and you begin to strain those muscles. Delay that forward leaning ball for eight or 12 hours each day and it's no wonder you're tired. And fatigue won't be your only problem. Poor posture can cause back, neck and other muscle and joint problems. As you slump, your body may compensate by flattening the traditional inward curves in your neck and lower back. This will cause pain and osteoarthritis of the spine.

❖ Prevents cartilage and joint breakdown

Each time you practice yoga, you're taking your joints through their full range of motion. This will help prevent osteoarthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used. Joint cartilage is sort of a sponge; it receives fresh nutrients only its fluid is squeezed out and a replacement supply is often soaked up. Without proper sustenance, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out restraint.

❖ Protects your spine

Spinal disks the shock absorbers between the vertebrae which will herniate and compress nerves crave movement. That is the only way they get their nutrients. If you've a well-balanced asana practice with many backbends, forward bends and twists, you'll help keep your disks supply.

❖ Increase your blood flow

More specifically, the relief exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to squeeze out blood from internal organs and permit oxygenated blood to flow in once the twist is released. Inverted poses, like Handstand and Shoulder stand, encourage blood from the legs and pelvis to flow back to the guts, where it are often pumped to the lungs to be freshly oxygenated. this will help if you've got swelling in your legs from heart or kidney problems. Yoga also boosts levels of hemoglobin and red blood cells, which carry oxygen to the tissues. And it thins the blood by making platelets less sticky and by cutting the extent of clot-promoting proteins within the blood.

❖ Improve cardiovascular

When you regularly get your pulse into the aerobic range, you lower your risk of attack and may relieve depression. While not all yoga is aerobic, if you are doing it vigorously or take flow or

Ashtanga classes, it can boost your pulse into the aerobic range. But even yoga exercises that do not get your pulse up that prime can improve cardiovascular conditioning. Studies have found that yoga practice lowers the resting pulse, increases endurance and may improve your maximum uptake of oxygen during exercise all reflections of improved aerobic conditioning. One study found that subjects who were taught only pranayama could do more exercise with less oxygen.

❖ **Builds awareness for transformation**

Yoga and meditation build awareness. and therefore the more aware you're , the better it's to interrupt freed from destructive emotions like anger. Studies suggest that chronic anger and hostility are as strongly linked to heart attacks as are smoking, diabetes, and elevated cholesterol. Yoga appears to scale back anger by increasing feelings of compassion and interconnection and by calming the system nervous and therefore the mind.

❖ **Supports your connective tissue**

As you read all the ways yoga improves your health, you almost certainly noticed tons of overlap. That's because they're intensely interwoven. Change your posture and you modify the way you breathe. Change you're breathing and you modify your system nervous .

❖ **Increases your self-esteem**

Many of us suffer from chronic low self-esteem. If you handle this negatively take drugs, overeat, work too hard, sleep around you may pay the price in poorer health physically, mentally and spiritually. If you're taking a positive approach and practice yoga, you'll sense, initially in short glimpses and later in additional sustained views, that you're worthwhile or, as yogic philosophy teaches, that you simply are a manifestation of the Divine. If you practice regularly with an intention of self-examination and betterment not even as a substitute for an aerobics class you'll access a special side of yourself.

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