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Yoga for Healthy Living

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Abstract

The present paper throws light upon the importance of yoga for healthy living, today world is highly mechanical and incorporated, though the human being are earning the wealth simultaneously it loosing the health, yoga plays a vital role for building a health, sound body. It is a perfect exercise unique science, and is the most complete approach to a healthy life style enhance yours strength,energy, vitality, flexibility and levels of endurance.

It is beneficial psychologically, which keeps mental calmness, stress reduces body awareness clearing the mind,relaxation, develops sense of well being. Its teaching are valid light from the ancient times,it has been adopted by different religious. It would be helpful for health; education stress can be also prevented through yoga. Yoga for women is blessing it recover their high blood presser and other diseases also. It helps for reducing tension, and moves person towards developed consciousness. Sound mind with the sound body is possible by practicing the yoga.

Yoga is the great blessing for healthy living.

Key Words: Psychological, stress, awareness, women diseases, sound mind.

“Yoga is the unifying art of transforming dharma into action be it through inspired thought, property nurturing our child painting a kindness or an act of peace that forever moves humanity forward”.

{MichelinBerry}

Yoga is the perfect exercise for both men and women- a series postures and movement to suit all ages and stages in life based on the traditional 'hatha yoga system' our specialized approach to yoga is suited to the exercise and beginner alike everybody participating regularly in a yoga class will feel the benefits improving health and well-being.

Yoga is a unique science and is the most complete approach to a healthy lifestyle. It is a form of exercise based on the belief that the body and breath are intimately connected with the mind. It is a science that has been practiced for thousands of year. It is a 5000 year old science. It is a way of life, a conscious act, not a set or series of learning prines. It is a discipline that improves the physical mental and emotional health of person. It strengths the physical body,renews the spirit and nourishes the soul it is for the body mind and spirit. Itspractice consists of five key elements: proper Breathing, proper exercise, proper relaxation, proper diet, positive thinking and mediation. The exercise or asana are designed to ease tensed muscle to tone up the internal organs and to improve the flexibility of the body's joints andit strengthens the physical body, renews the spirit and nourishes the soul. It is for the body, mind and spirit it synchronize the mind and body and this brings about the real benefits. It enhances your strength, energy, vitality, flexibility and levels of endurance.

The word yoga means 'Union or identification' and is derived from the same Indo-European root as the English verb to yoke. The union of the individual soul and the universal soul

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is a blissful and ineffable experience. Atman is usually translated a meaning self, but does not refer to the conditioned ego, which is transcended.

There is nothing in Yoga that should offend people of the Christian or any other faith. Yoga teaches the unity of all life and sets out a program of practical exercises where by one can benefit from yoga. The believer who practices it will be brought close to the God. An agnostic or atheist may practice yoga and derive great benefit. This may seem strange until one comes to understand just what the yoga techniques involve. The system of physical mastery known as Hath yoga and the system of psychical mastery known as raja yoga, the two yoga with which this work is chiefly concerned, constitute in themselves, regardless created Efficacious ways to health, relaxation, mental power and peace of mind.

According to Jacobsen, "Yoga has five principal meanings"

1. Yoga as a disciplined method for attaining a goal;
2. Yoga as techniques of controlling the body and the mind;
3. Yoga as a name of one of the schools or systems of philosophy (*darśana*);
4. Yoga in connection with other words, such as "*hatha-*, *mantra-*, and *laya-*," referring to traditions specializing in particular techniques of yoga;
5. Yoga as the goal of Yoga practice.

According to David Gordon White, from the 5th century CE onward, the meanings of the term "yoga" became more or less fixed, but having various meanings¹

1. Yoga as an analysis of perception and cognition.
2. Yoga as the rising and expansion of consciousness²
3. Yoga as a path to omniscience.
4. Yoga as a technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments

Yoga for psychological wellbeing: mental calmness , stress reduction , body awareness, clearing the mind , relaxation, sound asleep, reduced stress, sense of well-being, reduce anxiety and muscle tension, memory improves, mood improves, concentration improves.

Yoga a way of life and integrated system of education for the body, mind and inner spirit. This art of right living was perfected and practiced in India thousands of years ago but since yoga deals with the universal truth its teachings are as valid today as they were in ancient times by Buddhists, Jews, Christians, Muslims, Hindus and atheists alike yoga is union with all.

Yoga is firmly incorporated in Indian religion, folklore and vernacular literature. A French scholar has described yoga as the permanent basis. Certainly the different forms of yoga have played a major part in forming the spirit of modern India. The origins of this life science as yoga is often called are lost in the remotest antiquity. Excavation in the Indus basin, made in the twentieth century, uncovered intact ceramic about five thousand year old on which are depicted some of the postures of yoga. But it is only in recent years that Europeans and Americans in great numbers have discovered the value of practicing certain forms of Yoga. They have not, with a few exceptions,

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become authentic yogis in the strictest sense, but they practice regularly some of the psychical exercise of some. The goal of yoga in its full mystical dimension.

Yoga's supreme goal of mystical consciousness is shared by persons who are Hindus, Buddhists, Taoists, Jews, Christians and Sufis, they may be said to be yoga's with in each of these traditions, though Indian Hindu Yoga is the main source of practices.

Health and happiness in the age of stress. The great age of yoga ignorance of its true nature and the symbolist obscurity of much of the writings on the subjects given many westerns, moving as they do in a world of constant unrest, the impression that the system holds nothing for them and is all rather remote, vague and impractical. In this they make a grave mistake, for yoga is the most practical means of attaining health and happiness in an age of stress that is available. We should not support those pessimists who believe that civilization should be destroyed and that we should return to the levels of human development achieved by the cave-man.

The harnessing of the forces of the nature, such as electricity and atomic energy, to allow us of fly faster than sound and explore space, these are Wonderful achievements, triumphs for Man in his conquest of the universe, but sometimes he is inclined to forget that he is not a machine, but a living being. In the West, millions live at such a hectic pace that they are committing slow suicide.

Civilization imposes pressures and strain unknown to our grandparents. Man can only successfully meet this challenge by paying increasing attention to his physical and mental well-being. Yoga provides an answer to the problem of stress. The postures make muscles firmer and better shaped. By yoga one's mind becomes more tranquil and temperament more placed. One gets control over the emotions.

Yoga for mental health: As we discussed various aspect of mental health relation to the yoga, in fact, yoga is going to popular through the world for the overall development of the human society. Health is the most important for living and enjoying the life to the individual and society. If we are enjoying peacefully and satisfied life infects it is heaven. If we are unhappy and disturbed, this is nark. Both things are being created by us. Therefore there is necessary that we should have to create fitness among us from the mental point from view. Social point of view and physical of view in the paper I explained in detail how we can realize the stress through yoga. It is also high light that what type of diet should have to taken for improvement for mental health it is also discussed that how yoga remove the depression of the person and what type of diet scheduled should take for the holistic health Value education mental health and yoga aspects are also tried to highlights. It is also elaborated that how we can increase the memory, concentration, intelligence, peace relaxation of body and mind and sleep etc. In spite of this, it is also consideration in mind by elaborating the psycho-somatic disorder in sports can be removed through yoga process. In additional to this it is also discarded how holistic approach of the total health can be developed and how anxiety, tension, depression could be removed through process.

The ultimate goal of Yoga is *moksha* (liberation) though the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated.

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Education stress and its prevention through yoga: - job satisfaction in the root cause of education stress because globalization has increased the challenges in every field as well as in education has no guarantee for desirable job or service. Peer groups parents and school-college authorities are responsible for education stress. Ponderous curriculum and tremors competition to secure admission in reputed school and college are one of the main causes of stresses in students. Generally stresses related problem arise in students. In higher class where completion is seen in their peer groups moreover parents and teachers expectations run high. Stress is psycho-physiological response of body to external or internal stimuli. There can be both negative and positive effect of stress. Is useful increasing their effective performance. Medical research reports have identified stress as one of the biggest and allow poison? Cardiac problem, spondylitis, diabetes, asthmas, high blood pressure, Insomnia, Menstrual problems, Migraine, Hypertension, and stomach ulcerate. Are they considered as stress born diseases? Various research reports reevaluated that yogic practice help to reduce the stresses of the students and enhance their immunological power and make them more efficient. Thus yoga is very useful to maintain their physical, mental, emotion and social status as well as panic functions.

Stress management through yoga for sports: - [stress&emotion]

Canadian psychologist HANSELY has described the typical reaction to stress as Occurring in three stages;-

- 1] Alarm reaction
- 2] Stage of resistance.
- 3] Stage of Exhaustion.

It means stress is our response to events. Emotion demotes a stage of being moved, aroused in some way physically or physiologically. One field, number of times emotions take place as per changing situation. It is found in various natures as over the different experience of sportsman.

Sports competition: - sports competition is a condition stresses creating lots of health problem on field. If athlete fails to achieve his goal then he feels physical exhaustion with self – devaluation and depression. In a sports activity Coach and manager cannot judge the degree or higher level of stresses with an athlete out but they can help through motivation talk for good performance At little stage of stress. Excessive level of stress is a sign of losing the sports performance. Such type of defeat or depression of mind can reduced through adopting the yoga practices. Yoga helps in reducing the stress and anger.

Effects of yogic practices on the pulse rate and blood pressure among adult women: - Hypertension {high blood pressure};- Blood pressure is the force of blood against the walls of arteries Blood pressure has two components the systolic pressure { it is the force that the blood pressure exerts on the artery walls when the hearth is pumping} over the diastolic { it is the force that remain when the heart relax between beats} The measurement is written one above or before the other, with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measures of 130/85mm. hg {millimeters of mercy} is expressed verbally as ‘130 over85’.

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Blood pressure varies from person to person and by ages in general Normal blood pressure is less than 130mm Hg systolic and less than 85mm Hg diastolic. Optimal blood pressure is less than 120 mm Hg systolic and less than 80mm Hg. Diastolic.

Yoga and women: - yoga is the ancient science of health, rejuvenation and longevity, can help women cope with health problems and developed a state of body and mind most conducive and acceptance to them. It has been proven to be of great benefits for women of different ages. All women can benefit from yoga starting from little girls to post-menopausal women. Women also have to remain healthy to be able to cope with pregnancy and menopause together with the accompanying symptoms. Besides, women's ability to take stress situations, whether emotional or physical, highly depends on their health. Further, yoga can help alleviate and delivery.

The regular practice of yoga can help get rid of a lot of these problems and boosts women's self-image. Best of all women in all stages of life; find specific which very help full and useful to them are. Hormonal changes that come with mensturation, pregnancy and menopause can put women through premenstrual syndrome. Menstrual cramps. Regardless of age, women who practice yoga have reported less self-humiliation, enhance self-image and fewer eating disorders than who did not practice. Women who practice yoga daily are more likely to have healthy eating habits and better self-image. Women can benefit from yoga exercise because they experience regular and irregular hormonal changes in their bodies and practicing yoga can help in smoothing these transition periods. It can alleviate menopausal symptoms such as insomnia, depression, hot flashes and mood swings.

Yoga is the science of life and the art of living: - yoga is the science of life and art of living. It is India's oldest scientific, perfect spiritual discipline. Yoga is the method of training the mind and body for discovering spiritual truths. Yoga is science of life; it offers a simple, easy remedied, technique and method of health and hygiene to assure physical and mental fitness with a minute of time, effort and expense. Yoga is neither a sect nor an ideology but a practical training of mind and body. Yoga is also a technique for achieving purest form of self awareness, devoid of all thoughts.

Health is precisely, that condition in which human being has full sensitivity and in which all his faculties are operating fully. According to prominent *Jainacharya Mahaprajna* inventor of *preksha Dhyan* yoga – total yoga health consists of physical, mental emotional and spiritual health. Sound health and peaceful mind are a must for man to enjoy the material world and develop the consciousness to its perfection. By realized consciousness man can live with satisfaction, harmony and Realization of consciousness is the only perfect and Knowledge by which one can know everything in the universe.

Yoga blends the two states of tension and relaxation. Yoga enables to move towards that state of developed consciousness which is oneness with the sacred. The main purpose of practice of *preksha Dhyan* yoga {to see inside with deep concentration} is to purify the mental state. A regular practice of 30 to 50 minute daily with faith in "self" proves a blessing in the form of spiritual illumination which slowly develop into awareness of reality. If a human being can live strictly according to nature he will have total health and happiness, because such a way of life is balanced. One sided training makes people unbalanced and neurotic. The blessing of total health

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comes to those who find their own individual lifestyle and adhere to it. It does not come to those who merely accept this or that readymade system.

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