



Significance Of *Yoga* In Modern Life For Health: A Brief Discussion

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Abstract

Modern lifestyle has an impact on our health in various aspects of physical, mental and social. It is important to increase awareness among people about the effects of modern life in order to control the effects of life. The purpose of *Yoga* is the achievement of physical, mental and spiritual harmony. It is the first science of personal development that cleanses your mind and body and maintains perfect balance and harmony between them. *Yoga* is the scientific art of controlling our mind. Promoting a healthy lifestyle includes healthy eating, exercise and better ways of communicating and interacting in the community. All these positive effects we can get only by practicing *Yoga*. *Yoga* will reduce the risk of many diseases that arise from our daily life. In this article, I will try to analyze the importance of *Yoga* in modern life for the health of human life. Health is the main goal of everyone and therefore without spending a lot of money by practicing *Yoga*, one can achieve good health. Therefore this article discusses the importance of *Yoga* in modern life to encourage the reader to practice *Yoga* to maintain physical, social and spiritual health. *Yoga* is a process of training the mind and developing the power of its subtle understanding so that people can discover for themselves the spiritual truths on which religions, beliefs and morals are based. The world practices *Yoga* for health.

Keywords: primordial, spiritual truth, good health

Introduction

The practice of *Yoga* is the best way for a person to realize himself. *Yoga* is the science of human life and the art of living. *Yoga* appeared during the Vedas and Upanishads. Indian philosophy is a term that refers to the school of philosophical thought from the Indian subcontinent and has progressed in the expansion of this area of philosophical inquiry, which has led to many books and philosophical systems. The whole system of Indian philosophy emphasizes the practice of *Yoga* as a useful part of the philosophy of life. Patanjali is the founder of the traditional *Yoga* system. He says that liberation can be achieved by knowing the exact direction of the self from the physical world, including our body, mind and Ego. The

practice of *Yoga* is a useful means of self-realization for a religious person. On the other hand, *Yoga* emphasizes the importance of practical methods of purity and concentration in order to understand the difference between oneself and the body and mind, and thus achieve freedom. The practice of *Yoga* is the best way to purify oneself, i.e. to cleanse the body and mind. Humans have been searching for health, happiness and peace for centuries. Even then, achieving the greatest happiness is hard work, which is the key to health, success and salvation. Body, mind and soul are the pillars of a person. The soul has been sought after since the time of the *Upaniṣads* till now, but only a few people get the benefit of learning. *Yoga* is not just a form of exercise for the body; it is the first wisdom for a healthy, happy and peaceful lifestyle that leads to unity and self. It is the desire to make people happy. A person does not engage in one job but in a variety of jobs to earn his living, and he engages himself in the hard business of technology that speeds things up. Family life, family life is in many cases a nuclear family type, and the meeting time between father, mother and children is short, the role of parents to fulfill the demands of the family is strong and stressful. In particular, due to competition, especially from the media, the demand for children has increased, which is a headache for parents to meet their needs. Changing one's lifestyle contributes positively to physical, mental and spiritual health. This requires behavioral and behavioral change.

Movement and change are a positive contribution to your health. Thus, the practice of *Yoga* brings change in all aspects. It helps in creating citizens who are emotionally, physically and mentally strong. Doubt involves “discipline, desire, determination and great effort,” and the experience of *yoga* emerges spontaneously (Farhi, 2005). The importance of *Yoga* in modern life can be divided into physical, mental and spiritual benefits. When doing *Yoga*, many people have associated *Yoga* with exercise only, but this is not correct, it goes beyond the exercise or posture, it is a complete system of thought that can provide valuable insight into how to the better our lives, including not just worry physical, but also emotional, mental and spiritual life. Both development and balance are important for mental, physical and emotional development in all areas of our lives. It is important to find the right science of life to solve the current life situation. But there is no doubt that *Yoga* is the science of right living as it focuses on two interconnected aspects of the person such as spiritual, physical, mental and social well-being. *Yoga* helps “reduce stress, maintain and improve your health and well-being, and build more harmonious and fulfilling relationships. Today, the importance of *Yoga* is growing all over the world. The practice of *Yoga* is very important for humans. *Yoga* makes one strong and fights against the challenges of our life. The effects of *Yoga* reach all parts of the body where other exercises do not achieve this condition. June 21 is celebrated every year as International *Yoga* Day. In the current state of the world, life is so complicated and stressful that even thinking about the early times calms our hearts and minds. Human existence has gradually changed over time. Science has dominated modern man and modern man is completely dependent on it. Physical activity decreased, and eventually the health of the human generation weakened due to lack of exercise. During this competition, life is so hard and stressful that people can't cope and therefore suffer from various mental and emotional problems. *Yoga* offers the best solution for the physical and mental problems that people face today. Without *Yoga*, one cannot cope with these problems. *Yoga* is a brilliant method if it is practiced regularly, all kinds of physical and mental problems are solved at the same time and people strengthen their overall development. An important difference between the two is

that physical exercise is the exercise of the skeletal muscles, but what about the muscles and other parts of the body that are not supported. This is *Yoga*, which provides solutions for every aspect of our mind. *Yoga* provides exercise, massage and toning for all body parts and body types. In other words, the effect of *Yoga* reaches the inner part of the body that no other exercise can reach. For humans, not only torn muscles need to be strengthened, but the whole body needs to be properly treated to achieve energy, vitality, flexibility and good health. Today, the definition of health is changing. According to WHO, “health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” This definition was recently updated and added: “Achieving a level of health that will enable everyone to live a healthy social and economic life.” Therefore, health is considered as a mental and physical condition that is maintained by everyone who works well, internally in relation to the hidden organs, and externally in relation to his environment. The importance of flow *Yoga* is great in our modern society. Everyone wants to exercise their body through *Yoga*. This is one of the best *Yoga* poses for people suffering from various ailments. *Yoga* helps a person to maintain mental and physical development. *Yoga* focuses on the role of weight loss, strong and flexible body, beautiful glowing skin, peaceful mind, good health of a civilized man. However, *Yoga* is understood only as an integral part of *Yogāsana* (*Yoga* poses). In itself, its benefits are seen only at that level and we do not understand the great benefits that *Yoga* provides by connecting the body, mind and breathing. When people work together, travel and life become calmer, happier and more fulfilling. The benefits of *Yoga* are profound and subtle. Here we highlight and discuss the following points about the importance of *Yoga* practice.

Weight loss: A person is truly healthy if he is not comfortable but also mentally and emotionally without bias. *Yoga* is also beneficial here. Sun salutation and Kapal Bhati pranayama are *Yoga* methods to help in weight loss in men. Not all types of *Yoga* can lead to weight loss quickly because these poses are easy. This *Yoga* generally aims to develop body flexibility, improve concentration and develop your muscle tone. Once your body is familiar with *Yogāsanas*, you should start doing *Yoga āsanās* for weight loss.

Stress relief: A few minutes of *Yoga* every day can be a great way to relieve stress that builds up both body and mind. *Yoga*, *prāṇāyāma* and meditation are effective methods to release stress from one’s mind. We all love to visit a quiet and peaceful place, with beautiful nature to calm our mind. *Yoga* and meditation are important ways to calm the mind. *Yoga* is a popular form of exercise, stretching, stretching and meditation. *Yoga* changes the stress response of the mind and the person’s attitude to stress, while developing self-confidence, increasing the sense of well-being and creating a sense of relaxation and peace.

Improved immunity: Our system is a harmonious combination of body, mind and spirit. What is wrong with the body affects the mind and in the same way anger or weakness in the mind can manifest itself as illness in the body. Regular *Yoga* practice has shown effective results. Various āsanās lift the inhibitions, build physical strength, increase energy levels, reduce stress and anxiety and provide positive thinking and freshness in mind.

Living with greater awareness: The mind is always active - moving from the past to the future - but never in the present. By knowing this concept of mind, we can prevent ourselves from feeling anxious or angry and calm the mind. *Yoga* and *prāṇāyāma* help to increase awareness and bring the mind back to the

present state, where it can remain happy and focused.

Better relationships: *Yoga* can even help improve the relationship with spouse, parents, and friend's or loved ones! When mind is relaxed, happy and satisfied, it is better able to deal with sensitive relationship for mankind. *Yoga* and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special relationship you share with people close to you.

Increased energy: Human beings feel completely tired out by the end of the day Shuttling between multiple tasks through the day can sometimes be quite exhausting. Only sometimes practice of *yoga* everyday provides them feeling fresh, energetic and relaxed even after a long day. A few times guided meditation benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day.

Flexibility and better posture: Just add *Yoga* to your daily routine to benefit from a stronger, smoother and more flexible body. Regular *Yoga* practice stretches and strengthens the muscles of the body making them stronger. It also helps to improve the position of the human body when standing, sitting, sleeping or walking. This will help them stop the pain due to bad posture. Better Mindfulness: *Yoga* and meditation can enhance one's cognitive abilities so that one can understand what needs to be done, when and how, to produce positive results. That works. One has to see it for oneself.

Breathing power: *Yoga* exercises involving *prāṇāyāma* help to improve and increase the strength and endurance of our lung power in terms of expansion and contraction, enabling us to breathe more oxygen into our body for blood purification us helps in proper distribution of purified blood to all parts of our body. Improve breathing capacity: *Yoga* helps us regulate our body's breathing system by increasing the efficiency and power of our breathing, including increasing the consistency and smoothness of its volume and reducing the frequency of breathing.

Healthy Muscles: These provide valuable support for the proper functioning and control of movement of our muscles, including the spinal cord. As a result, we are able to maintain good posture, including proper spine alignment. These factors also contribute to the desired increase in our muscular strength in addition to maintaining the necessary muscular flexibility and smoothness, which results in a very youthful energy for a long time of our life. Cleanse the body: These help us in the work of cleanliness and cleaning the internal organs and systems of our body, including cleaning our blood and its channels, the cleanliness of the respiratory system and the digestive system and proper elimination and elimination of unhealthy substances. Foreign matter from our body.

Healthy Body: These activities not only prove to be a powerful barrier to the body to prevent various diseases and illnesses but also provide important solutions for the healing and healing of people. For example, it is well-known that yogic work provides great healing and healing in the case of arthritis, back pain and osteoporosis, high blood pressure and hypotension, asthma, diabetes and epilepsy, headaches, diseases heart and multiple sclerosis, etc.

Strong Mind: It is well said that there is a healthy mind and a healthy body which is maintained through yogic practices. One can achieve good mental health through physical health achieved through *Yoga* practice. Yogic activities help a person effectively and efficiently provide all the cognitive and mental faculties necessary to reach the highest level of intellectual and psychological development. Yogic *āsans*, *prṇāyāma* and the practices of *Dhyān*, *Dhāraṇā* and *samādhi* can help a person to get full benefits in terms of improving his ability to concentrate, focus, attention, learning performance, stability and physical muscle coordination, etc.

Strong emotional organs: Yogic practices help to make the emotional organs healthy, strong and efficient. In turn, this enables the person to greatly increase their receptive capacity, somatic and kinesthetic awareness and understanding to gain new knowledge and experiences using their sensory organs.

Mind Control: *Yoga Sādhnā* gives the ability and strength required to control the emotions, feelings and satisfaction of desires and changes of mind. Sustaining attention and concentration achieved through such control and restraint can provide a great foundation for the development of intellectual abilities. It can be given further impetus by taking up yogic practices like *Dhāraṇā*, *Dhyān* and *Samādhi*.

Purification: *Yoga sādhanā* not only helps to purify the internal organs and systems of our body, but also focuses on purifying our inner being, i.e. purifying our thoughts and emotions. we are clean.

Personal Development: Yogic activities help the individual to imbibe the spirit of self-awareness, confidence in one's abilities and strengths, self-discipline and spiritual inspiration, self-acceptance and self-realization, etc. to seek maximum personal development and promotion. Conflict Reduction: *Yoga* always helps students get along with each other, which promotes a more positive learning environment. When schools, colleges or other institutions hold yoga programs with two classes per week for students, they emphasize respectful practices as well as yogic breathing and movement practices. *Yoga* can teach students to control their emotions and reactions and to respect the feelings and emotions of others.

Good Mind: Yogic activities help in freedom from any anxiety, depression and special changes in mood or situation. Such a mindset can help him a lot to succeed in terms of intellectual growth and wisdom.

Better concentration; *Yoga* provides time for the body and mind to relax after the hard work of learning. This can help students to engage themselves better when studying in class. Students who practiced *Yoga* for just one month reported better sleep and better concentration while studying. *Yoga*, especially breathing techniques, can also increase the concentration and academic performance of students who struggle academically.

Energetic Enhancement: Humans want to enhance their spiritual values; the practice of meditation can actually enhance their confidence. This method works by removing tension from a person's mind so they can feel confident in their body. Without any kind of anxiety, they are able to create a bond within themselves. Therefore, this is reflected in their perception of others, and it will help improve their relationships by promoting compassion and awareness.

Conclusion

Humans who practice *Yoga* several times a day can control their mind, body and soul to a great extent. It combines mental and physical training to achieve a calm mind and body and help manage stress and anxiety and relax you. It also helps in the development of muscular strength, changes in the tone of the body and improves breathing, breath and energy. One might think that doing *Yoga* is just stretching, but it can do a lot more to one's body than one thinks, shape and movement. This fact says a lot about the popularity of *Yoga* in the modern world. This event brings the world together on one platform. Along with *Yoga*, meditation also plays an important role in developing our inner self in our daily lives; this can help a lot in getting rid of many physical and mental problems.

Yoga is a traditional meditation practice developed by the saints of ancient India. They practice *Yoga* as an effective way to control their mind and body behavior. When stress is controlled, the body and mind feel better within a few weeks. In this situation, a person provides the necessary opportunity to connect with loved ones and maintain healthy social relationships. When a person is healthy, they connect with themselves, others and their environment on a deeper level, which contributes to their spiritual health. Celebration of International *Yoga* Day (June 21) to prepare people to face the modern challenges of mental and physical stress in a positive way. *Yoga* is a continuous process of practice. Its practice contributes to the development of the body and mind by providing many health benefits but does not replace medicine. It is important to learn and practice *Yoga* postures under the supervision of a qualified *Yoga* teacher and also need protein food if necessary.

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