

## Role Of Yoga In Healthy Living

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**Abstract:** *The fact is that Yoga Science begins to work on the outermost aspect of the human body, which for most people is a practical and familiar starting point. When anybody experiences imbalance at this level, all the organs, muscles and nerve system of the body shows the symptom of disharmony and all these organs work in opposition to each other. That is why; Yoga aims at bringing the differently bodily function into perfect coordination so that they could work for the betterment of the whole body and its parts. Now Yoga moves on to mental and emotional level and many people who suffer from phobias and neuroses as a result of distress and tensions in their daily life, then Yoga can provide a better cure for it. The present research paper highlights some crucial effects of Yoga on human body and it indicates how Yoga plays a vital role in a healthy living.*

**Keywords:** Human Body, Yoga Science, Organs, Emotional, Distress, Healthy.

**Introduction:** Yoga is the science of right living and it is intended to be incorporated in our daily life because it works on all aspects of human body of a person: the physical vital, mental, emotional,

psychic and spiritual. Yoga means, 'Unity or Oneness' and it is derived from the Sanskrit word 'YUJ' which means to join. Therefore, this unity may be described in spiritual terms as the union of the individual consciousness with the universal consciousness. Moreover, yoga is a means of balancing and harmonizing the human body, mind and emotions which is done through the practice of Asana, Pranayama, Mudra, Bandha, Satkarma and Meditation. Likewise there are many branches of Yoga such as: Raja, Hatha, Janana, Karma, Bhakti, Mantra, Kundlini, Laya etc.

It is said that each person needs to attach himself or herself to these Yoga's most suited to his/ her personality and needs. However, in the ancient text Yoga science is commonly embraces the practices of Asanas, Pranamayama, Mudra and Bandhas.

**Basic Principles of Yoga:** Most of the people are agree with the fact that Yoga is more than an exercise. In fact it is a philosophy that realizes on a set of Yoga Principles that every yoga practitioner must follow in order to reap the benefits of Yoga Science practices. Some of the intellectuals think and surprised that Yoga is not a form of religion, but it is a form of e, but it is a form of exercise that can be used to

supplement any religious practices so that the spiritualist could achieve a close connection to the divine light. Some of the scholars are agree on the following yoga principles:

- The most important principle of the Yoga is that a practitioner should always express an unlimited amount of love for all living beings. Being a very important principle of Yoga, a yoga practitioner always serves to improve their own life by learning to love and express that love openly. Now it is expected that if a yoga practitioner adheres to the principles of Yoga that they do not act violently against anybody, whether they may be human or non-human.
- The second one is the idea that yoga practitioner should always speak and act with honesty. Therefore, it is also one of the most important principles of Yoga. It is said that a yoga practitioner must be aware that lying is a poison in and of it that will taint the life of the practitioner. Therefore, a yoga practitioner should be a mindful personality.
- Thirdly, it is an imperative that a Yoga practitioner should strive to become such person who is above all reproaches. He should always keep in mind that Yoga principles are a set of guidelines for him that will help to improve

his mental and physical state. Moreover, uprightness is central in Yoga science and it also provides a base for all the other principles of Yoga science. It helps to pure body, mind and actions helping to remove all obstructions between Yoga practitioner and the divine power. A really important principle is that of staying always away from the excessive temptations of the mundane world. Thus one of the most difficult principles of Yoga is to monitor oneself.

- Fourth, important principle of Yoga is the practice of humility. All the Yoga practitioner should always make a modest attempt to be humble at all times because pride can be a dangerous thing for his carrier as well as for humanity. Therefore, most of the scholars suggest that all of us should adopt the path of humility that can teach us to be satisfied with our daily life dealings. It also suggests that Yoga practitioner as well as common human beings should stay away from the excess of physical fulfillment and they should focus on a reconnection with the divine spirit. Therefore, the most important principle of Yoga is to put a lot of care and focus on the self which does not allow to ego fashion. It is important to take care of the body so that the mind could be

free and able to focus on spiritual matters.

### **The concept of Healthy Living:**

When we come to analyze the vital processes of human body, there are symptoms of coordination and balance between the process of different organs of human body including respiration, digestion, nutrition and excretion. The major biological system function in a typical way only on the basis of the proper functioning of the human body organs mentioned as above. With this one achieves an elevated status both physically and mentally and he or she achieves the status of healthy living. It is a well known fact that a healthy daily routine lays the foundation of a healthy life style. When a person with healthy life style is compare to other, he shows much better than others on physical, mental, social and spiritual levels. In Yoga science, for healthy living, there is significance of Yama, Niyama, Aasana, Pranayam, Pratyahar, Dharna, Dhyan and some others. On the basis of the role of yogic exercises and health science, we come to conclude some important features of healthy life as under:-

- Ailment free life and awareness of realities.
- Perception with realities and cooperative attitude with cooperative behavior

- Sensibility and adjustment with the changed circumstances in life.
- Desired social and spiritual character and unified personality.
- Lack of jealousy, complexity and hatred.
- Desired preventive measure towards the physical, mental and emotional factors.
- A proper coordination over the psychic stage, psychosomatic stage and organic stage towards the available healthy living.

### **Role of Yoga in Healthy Living:**

There are some of the benefits of Yoga as it contributes in improving in chronic health conditions like that of asthma, bronchitis, diabetes etc. Moreover, it provides a lowering of blood pressure and a significance reduction in overall back pain. Therefore, one can get the myriad benefits of Yoga through the increase sense of self awareness, with an improved connection with the universe divine, and mood altering experiences from depression to elation. One of the most important benefits of Yoga is that it helps to control body and mind while performing any physical or mental activities. Being a subject of science, Yoga is known as a science of high order, which carries in it the mystery of conservation of health and transformation of life.

If we consider the role of '*Yama*', it includes the different aspects such as Ahimsa, Satya,

Asteya, Brahamcharya and Aprigraha. Through this first step of Astang Yoga a person can turn to be a ideal man and he may honestly perform his duties towards his physical and social commitment in life.

Now under the '*Niyama*', it includes Shauch, Santosh, Tapa, Swadhyaya, Ishwarpranidhan, the practice of this aspect of Yoga turns a person more discipline in life. In fact it is a way of reformation of a person which lays down the foundation of healthy living.

'*Asanas*' having achieved the perfection over the guideline of Yama and Niyama, only then one must commit for the practice of Yoga, Asanas that is why; without this aspect the Yoga practices in complete and ineffective. Reason behind is that there are so many vital effects of Yogasnas on different parts of human body. Such as muscles, heart, digestive system, lungs and nerve system are keenly affected by various Asanas.

'*Pranayama*' is a highly sophisticated procedure of Yoga, which helps to achieve a total control over the vital force which governs the proper functioning of the body. It also helps to tone up the most vital activity of the body such as respiratory system.

'*Pratyahar*' helps to achieve a high order of quality life. Next,

'*Dharna*' helps to achieve the spiritual excellence. It is mainly for the reason that it mean to focus on a solitary point through flow of thought.

'*Meditation*' acts as a powerful tonic on mental ground. It penetrates all cells of human body. It is the source of real peace and bliss in life. Likewise '*Samadhi*' is also helpful to provide supernormal healthy life style.

**Conclusion:** To conclude it can be said that in order to get the real benefits of Yoga, all the yoga practitioner must undergo and endure and extreme test of both disciplined and patience. Yoga stretches not only our muscles but all the soft tissues of our body including ligaments, tendons that surround our muscles. However, many of the different posses of yoga may provide extra benefit to physical and mental health of human being. Therefore, all the yogic exercise should be practiced under trained yoga practitioners with correct poses. Now, it is true that Yoga as a science plays a vital role in modern life and nobody can ignore its crucial benefits in the environment of tension and depression.

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