



Role of Yoga in Healthy Living: A Review

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Abstract: Today Yoga is known as a science as well as an art of healthy living and it has no age limit. A person who wants to live a healthy and meaningful life, the yoga is the effective way of complete health in the modern world. In the perspective of Indian culture yoga is the science of life and an oldest scientific and spiritual discipline. As a science, it offers us easy remedies, techniques and method of healthy lifestyle with a minimum of time, effort and expense. Moreover, it is a practical training of mind and body which helps us to achieve the purest form of all thoughts. It also harmonizes the mind body connection in a better way and as a power tool for facing human life's challenges with an attitude. The present research paper points out some benefits and role of yoga in healthy life style.

Keywords: Scientific, Yoga, Indian Culture, Healthy Lifestyle, Detoxification of Body.

Introduction: A healthy daily routine lays the foundation of a healthy lifestyle and a person with a healthy lifestyle develops much better physically, mentally, socially and spiritually. Today, for a healthy living, there is a great significance of yogic exercises. Actually, yoga works on all aspects of the persons: physical, vital, mental, emotional, psychic and spiritual. On a more practical level, yoga is a means of balancing and harmonizing the human body, mind and emotions. It acts upon all organs of the human body which aims at bringing the different bodily functions into perfect coordination. However, there are a lot yogic exercises but every individual needs to find out those exercises which most suited to him/ her.

Benefits of Yoga: It has many benefits at the physical and mental level of a person. Most of the studies have proven it extremely effective for various disorders as it increases flexibility of



different joints of the body and increases lubrication of the joints, ligaments and tendons. Its benefits may be categorized as under:

Physical Benefits: Today, yoga affects all human organs of the body. The fact behind it is that all relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome. Yoga can also lower blood pressure and reduce insomnia. Some of its physical benefits are:

- It increases flexibility of the body.
- It increases muscle strength and tones.
- It improves respiration, energy and vitality.
- It maintains a balanced metabolism.
- It is helpful in weight reduction.
- It is very beneficial to cardio and circulatory health.
- It improves athletic performance and protects from injury.

Mental Benefits: Yoga has also some more effects on human mind. It is said that one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.

The Concept of Healthy Living: It is a well known fact that a healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early. Today, most of the scientific studies related to healthy lifestyle have identified certain types of behaviour that contribute to the development of non-communicable diseases and early death. Actually, health is not just about avoiding disease but it is also about physical, mental and social wellbeing.



The actual definition of Healthy Living is the steps, actions and strategies one puts in place to achieve optimum health. Healthy Living is about taking responsibility and making smart health choices for today and for the future. Eating right, getting physically fit, emotional wellness, spiritual wellness and prevention are all apart of creating a healthy lifestyle.

Healthy living is creating a lifestyle where you feel balanced mentally, emotionally, physically and spiritually. Therefore, healthy living definitely has its roots in creating and maintaining a healthy body to make it possible to carry out daily activities and have the energy to enjoy special occasions too. Healthy living also required that mind and spiritual aspects of human life get appropriate attention as well. To conclude, the combination of mind, body, heart and soul attention is the key to healthy living.

Barriers of Healthy Living: Today, we are not living in the midst of nature and as a result we are facing many health related problems particularly due to urban lifestyle. Some of the barriers for healthy living may be as under:

- Uncontrolled food habits.
- Liquor consumption and smoking.
- Cardiac disorders.
- Hypertension.
- Diabetes.
- Obesity.
- Stress and tension.
- Insomnia.
- Arthritis and other joints disorders.
- Constipation.
- Frustration in life.
- Distress and disappointment.



Role of Yoga in Healthy Living: Yoga is a science with a complete expression of life through yogic exercises which contributes towards healthy living. For a healthy living role of yoga may be as under:

- **Yama:** It includes Ahinsa, Satya, Asteya, Bhramcharya and Aprigraha. It is the first step of Ashtanga yoga which helps to turn the human life towards a more orderly society.
- **Niyama:** It includes Shauch, Santosh, Tapa, Sawadhyaya and Ishwarpranidhan. The practice of this aspect of yoga turns a person more disciplined and orderly in daily life.
- **Asanas:** After having the perfection in Yama and Niyama one can do the practice of yogasnas. Actually without the yogic practices, human body is ineffective for a healthy living. Yogasnas have a due effect on body joints, muscles, heart, digestive system, lungs, nervous system etc. They are also helpful in the normal functioning of the respiratory system.
- **Pranayama:** It is the highly sophisticated procedure of Yoga which helps to achieve a total control over the vital force through governing the proper functioning of human body. Moreover they also help to tone up the most vital activities of body such as respiratory system, cardio-vascular system which is extremely important for a meaningful lifestyle and healthy living in the modern days.
- **Pratyahar:** This practice of yoga drives human body's consciousness inwardly and focuses at a point of auspicious feeling. This yogic exercise helps to achieve a higher order of quality lifestyle.
- **Dharna:** It has a special significance because it focuses on a solitary point through flow of thoughts which is very helpful for a healthy living.
- **Meditation:** It functions as a powerful tonic as a tool of mental and nervous system by the holy vibration of the cells of human body. The powerful soothing waves through meditation influence on the mind, nerves, organs and cells of the body. The divine energy freely flows like Taildhara from the feet of the Lord to the different systems of



the Sadhakas. When it occurs some considerable changes take place in human body and whole the mind and nervous system are remodeled.

- **Samadhi:** It is provided to super normal healthy person. Samadhi is the final aspect, or limb, of the spiritual Ashtanga yoga practice. A yogi achieves a meditative state by concentrating on both their physical being and their rhythm of breath. In this case, the meditative state is not thinking or evaluating state; instead, it is a state where singleness of thought is the ultimate goal. It is only through this singleness of thought that one can achieve enlightenment, which is Samadhi, or the state at which one becomes purely aware of the sanctity of one's self and the world surrounding.

Conclusion: To conclude we can say that Yoga is the science of modern living, of right living, and should be incorporated into our daily lives. Moreover, Yoga has technical systems to help calm the mind, maintain resilience, harness physical and mental energies and to develop an integrated personality. It's a way of balancing the emotions and establishing the harmony between the mind and body. A person can choose one or a combination of two or more from the many paths of yoga - hatha, bhakti, raja, jnana and karma yoga – according to their lifestyle. One can practice pranayama, asanas, relaxation, meditative and pratyahara techniques, as well as follow personal and social disciplines where possible. It is up to the individual to find which path best suits his/her needs, lifestyle and personality. Yoga can be practiced while leading a normal lifestyle, but with different aspirations, mentality and attitude towards oneself and the interactions in life. Thus yoga affects human body and mind through various yogic practices and in the modern time, it has a vital role to improve human health and healthy living.

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