

## YOGA AND HEALTH PRACTICES: PSYCHOLOGICAL AND PHYSIOLOGICAL WELLNESS

DR. REGAN MOODY

DIRECTOR, DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

YESHWANT MAHAVIDYALAY SELOO DIST. WARDHA

### Abstract

The practice of yoga is a comprehensive science that encompasses the culture of body, mind and spirit. Yoga not only improves physical and mental health and intellectual abilities but also improves the character and behavior of men by suppressing the devil in them through Yama-Niyama. It creates a strong moral foundation for men's lives upon which they build their physical, mental, intellectual and spiritual superstructure and prove themselves as a man or woman in the truest sense of the word. Yoga is a philosophy originally developed in India, where physical exercises and meditation are believed to help people calm down and unite in spirit with God. Yoga is an exercise in which you move your body into different positions to improve or become more flexible, improve your breathing and relax your mind. It has been concluded that yoga has been a highly respected place since ancient times. Our worldly life is always full of pain and suffering. We give our endless efforts to get relief or overcome such sufferings and also happiness. And as a result of our efforts, joy comes into our lives, albeit temporarily. The universal importance of yoga is that its regular practice with sincerity and devotion permanently removes worldly pains and sufferings and the practitioner of yoga enjoys permanent peace and happiness.

**Keywords:** Yoga, development, soul, improvement, happiness

### Introduction

Health is the level of functional and metabolic efficiency of a living organism. The World Health Organization (WHO) has defined human health in its broadest sense in its 198 Statutes as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In the Yoga Sutras, Patanjali defines "asana" as "firm but relaxed posture." Patanjali mentions the ability to sit for long periods of time as one of the

eight parts of his system known as ashtanga yoga. Health is the level of functional and metabolic efficiency of a living organism. The World Health Organization (WHO) has defined human health in its broadest sense in its 198 Statutes as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." This definition has caused controversy, especially because it is almost impossible to achieve due to the lack of operational value, clarity in developing unified health strategies, and the problem of using the word "perfect". Other definitions have been proposed, including a recent definition that correlates health and personal satisfaction. An alternative approach focuses on avoiding definitions that require a precise description of the term. Instead, after a three-year global debate initiated by Alex Jadad, "health" was understood as the ability to adapt and manage oneself when individuals and communities face physical, mental or social challenges. We have some thoughts about this, although the thoughts may be wrong or right. Yoga was once limited to a few devotees who were initiated into the order by their gurus, most of whom were ascetics and hermits. Even among scholars, there was a general perception that yoga was meant only for those people who left their worldly lives and took a hermitage, not for householders. But after popularization by yogis like Swami Ramdev, Shri Ravi Shankar and others through mass media, especially television and mass yoga camps, it is widely practiced by common people, regardless of gender, religion, caste, birth, age and profession to get relief from diseases and live a healthy, happy and prosperous life. In yoga, an asana is a position in which the practitioner sits with a properly proportioned body and all muscles relaxed in a typical position. It is delicate as a flower and very adaptable. It can immediately acquire the hardness of a gem. All the organs and bodies of the body work in harmony and with the slightest deviation. Permanent and strong diseases evaporate or disappear from such a body. These elements of true level character development make the body function most efficiently by channeling energies in the right way. During periods of rest, all the muscles are relaxed and the joints have enough energy, and the metabolism is exceptionally low. In typical workouts, the body simply uses a measure of basal energy. In the most important situations, under high pressure, the elements of the organs coordinate so well that the basic energy awakens and flows abundantly to the areas that need more energy. The body receives all the necessary solidarity to manage the situation. This "resistance" by processing the internal basic energies and preparing the various organs and frameworks to function in such joint use can be sufficiently strengthened by yoga practice. Here, connoisseurs of true culture,

hunters, sportsmen, pilots, gymnasts and so on are interested in the use of yoga and its extreme use.

Asanas are also performed as a physical exercise, where they are sometimes called "yoga hand". " or "yoga arms". Some asanas are performed only for health purposes. Asana promotes good health, although in a different way than physical exercise, "putting the body in positions that also develop awareness, relaxation and concentration. Yoga has a lot to offer humanity. Therefore, the goals and objectives of practicing yoga can vary depending on occupations, professions and occupations, needs and requirements, and problems encountered on the path of life. In general, the objectives are: i) to bring peace and tranquility to the mind, freeing it from all stress and tension, care and anxiety; ii) brings balance and harmony to the body-mind-soul complex; iii) To study and reveal the hidden forces that govern nature both externally and internally and destroy the evils within; iv) to obtain good health; The ultimate goal of yoga is to know the Self within and create a link between the individual Self (Atman) and the Universal Consciousness (Paramatma), form a bridge between the microcosm and the macrocosm, and thus achieve liberation (Moksha or Kaivalya). cares and worries, pains and sufferings of worldly life and enjoy the absoluteness of truth-knowledge-happiness. It requires a clear vision of a person. This is possible only when the mind (chitta) becomes free from change. Thus the first goal becomes the destruction of the tendencies of the mind (Chitta vritti nirodha) of Pranayama.

In today's world, psychosomatic diseases like hypertension, heart disease, asthma, diabetes, insomnia are growing very fast and modern medicine has not been able to cure these diseases. After several scientific tests on patients under yoga therapy, it was found to be the most effective treatment for all these diseases. Herein lies the importance of practicing yoga. It has been found to be the best way to live a stress-free life that keeps men free from physical, mental and psychosomatic disorders. Yoga education is a comprehensive education that includes physical, mental, emotional, intellectual, moral, spiritual, social and environmental education, thanks to which the practitioner of yoga becomes whole in the truest sense of the word. Apart from yoga, there is no such system that prepares a person holistically, and herein lies the meaning of yoga.

### Impact of yoga on health

Yoga is a form of exercise that originated in ancient India and is now widely practiced throughout the world. Yoga not only increases your physical strength but also contributes a lot to your mental health and spiritual growth. Looking at the popularity of yoga, the Honorable Prime Minister Narendra Modi proposed a special day at the UN General Assembly as it benefits everyone and making it a global event would help spread awareness about its benefits. Thus, on June 21, 2015, the World Yoga Day was celebrated for the first time around the world and has been celebrated every year since then. Yoga not only keeps you fit, but it also has many long-term benefits if you make it an integral part of it.

Health is the level of functional and metabolic efficiency of a living organism. In its 198 constitution, the World Health Organization (WHO) defined human health in its broadest sense as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." That definition has caused controversy, especially because it is the lack of operational value, the ambiguity of developing unified health strategies, and the problem of using the word "complete" that makes it practically impossible to achieve. Other definitions have been proposed, including a recent definition that correlates health and personal satisfaction. An alternative approach focuses on avoiding definitions that require a precise description of the term. Instead, after three years of global debate sparked by Alex Jadad, "health" was understood as the ability to adapt and manage oneself when individuals and communities face physical, mental or social challenges.

### Conclusion

It has been concluded that yoga has been a highly respected place since ancient times. Our worldly life is always full of pain and suffering. We give our endless efforts to get relief or overcome such sufferings and also happiness. And as a result of our efforts, joy comes into our lives, albeit temporarily. The universal importance of yoga is that its regular practice with sincerity and devotion permanently removes worldly pains and sufferings and the practitioner of yoga enjoys permanent peace and happiness. In today's world, psychosomatic diseases like hypertension, heart disease, asthma, diabetes, insomnia are growing very fast and modern medicine has not been able to cure these diseases. After several scientific tests on patients under yoga therapy, it was found to be the most effective treatment for all these diseases. Herein lies the importance of practicing yoga.

## References

1. Jacob W. Book Review: Vinod Malhotra, Bhagwad Gita and Management: What They Should Teach in B-schools. *Diary of Creative Communications* [Internet]. SAGE Publications; 2010 Nov;5(3):207–8. Accessible from: <http://dx.doi.org/10.1177/0973258612471251>
2. Section 2. Patanjali, the Yoga Sutra, and Indian Philosophy. The "Yoga Sutra of Patanjali": A Biography \*Internet+. Princeton University Press; 2014 Dec 31;18–52. Accessible from: <http://dx.doi.org/10.1515/9781400850051-004>
3. Naragatti S. Yoga and Health. *Diary of Advanced Research in Ayurveda, Yoga, Unani, Sidhha and Homeopathy*. 2018;05(01):11-14.
4. Gharote ML, Ganguly SK, Moorthy AM. Impact of yogic preparing on least strong wellness. *Yoga-Mimamsa*. 1976;18:1-20.
5. Raju PS, Madhavi S, Prasad KV, Venkata Reddy M, Eswara Reddy M, Sahay BK. Examination of impacts of yoga and actual exercise in competitors. *Indian Journal of Medical Research*. 1994 Aug 1;100:81-.
6. Malathi A, Parulkar VG. Impact of yogasanas on the visual and hear-able response time. *Indian J Physiol Pharmacol*. 1989 Apr 1;33(2):110-2.