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Increasing existence span whilst controlling celestial body

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ABSTRACT

We human beings still desire to live longer and never want to die, figures of the corresponding life expectancy of males and females in any nation are determined in this modern period, indicating that people die after the age of 85 in a few instances it can even surpass. Many factors are camouflaged behind this such as it gets affected by social, political, cultural, macro and micro systems such as family, community etc. The present paper aims to study the effect of yoga on planets resulting in increasing lifespan. The main objectives were - to examine whether yoga and gym are distinct or not, to examine yoga connection with celestial body and how it can help an individual to live longer, and to scrutinize whether yoga is popular or not. However, the study revealed that yoga has a great impact on planets and has covert effects of increasing lifespan.

Keywords - Yoga, Gym, Planets, Lifespan

INTRODUCTION

Research on increasing human lifespan gained paramount importance in recent years it's because everyone wants to live long life and never wants to die, so by working hard people want to live quality of life. But they often neglect the actual key of enjoying life. There are some pull factors which causes corrosion to our neurological system specially brain. The present paper is an attempt to throw light on Yoga effect on planets and aid longevity. Numerous research studies provide evidences regarding yoga and gym benefits and advocate the role played by both in conciliating the traumatic stress in life.

YOGA: In this running period people are so busy that they are losing the importance of yoga and its benefits. Not only is yoga a lifestyle, but it is a life in itself. Yoga Darshan is also regarded as the Sutra of Patanjali Yoga, the founder of modern-day yoga, and Maharishi Patanjali is the founder of Yoga Sutra. In the entire universe, this sutra is just the real Yoga Granth. It has something to offer to a person, all those things that are beyond, whatever you believe, but have not been identified. Depression and suicide rates are rising sharply, especially in youths. This because they are not self-focused. The circumstance has come due to the advancement in technology leading to competition in people's lives that now prevails in the world, and we human beings have lost the ability to think deeply because of this busy schedule, and our mind has developed a structure that is inclined to lavish and materialistic living.

Yoga is a way of life which leads to the divine travelling the purity of our body, heart and mind, in a way it gets installed in the form of God. Whatever challenges the western world faces or whatever health concerns people encounter, almost 99 percent of all these problems can only be solved by yoga, which is why yoga is often called *Samadhi*, which means remedy. There are various benefits of yoga such as *Ashtanga* it improves blood circulation, calms the mind, helps to reduce obesity, support mental clarity and brings you much closer to yourself in order to create self-awareness. Hatha yoga, which removes toxins and builds up the immune system of individuals, also increases the functioning of glands, helps to de-stress. However, we can say that performing yoga will never cause any

drawbacks, it will always benefit you. It not only improves physical health but also improves mental health, Yoga is something which helps person to understand '*Self*' which is inner you, your soul and it also develops good concentration power of an individual.

GYM: The source of what we all know as the western fitness club or gym is Greece. The term "gymnasium" came from the Greek word "gymnos," meaning nude. At the time, gyms were usually a venue for young men's education, which involved physical education along with swimming and intellectual pursuits. These public gymnasiums were designed by the ancient Greeks for athletes to train for open games such as the Olympics. The overarching culture of the ancient Greeks, along with education, included fitness and body care. The Academy with Plato, and Aristotle's college, the Lyceum, were simply highlighting the public gym origins of Athens. Youth now a days are mostly inclined toward Gym practice they think it is very beneficial for them but we all know once we stop practicing gym exercises or weight training as in result body weight increases which is also known as obesity, so in a way a person gets bound to visit gym regularly in order to get in shape. Gym exercises are more rigorous, it also increases tension on the muscle and may get injured by performing rapid moves. The only part of the body such as constructing biceps or chest muscles is targeted by the gym and strengthening your cardiovascular fitness. Gym training is good for gaining weight and to increase the strength but it completely fails in terms of flexibility and for improving mental health, and when hard workout is performed then it may lead you towards over eating which is very harmful for human body. So overall gym workout primarily concern is to improve body's physical condition rather than mental condition.

YOGA RELATEDNESS WITH PLANETS

MOON: In Shakespeare's "Othello," the maid Emilia tells Othello that the moon has drawn too on the brink of the world — and driven men insane. The thought that a full-of-the-moon can fire up emotions, provoke bizarre behavior, and even causes physical illness isn't just a literary trope. Moon has a very powerful effect on our emotions, it is associated with feminine intuition and psyche. Many individuals still refer to menstrual cycles as "moon cycles," and many remain adamant that there is a sort of synchronicity between the moon phases and the menstrual periods of women. When we dwell on the origin of stress, human feelings are the factor behind it. Emotions rule over human body when it is not in control and in a same way moon is a celestial body which encourages the wave of emotions to rise. That's why people say in the menstrual cycle, women have mood swings, this is the covert reasoning behind it. Let's talk little bit about science, for exploring more about mirroring of tidal effects on our emotional bodies.

SUN: The person loses his self-confidence with a very pessimistic aura when the Sun turns malefic in your Birth-Chart. It makes vision bad, heart disease, anemia and a fragile nervous system are also bad. Surya Namaskar is the easiest way to monitor the Malefic influence of the Light, along with Agnisar and Bhastrika.

Research Objectives

Objective of the present study were:

1. To scrutinize whether yoga is popular or not.
2. To examine the connection between yoga and the celestial body and how it can help a person to live longer.
3. To find out whether yoga and gym are distinct or not.

Research Hypothesis

The following hypotheses were formulated in the present analysis:

1. "This study is designed to assess the hypothesis that people performing yoga does not gets affected by the detrimental consequences of planets and stays physically and mentally fit"
2. Yoga is not popular among everyone.
3. Yes, yoga and gym are distinct.

METHODOLOGY

Participants

The sample consisted of 127 adults.

There were 5 general questions in the Questionnaire and it was meant to capture some of the key notions of people concerning yoga.

1) In the 5th question I tried to gather people's views on why yoga is not common as it was earlier in ancient times. Following options were provided in order to know the covert reason behind why yoga is not popular

- Busy and hectic schedule
- Yogi guru's shrinking

- lack of interest

This entire survey will allow us to evaluate the whole study report, which will provide us with the quantitative disparity between contemporary people's perceptions of yoga and the old one. I came to the conclusion that people treat yoga as calisthenic exercise in today's western world and claim that yoga is only for health and to sculpt your body properly. But when we see the ancient practice of yoga, how the religious book refers to it. In contrast to the current days of yoga, we should have a different perspective. I have attached graphs and pie charts of the 127 individuals who filled my survey. The results shown will answer the research question as to why modern yoga practice differs from the old one and why it is not popular.

5. Yoga is not popular because:

127 responses

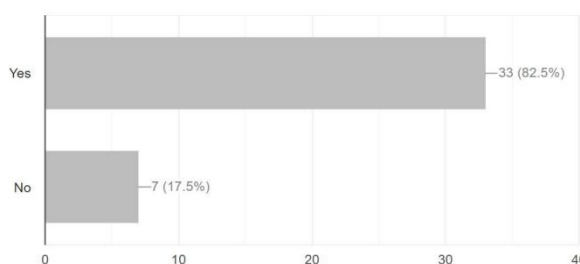


I performed another survey and the study consisted of 40 adults.

1) In the first question I asked if they do believe that yoga and gym differ from each other.

1. Do you believe that yoga and gym performances are distinct?

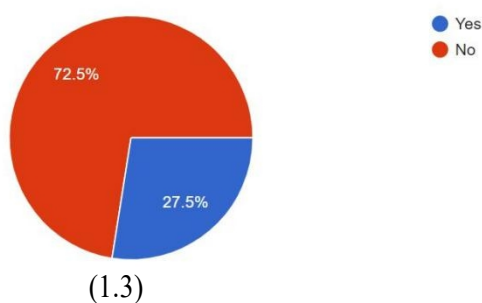
0 / 40 correct responses



2) In the second question I asked, Do the Moon show any negative effects on the practitioner of yoga? I took Moon as an example of celestial body.

3. Do the moon's negative forces harm the practitioners of yoga?

40 responses



RESULTS AND DISCUSSION

- i. From Pie chart (1.1) Most individuals chose option A, which is a hectic and busy schedule. Which indicates that because of the busy life, yoga is not common and so people avoid it.
- ii. From Bar graph (1.2) people choose Option A, which shows that Yoga and gym are different from each other.
- iii. From Pie chart (1.3) majority of people choose option B. which shows that moon which is celestial body, its negative energies does not have harmful effect on practitioner of yoga.

CONCLUSION

As a result, I concluded that yoga is much better than exercise, as gym helps improve the physical well-being, but yoga helps improve the overall growth of an individual's physical and mental well-being.

Secondly, the yoga practitioner can't be influenced by the destructive forces of the celestial body and so they can live longer in comparison to the person whose mind is not stable and those experiencing anxiety, stress or any mental problem. The better cure for all these issues is Yoga, itself it's a medicine for a person and prevents you from all forms of negative energies, this helps you to increase your life span.

As we know, yoga is an individual's holistic growth, physically as well as mentally. So, if your aura is solid, then you won't be affected by any harmful energies. While it just makes us physically strong when we talk of gym, and the gym performer's tolerance capacity is marginally less than yoga performers

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