

Practice And Knowledge of Yoga In Improving Daily Life

*Dr. Rahul Kumar Prasad **

Abstract

The purpose of this study to review the current evidence on the practice and knowledge of yoga in daily life, by focusing on the evidence described in books and articles available at internet. Collectively, these reviews suggest a number of areas where yoga may be beneficial and there are plenty of benefits of yoga for not only physical, mental, social, spiritual, and self-realization. But more research is required for virtually and firmly establishes such benefits. It improves the functioning of the various systems and mind. If practicing yoga regularly; we can serve a peaceful, healthy life and work without any hindrance. Yoga exercises have a holistic effect and to bring consciousness in mind and balance into body. These goals are attained by respect for life, love, help for all living beings, protection of nature and the environment, a peaceful state of mind, balance diet, pure thoughts and positive lifestyle, physical, mental, and spiritual practices, cultures and religions. Yogic techniques are known to increase one's overall performance, health, and quality of life.

Key words: Yoga, Consciousness, Life, Self-realization, social, mental, etc.

Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual with consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence to a state of freedom referred to as **mukti, nirvana or moksha**. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Yogic Practices for Health and Wellness: The widely practiced Yoga Sadhanas (Practices) are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana (Meditation), Samadhi. Yama's are restraints and Niyama's are observances. Asanas, capable of bringing about stability of body and mind consists in adopting various body (psycho-physical) patterns, giving ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length and period of time as well. Pranayama consists in developing awareness of one's breathing and regulation of respiration as the functional basis of one's existence. It helps to establish control over the mind. In the initial stages, this is done by developing awareness of the 'flow of in-breath and out-breath' (svasa-prasvasa) through nostrils, mouth and other body openings (**Dr. Ishwar V. Basavaraddi, 2015**).

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health is natural consequences of yoga, the goal of yoga is more far-reaching. Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony

* Assistant Professor, Physical Education, Government Degree College, Patherdeva, Deoria

To live in harmony with oneself and the environment is the wish of every human. However in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result more and more people suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper exercise. Yoga is the best way to recover from these problems. Yoga practice helps develop the body and mind bringing a lot of health benefits yet is not a substitute for medicine.

Yoga is traditional method of meditation developed in ancient India. The practice of yoga is an effective method of controlling mind and bodily activities. 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.

Development of Social Health

Social health can be considered as social values. Social values are a set of philosophy that an individual carries throughout his life. Social health is the ability to be happy within oneself and to be able to make others happy. With the help of Yoga, you can tackle any tricky situations that you may face in your daily life. The biggest virtue of Yoga is that the individual is in full command of his own. He is in love with himself as well as others. He is admired by every one for his social values and positive behavior which comes from yoga: Development of social norms, Change in personality along with realizing his own self, Yoga helps an individual to understand the issues around peoples. Yoga practices, including breathing and posture exercises, help in attaining and maintaining relaxation, physical and mental health. Know yourself; Person should have awareness of the processes and happenings going around him. Social health is also the ability to relax and experience life in all its beauty. Yoga has the power not only to increase your physical, but also mental attribute The person gains spiritual knowledge through Yoga, making his understanding vast about the nature, self and other matters related to society. He is now a more refined and clear-minded individual([http://yoga.iloveindia.com/yoga-benefits/social values](http://yoga.iloveindia.com/yoga-benefits/social%20values)).Practice and knowledge of “yoga in daily life” can assist in overcoming this illness and grant people a new, positive aim and purpose in life. ‘Yoga in daily life’ means to work for ourselves and for the benefit of others (in figure-1).

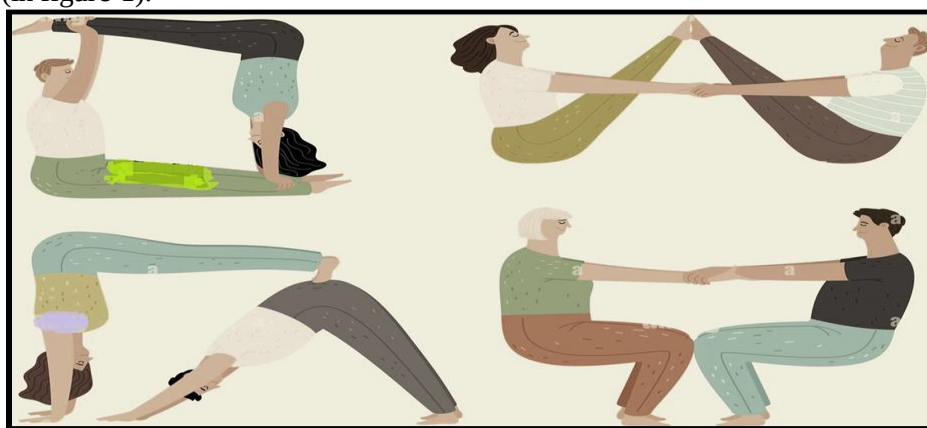


figure-1

Development of Physical Health

The physical health is fundamental importance in life. Yoga can be improve physical fitness: flexibility, strength, weight loss, cardio vascular endurance, oxygen consumption,

reduce blood pressure and hypertension, musculoskeletal pain, increase immunity powers and metabolic activities, etc. The reviews suggests a number of areas where yoga may be beneficial, but more research is required for virtually all of them to more definitively establish benefits (B. Arndt, M. Andreas, et. al, 2012). As the Swiss-born physician, very correctly said, “Health isn’t everything, but without health everything is nothing”. To preserve and restore health there are physical exercises (asana), breath exercises (Pranayama) and relaxation techniques. So it can be possible through daily practice of yoga (in figure-2).

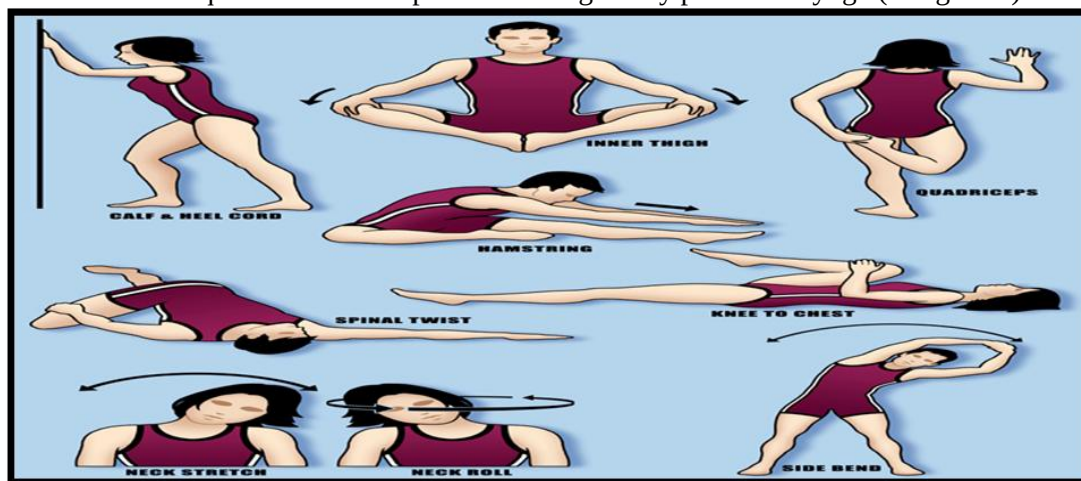


figure-2

Development of Mental Health

The people suffer from mental tension such as tension, angry, stress, anxiety, self-confidence, and there is an imbalance in physical activity and proper exercise. Yoga is the best way to recover from these problems. Yoga practice helps develop the body and mind bringing a lot of health benefits yet is not a substitute for medicine. Yoga in daily life offers numerous methods to attain mental wellbeing. Breathing exercises and Mantras practice the observance of ethical principles, the keeping of good company and the study of inspiring texts to purify and free the mind. This technique enables us to overcome negative qualities and habits and help us to better manage life’s problems (in figure-3, 4, 5 & 6).

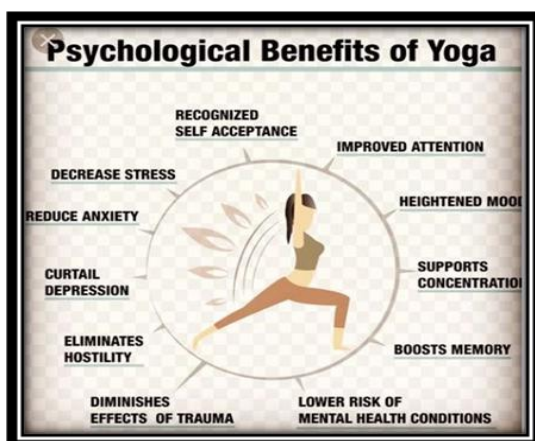


Figure-3

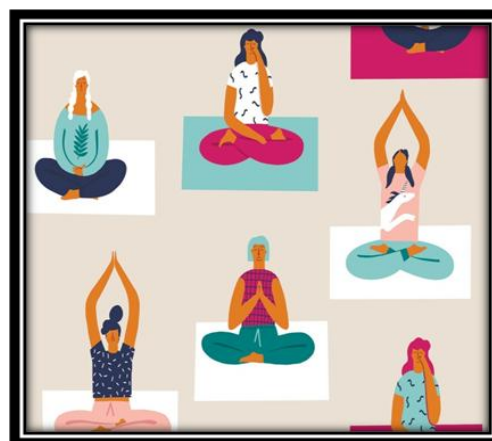


Figure-4



figure-5



figure-6

Development of Spiritual Health

The main principle of spiritual health is “**AhinsaParmo Dharma**”. This precept embraces the principle of non-violence, in thought, word, feeling and action. Prayer, meditation, mantra, positive thinking and tolerance, lead to spiritual health. Humans should be protectors, not destroyers. Those qualities that really make us human are the ability to give, understand and forgive. To protect life and respect the individuality and independence of all forms of life is a primary practice of the yoga teachings. By following this precept greater tolerance, understanding, mutual love, help and compassion develop-not only between individuals, but between all humans, nations, races, and religious faiths (in figure-7 & 8).

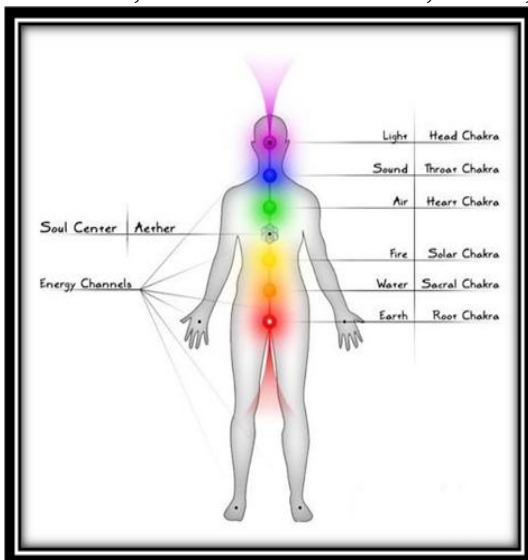


figure-7



figure-8

Self-Realization or Realization of The Divine Within Us

Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Cultivate indomitable will practice self-control and self-mastery. Have self-confidence. Develop independent judgment. Do not argue. Strive ceaselessly for Self-realization. Kill this little ego. Develop pure love. Rise above all distinctions of caste, creed and color. Give up the idea of 'I-ness', 'Mine-ness'. Look within for the happiness which you have sought in vain in the sensual objects (Sivananda, S., 1955).

Moksha is the sum mum bonum of life. It is freedom from births and deaths. It is not annihilation. It is annihilation of this little 'I'. It is obtained through knowledge of the Self. You will have to know the Truth through direct intuitive experience. You will have to cut asunder the veil of ignorance by meditation on the Self. Then you will shine in your pristine purity and divine glory (Sivananda, S. 1955).

The self-realization objectives can achieved through following points:

❖ Physical practices	❖ Respect for life
❖ Mentalpractices	❖ Balance diet
❖ Spiritual practices	❖ Tolerance for all nations, cultures and religions
❖ Pure thoughts and positive lifestyle	❖ Protection of nature and the Environment
❖ Love and help for all living beings	

Beneficial Steps For Yoga At Home

Daily yoga practice at home can help you stay healthy, more productive, calm and happy all day. Besides, these benefits are not just for you enjoy. Doing these practices at home will not only keep you happy but your family members too will be able to feel the positive energy and happiness around. What's more, you get a chance to practice them right in the comfort of your home, any time you wish. Once you have learned yoga techniques properly, then you can start practicing them on your own. There are a few tips to keep in mind as prepare you for a fun yoga practice at home giving below:

❖ It is your own body be gentle	❖ Be empty stomach
❖ Start slowly and return in same	❖ Wear simple and comfortable cloth during practice
❖ Be consistent	❖ Select a convenient time
❖ Make yoga time as 'family fun time'	❖ Choose a comfortable place
❖ Include a variety of yoga techniques	❖ Mild warm-up before doing intense yoga postures
❖ yoga postures	

Conclusion

Practice and knowledge of “Yoga in improving daily life” offers the spiritual aspirant guidance on life’s path, reveals the way to unity, wisdom and religious freedom. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When people are healthy they are in touch with inner self, which adds to our spiritual health. Yoga increases the flexibility of the spine, improves body’s physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration. The most highly developed beings upon earth; humans are capable of realizing their real nature and inner self, God. The spiritual goal of yoga is God-realization, the union of the individual soul with God. The realization that we are all one in our common root and connection to God is the first step. More practice can be improved our health and happy life. Yoga is the best way to recover from tension, angry, stress, anxiety, self-confidence, etc. Once you have learned yoga techniques properly, then you can start practicing them on your own so able to know spiritual health is “Ahimsa Parmo Dharma” this precept embraces the principle of non-violence, in thought, word, feeling and action. And it can be suggested to trainers and coaches have to knowledge of right techniques will help to recover and develop good combination with yoga and sports for higher performance in competition.

References :

1. Basavaraddi I.V. (2015). Yoga: Right Path to Health and Wellness, *Yojana*, (59), p7, Ministry of Information and Broadcasting, New Delhi.
2. Jella S.A. and Khalsa D.S. (1993). The effects of unilateral nostril breathing on cognitive performance, *IJNS*, 73(1-2), pp 61-68.
3. Galon, J., Pagès, F., Marincola, F. M., Angell, H. K., Thurin, M., Lugli, A., ...& Tatangelo, F. (2012). Cancer classification using the Immunoscore: a worldwide task force. *Journal of translational medicine*, 10(1), 205.
4. S. Nagarathna and R. Nagendra (1994). Breathing through a particular nostril can alter metabolism and autonomic activities, *Indian J Pharmacologic*, 38(2); pp133-7.
5. Sivananda S. (1999). *Yoga in daily life*, the divine life society P. O. Shiva Anandanagar Tehri-Garhwal, Uttarakhand, India, pp192-249; ISBN 81-7052-055-X.
6. Wood, C. (May, 1993). Mood change and perceptions of vitality: A comparison of the effects of relaxation, visualization and yoga, *J. R. Soc med*; 86(5); pp 254-8.
7. <http://www.artofliving.org/in-en/yoga-for-beginners/yoga-home/> April 9, 2019.
8. <http://www.abc-of-yoga.com/beginnersguide/yogabenefits.asp/> April 9, 2019.
9. <http://yoga.iloveindia.com/yoga-benefits/social-values.html/> April 9, 2019.
10. <http://yoga.iloveindia.com/yoga-benefits/socialvalues.html#fe517YrUZbBu8GJm.99/> April 9, 2019.
11. <https://en-gb.facebook.com/hollyyogachesterfield/photos/on-world-mental-health-day-lets-take-a-moment-to-look-at-the-real-benefits-of-yo/1317929328346360/> April 9, 2019.
12. <https://www.alamy.com/couple-yoga-poses-man-and-woman-yoga-partners-postures-set-girls-and-men-couples-flexibility-and-stretch-exercises-healthy-sport-practices-vector-illustration-image380646610.html>
