BENEFIT AND IMPORTANCE OF YOGA IN HUMAN LIFE

Neelam Rani
Research Scholar
Physical Education
NIILM University Kaithal

Abstract

The word “Yoga” originates from Sanskrit and means “to join, to unite”. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of “Yoga in Daily Life” are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. This paper, therefore, deals with the significance of yoga in our life. This article is written based on practical lesson I get in practicing Yoga while attending Yoga class. And in this article I included what I observed in my own situation while training in our life. Health is a primary goal of any individual and hence without spending lots of money by practicing Yoga one can achieve proper health. This article therefore, deals with significance of Yoga in our life to encourage the reader to practice Yoga to sustain physical, social and spiritual health.

Key word:- Yoga, Physical, Health, flexibility.

Introduction

Our life patterns affect our health in dissimilar aspects physically, psychologically, and socially. There is a need for increasing people awareness about the effect of daily life to control the effects of the patterns of life. The need for effective population body healthy promotion
approaches is urgent as mental health concerns are escalating globally and current allopathic treatment regimens are insufficient to bring people towards the state of mental well-being (citation). Yoga 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, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions.

Om Sahana vavatu
Sahana Bhunaktu
Saha Virya Karvav-Hai
Te-Jasvi Nava dhitam-Astu
Ma Vidvi Ṣav-Hai
Om Santih antih santih

OM Paramatma, protect and bless us.
Give us strength to come to the end of the path,
To eternal knowledge,
Help us so that we do not turn against one another,
and eternally united continue on the path together.
OM Peace Peace Peace

-Swami
Maheshwarananda
HISTORY

Yoga is a 5000 year old custom. In India monks went into seclusion for years with the goal of creating a disease free strong body. The original intention was to be able to sit in meditation for hours but with a achy body that is impossible to do. The postures of yoga were each created for a specific health purpose. To Detoxify, realign musculature, strengthen muscle, and create flexibility.

Along with correcting the fallacies of the body, these yogis went about trying to find how to correct fallacies of the mind. An entire philosophy was created, based solely around leading a human being finding his or her bliss. The teachings were so dead—on that they are still practiced 5000 years later. Yoga has become more popular than ever, with celebrities, politicians, business people, and almost every walk of life currently practicing. The important thing to understand about this way of thinking is yoga is not a religion. You can be from any background and reap its benefits.

What is yoga?

The practice of yoga is about creating balance in the body by developing both strength and flexibility. This is accomplished by performing a series of postures or “poses” which are designed for specific benefits to each part of your body.

The eight limbed path of yoga includes: Yama (moral codes), niyama (self-discipline), asana (postures), pranyama (breath practices promoting life force), pratyahara (sensory transcendence), dharana (concentration), dhyana (meditation), samadhi (state of bliss). The word roots of yoga mean “to join” in Sanskrit. Joining mind and body, and individual and collective
selves is the essence of this ancient South Asian practice i. Yogic philosophy posits that every life form is interconnected and united ii. “Yoga exists in the world because everything is linked” iii.

**Kriyas**- this school of thought believes that nerve centers in the body can get clogged up or inactive and this leads to poor health. Kundalini’s repetitive posture flows (kriyas) unlock these blocks and leave you feeling wonderfully energized yet peaceful.

**Hatha**- a strengthening flow class, postures lead into postures -Hatha- postures are held for minutes, this is believed to really affect the body, as each posture is designed to gain health benefits. The longer you hold the pose, the more effective it is.

**Vini**- a gentle type of yoga, well suited for those just starting out, or for those who’d like to go at a slower pace

**Iyengar Yoga**- (prop yoga) created by a yoga master named Iyengar in India, this type of yoga is very therapeutic. You are placed into positions with various props (blocks, straps, chairs, blankets) and once you are comfortable are left in the pose for

**The main goals of “Yoga in Daily Life” are:**

- Physical Health
- Social Health
- Spiritual Health
- Mental Health
**Health Benefits of Yoga**

1. Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance rather than the usual stress–induced sympathetic nervous system dominance.
2. Pulse rate decreases.
3. Respiratory rate decreases.
4. Blood pressure decreases (of special significance for hypo reactors)
5. Galvanic Skin Response (GSR) increases
6. EEG-alpha waves increase (theta, delta and beta waves also increase during various stages of meditation)
7. Cardiovascular efficiency increases
8. Respiratory efficiency increases (respiratory amplitude and smoothness increase, tidal volume increases, vital capacity increases, breath–holding time increases).
9. Gastrointestinal function normalizes
10. Endocrine function normalizes
11. Excretory functions improve
12. Muscular-skeletal flexibility and joint range of motion increases
13. Posture improves
14. Strength and resiliency increase
15. Endurance increases
16. Energy level increases
17. Weight normalizes
18. Sleep improves
19. Immunity increases
20. Pain decreases
Benefits of Yoga in Our Life

Improves your flexibility

The practice of yoga is about creating balance in the body by developing both strength and flexibility. This is accomplished by performing a series of postures or “poses” which are designed for specific benefits to each part of your body. Tight hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture. Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won’t be able to touch your toes, never mind do a backbend. But if you stick with it, you’ll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You’ll also probably notice that aches and pains start to disappear. That’s no coincidence.

Builds muscle strength

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. Moreover, when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility. See also Why You Should Add Weights to Your Yoga Practice

Increases your blood flow

Yoga gets your blood flowing. More specifically, the relaxation 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 wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released. Inverted poses, such as Headstand, Handstand, and Shoulder stand, encourage venous blood from the legs and pelvis to flow back to the heart.

**Betters your bone health**

It’s well documented that weight-bearing exercise strengthens bones and helps ward off osteoporosis. Many postures in yoga require that you lift your own weight. And some, like Downward- and Upward-Facing Dog, help strengthen the arm bones, which are particularly vulnerable to osteoporotic fractures.

**Drops your blood pressure**

If you’ve got high blood pressure, you might benefit from yoga. Two studies of people with hypertension, published in the British medical journal The Lancet, compared the effects of Savasana (Corpse Pose) with simply lying on a couch. After three months, Savasana was associated with a 26-point drop in systolic blood pressure (the top number) and a 15-point drop in diastolic blood pressure (the bottom number—and the higher the initial blood pressure, the bigger the drop.

**Perfects your posture**

Your head is like a bowling 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 start to strain those muscles. Hold up that forward leaning bowling ball for eight or 12 hours a day and it’s no wonder you’re tired. And fatigue might not 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 normal inward curves in your neck and lower back. This can cause pain and degenerative arthritis of the spine.

**Ups your heart rate**

When you regularly get your heart rate into the aerobic range, you lower your risk of heart attack and can relieve depression. While not all yoga is aerobic, if you do it vigorously or take flow or Ashtanga classes, it can boost your heart rate into the aerobic range. But even yoga exercises that don’t get your heart rate up that high can improve cardiovascular conditioning. Studies have found that yoga practice lowers the resting heart rate, increases endurance, and can 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.

**Protects your spine**

Spinal disks—the shock absorbers between the vertebrae that can herniate and compress nerves—crave movement. That’s the only way they get their nutrients. If you’ve got a well-balanced asana practice with plenty of backbends, forward bends, and twists, you’ll help keep your disks supple. See also How to Build a Home Practice

**Founds a healthy lifestyle**

Yoga may also inspire you to become a more conscious eater. A regular practice gets you moving and burns calories, and the spiritual and emotional dimensions of your practice may encourage you to address any eating and weight problems on a deeper level.
Maintains your nervous system

Some advanced yogis can control their bodies in extraordinary ways, many of which are mediated by the nervous system. Scientists have monitored yogis who could induce unusual heart rhythms, generate specific brain-wave patterns, and, using a meditation technique, raise the temperature of their hands by 15 degrees Fahrenheit. If they can use yoga to do that, perhaps you could learn to improve blood flow to your pelvis if you’re trying to get pregnant or induce relaxation when you’re having trouble falling asleep.

Lowers blood sugar

Yoga lowers blood sugar and LDL (“bad”) cholesterol and boosts HDL (“good”) cholesterol. In people with diabetes, yoga has been found to lower blood sugar in several ways: by lowering cortisol and adrenaline levels, encouraging weight loss, and improving sensitivity to the effects of insulin. Get your blood sugar levels down, and you decrease your risk of diabetic complications such as heart attack, kidney failure, and blindness.

Helps you focus

An important component of yoga is focusing on the present. Studies have found that regular yoga practice improves coordination, reaction time, memory, and even IQ scores. People who practice Transcendental Meditation demonstrate the ability to solve problems and acquire and recall information better—probably because they’re less distracted by their thoughts, which can play over and over like an endless tape loop.
Relaxes your system

Yoga encourages you to relax, slow your breath, and focus on the present, shifting the balance from the sympathetic nervous system (or the fight-or-flight response) to the parasympathetic nervous system. The latter is calming and restorative; it lowers breathing and heart rates, decreases blood pressure, and increases blood flow to the intestines and reproductive organs—comprising what Herbert Benson, M.D., calls the relaxation response.

Improves your balance

Regularly practicing yoga increases proprioception (the ability to feel what your body is doing and where it is in space) and improves balance. People with bad posture or dysfunctional movement patterns usually have poor proprioception, which has been linked to knee problems and back pain. Better balance could mean fewer falls. For the elderly, this translates into more independence and delayed admission to a nursing home or never entering one at all. For the rest of us, postures like Tree Pose can make us feel less wobbly on and off the mat. See also Poses for Back Pain

Gives you peace of mind

Yoga quells the fluctuations of the mind, according to Patanjali’s Yoga Sutra. In other words, it slows down the mental loops of frustration, regret, anger, fear, and desire that can cause stress. And since stress is implicated in so many health problems—from migraines and insomnia to lupus, MS, eczema, high blood pressure, and heart attacks—if you learn to quiet your mind, you’ll be likely to live longer and healthier.
Psychological Benefits

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- Anxiety and depression decrease
- Hostility decreases

Importance of Mayurasana in our life

- Digestive organs.
- Liver, and Pancreas.
- Tones abdominal muscles.
- Diabetes.
- Constipation,

Importance of Halasan in our life

- Constipation
- stomach disorders.
- Reduce both belly and body fat.
- Inner organs like:-
  - Thyroid,
  - Kidney,
  - Spleen
  - Pancreas

- Colon.
- Piles
- Obesity.
- Develops chest.

- Normalizes high blood pressure.
- Menstrual disorders in women are cured.
- Improves memory power.
- More blood flows to face,
- Face dazzles
- Kept young.
- Back bone flexible and strong.
Importance of Purna Dhanurasana in our life

- Bow pose for weight loss
- Massage Liver
- Blood cleansing
- Kidney health

open up the chest

Conclusion

The impact of yoga for improving health and treating medical conditions has increased dramatically in the past decade. It has also become quite specialized, with most reviews of yoga research focusing only a single disease or population. Our objective was to review the state of research more broadly, providing examples of and references for notable yoga research across many different research modalities, diseases, and populations. Worldwide, yoga is gaining popularity as an accessible, acceptable and cost-effective practice for mind and body. People are turning to yoga for mental health improvement because of preferences for: self-treatment as opposed to clinical intervention; perceived greater efficacy than medication; fewer side effects; lack of response to medication.

Reference