



IMPACT OF YOGA ON PHYSICAL AND MENTAL HEALTH

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ABSTRACT

This study is the evidence on the impact of yoga towards mental and physical health by analyzing different review articles. It is suggested a number of Yoga benefits are Yoga is gaining popularity as an accessible, acceptable and effective practice of mind and body. Generally people are practicing Yoga for mental and physical development. Because of Preferences for self-treatment as opposed to clinical intervention, perceived greater efficacy than medication. Lower side effects, lack of response to medication. Yoga has least side effects and is cost-effective in comparison with Pharmacological treatments and psychotherapy. Yoga's helped benefit is that it improves Physical fitness and encourages self reliance- and mental health in this brief article I discussed the evidence for yoga as a form of mental and Physical health promotion, illness Prevention and treatment for depression.

Key words – Yoga , Physical Health, Self confidence, stress, anxiety

INTRODUCTION

The practice of yogic techniques to control the body, the mind and the sense organs has existed in India from very ancient times.

Bishyamitra was a virile and energetic king and he ruled for about 36 years (187-151 B.C). Patanjali, the great Sanskrit Grammarian. And the author of the YOGA-SUTRA, was in all probability a contemporary of the Sunga king and witnessed the performance of his celebrated horse-sacrifice; for he mentions about the horse-sacrifice in his grammar, when through a sentence he illustrates the use of senses. YOGA is one of the fundamental doctrines of Indo-Aryan faith accepted by all religious sects. It is essentially a study

devoted to the means of attaining perfect health and mental poise. But it is surrounded by mystic and religious complexities. In its original form the science of yoga is older than Patanjali and it appears to have existed right from the vedic times. In the words of E.B.Havell, "Yoga in its literal sense of union was a system of religious meditation which connoted the vedic doctrine of the supreme soul, for it was by means of yoga that the soul of man (atman) attained to blissful, ecstatic communion with the universal spirit (paramatman) and by Patanjali the word was used in the strict sense of common union with God."

The doctrine of yoga is peculiarly Indian and its study has profoundly influenced Indian thought and philosophy from time immemorial. It is certain that the science in due course made its way to the west, especially to Greece, for from the dialogue of Socrates and works of Plato we can discern that the great philosophers were not unaware of its existence. Even today the study of yoga offers its irresistible charm to thousands of men in the west who are its enthusiastic adherents. Devoid of its mystic concepts the study of yoga is an excellent treatment of physical education in its noblest and purest form. Centuries before western thought could fathom the real perception of education, the Indo-Aryans had given a real meaning to the purpose of education and as a matter of fact to the very purpose of human existence. Yoga represents a unique of the physical, mental and spiritual faculties of man. Man could hold communion with God only with the co-operative function of the above faculties in a background of utmost personal purity and devotion to the living creatures of the earth.

A set of physical exercises were prescribed for the "Yogin" (performer of Yoga) which he was expected to undergo in a state of mental relaxation and poise. The exercises were calculated to lead to spiritual contentment and bliss. Examined critically the above conditions attached to the practice of yoga are not abnormal and they do not as commonly supposed make an exorbitant demand upon human power.

CONCEPT OF YOGA

The word 'yoga' is derived from the Sanskrit root 'yui' which means join or union. Thus literally yoga means union, i.e. spiritual union of individual soul with universal soul and is used in this sense in the vedic vedanta.

The Gita defines yoga as a state than which there is nothing higher or worth realizing, and a person firmly rooted in it is never taken even by the greatest pain; that state free from all pain and misery is yoga. According to Patanjali, yoga does not mean union but spiritual effort to attain perfection through the control of the body, senses and mind.

DEFINITIONS OF YOGA

Patanjali:

“Interpreted yoga to mean the art of fixing or concentrating the mind in abstract meditation.”

Oxford Dictionary: “A Hindu system of Philosophic meditation and asceticism designed to effect the reunion of the devoted soul with the universal sound.”

Lord Srikrishna :

In the Gita defines Yoga as a way by which a person can discharge his duties efficiently, with mental equilibrium and body poise.

According to the sage Vyasa yoga is essentially, a meditative trance .

Patanjali believes that yoga is effected by preventing the modifications of Chitta or the thinking principle, by keeping the mind in its unmodified state-a stage clear as crystal when uncolored by contact with other substances-and by the practice of Vairagaya- a state of abstinence or non-attachment that is complete suppression of the passions.

OBJECTIVES

The objectives are-

1. To improve strength, stamina and flexibility of an individual through yoga .
2. To reduce stress, depression and anxiety through yoga

IMPORTANCE OF YOGA

Yoga as a habit has innumerable benefits that positively impacts an individual both physically and mentally. Whether it is depress blood pressure or raising pain tolerance, listed below are a few things that yoga works on:

- Improves brain function
- Enhanced blood circulation
- Improves posture
- Uplifts your mood
- Lowered Blood Pressure.
- Reduces stress
- A drop in the pulse rate
- Increase strength
- Anxiety management

- Better cardiovascular Endurance
- Improves sleep
- Increased metabolism.
- Reducing Hostility • Improves sense of balance.

BENEFITS OF YOGA

Yoga offers physical and mental health blessings for people of all ages.

- * yoga improves Strength, balance and flexibility .
- * Yoga helps with back pain relief.
- * Yoga benefits heart health.
- * yoga helps you sleep better.
- * Yoga can mean more energy and brighter mood.
- * yoga helps you manage stress
- * yoga Connects you with supportive community .
- * Yoga Promotes better self-care.
- * Improves brain function
- * Relieves anxiety
- * Improves sense of balance
- * Healthy weight

Yoga as a habit has innumerable benefits that positively impacts an individual both physically and mentally. Whether it is depress blood pressure or raising pain tolerance, listed below are a few things that yoga works on:

Enhanced Circulation:

Yoga improves your blood circulation. Improved blood flow also indicates stronger organs and glowing skin.

Improves Posture:

Yoga teaches how to control and how to balance body and healthy.

Uplifts your mood:

Practicing yoga on regular basis uplifts your mind instantly as it leaves body with refreshing energy.

Lowered Blood Pressure:

Practicing yoga on regular basis improves the blood circulation in the body. This enables oxygenation in the body , there is a significant reduction in the blood pressure as the body calms down.

Reduces Stress:

When you are on yoga mat, you focus on the exercise. This means that all your attention is concentrated on the matter at body posture slowly drains out the stress , strain and troubles that are plaguing it.

A Drop in the Pulse Rate:

Yoga eases the body by decreasing the strain. When the body relaxes, the pulse rate reduces. A low pulse rate indicates that your heart is strong enough to pump more blood in a span of fewer beats.

Increases Strength:

Yoga increases body strength and power

Anxiety Management:

Yoga helps you overcome anxiety.

Better Cardiovascular Endurance:

Yoga improves oxygenation in the body and also lowers the heart rate. This results in higher cardiovascular endurance.

Lowered Respiratory Rate:

Yoga involves a whole lot of controlled breathing. It entails filling your lungs to their full capacity, thus allowing them to work more efficiently.

Fights Depression:

When you practice yoga, repressed feelings surface. While you may feel sad, the negative energy is released. This helps to combat depression.

Teaches Balance:

Yoga also focuses at improving balance and also allows you to gain control over your body and mind. Daily practice of yoga will improve your ability to balance the poses in the class and focus well outside the class.

Increased Immunity:

Yoga and Immunity go hand in hand. As yoga works towards healing and improving each cell in the body, your body automatically becomes more immune. There by,

Improves sleep:

Yoga helps you relax your mind completely. It helps you work on unnecessary tensions and stress, thus facilitating better sleep.

Integrated Function of the Body:

Yoga means unison. When you practice yoga on regular basis, your mind starts to work in union with your body parts. This improves movement and grace.

Allows- Self Acceptance:

Yoga enables self-awareness and betterment of health. Your self-esteem, self concept improves, and you become more confident.

Brings about a Positive Outlook to Life:

Many hormones in the nervous system are stabilized when yoga is practiced on the daily basis.

Better Concentration:

Performing yoga regular will eventually result in better concentration and in less than ten weeks of yoga practice, you will find yourself more motivated.

TYPES OF YOGA

The secret of yoga lies in the fact that it deals with 'whole man' not with just one of his aspects. It is concerned with growth- physical, mental, moral and spiritual. It develops forces that are already within us. Beginning with improved health and added physical well-being, it works up slowly through the mental to the spiritual. The transition is so gradual that we may not even be aware of it until we realize that a change in us has already taken place. It is concerned with the control over the body, the senses and the mind. It doesn't want to kill the body; on the other hand; it recommends it's perfection. A sound mind needs sound body. Sensual attachment and passions distract the body as well as the mind.

Indian yoga scholars have described 8 types of yoga -

Hatha yoga

Layyoga

Rajyoga

Devotional yoga

Knowledge yoga

Karmayoga

Chanting yoga

Ashtangayoga

1. In ancient times, Mahatma Gherand was accomplished in Hatha Yoga. He composed the book Gherand Samhita to explain it to his disciple Chandakpali in a practical manner, which is available even today. This is an authentic and universally accepted book of Hatha Yoga. It describes the seven parts of Hatha Yoga, Shatkarma Asana, Mudra, Pratyahara, Pranayama, Dhyana and Samadhi.

Hatha Yoga includes physical activities. To make the body suitable for penetrating the Shatchakra, Gaurakshanath ji has emphasized on many postures like Kaki Mudra (breathing life air by making the tongue like a crow's beak), Khechari Mudra (putting the tongue towards the root of the tongue). Turn over and inhale air) and then perform eighty-four asanas. Moolabandha, Uddiyan Bandha, Jalandhar Bandha etc.

2. Lay Yoga

The masters of Yoga have also considered rhythm as a means to attain God. Its meaning is - "to tune the mind into the soul, to immerse it." "Anand tah pasyanti vidvansasten layen pasyanti."

"Those learned men, seeing it as the form of Anand (soul), get absorbed in it and then they do not see anything other than that." In this way, while searching for the truth through knowledge, man reaches the soul and he sees that It is not only my mind, all the worlds and worlds are absorbed in it. This soul is God, there is no difference between the two, this is Laya Yoga.

3. Raj Yoga

"Rajatvaat sarvayoganam rajyoga iti smritah".

It has been said in the Smritis that due to being the best among all the methods of yoga and being the king of all the yoga processes, it has been called Rajyoga. The meditation of Rajyoga is called Brahma Dhyana, Samadhi is called Nirvikalpa Samadhi and in Rajyoga, it is called Siddhamahatma, Jivanmukta. The most certified book regarding Rajyoga is Yogadarshan written by Maharishi Patanjali. It is said that the conceptual aspect of Yoga and Siddha Yoga, the spiritual practice of removing the restlessness of the mind, concentrating the mind and stabilizing the intellect and merging the soul with God, was told by Brahma himself to the sages through the Vedas.

Some Yogashastras have considered Rajyoga to be complete with sixteen arts i.e. 16 limbs. There are seven roles of knowledge, two types of perception – nature perception and Brahmadharana, three types of meditation – Virat Dhyana, Ish Dhyana and Brahmadhyana, and four types of Samadhi – two with thought and two with no thought i.e. vitarkanugat, vicharanugat, anandanugat and asmitanugat. A Rajyogi doing sadhana in this manner attains his true form and becomes free in this very life.

4. Bhakti Yoga

Nishkaam Karma means that while doing the work, one does not expect any result from the work. By following the path of devotion, the seeker starts experiencing God himself. It is said in Geeta- "Patram Pushpa Phalam Toyonyo Mein Bhaktaaya Prayachhati"

'That is, if a devotee lovingly offers a letter, flower, fruit, water etc. for me, I accept it with great joy.'

5. Gyan Yoga

There is nothing more sacred than knowledge in the world.

According to Geeta – “Nahi Gyanen Sadrishampavitramih Vidyate”

There are two types of knowledge –

Logical knowledge- Logical knowledge is called science. It is used to explain the truth in the appearance of an object. It contains the knowledge of the knower and the known.

Spiritual Knowledge - Spiritual knowledge is called "knowledge", in this the distinction between the knower and the known gets erased and such a person sees God in all forms.

6. Karmayoga

Yagyatha Karmano'nyatra Loko'yam Karmabandhan: Geeta-Taksrtha Karma Kaunteya Muktasangah Samachar:.

Conceptual aspect of Yoga and Siddha Yoga: This world is bound by the chain of karma. Swayam Yagya originates from Karma, food in the fields is produced only from Karma because Yogis do Karma for self-purification. Everyone has to perform actions under the influence of nature's qualities. There is no liberation without getting relief from the consequences of karma.

7. Japa Yoga

Japa is a mantra or name of a divine power. According to Swami Shivanand, Japa Yoga is an important part, Japa alone can give eternal peace, ecstasy and immortality in this Kaliyuga behavior. Chanting should become habitual and should be done with satvik sentiment, purity, love and devotion. There is no yoga greater than chanting yoga. It can provide you all (what you want) Sat Siddhi, Bhakti Vimukti.

8. Ashtanga Yoga

Maharishi Patanjali has started the Patanjali Yoga philosophy with the words “Athayoga Anushasanam”, which clearly shows how much importance he has given to discipline among the ideals of life. Patanjali Yoga development happens in eight sequences, hence it is also called Ashtanga Yoga. Eight limbs have been described under Ashtanga Yoga.

To conquer them, yoga recommends the following eight Astanga yoga.

a. Yama:

Yama means abstention. It is the control of the body, mind and speech. It includes the following five vows – Ahimsa , Satya, Astaya, Brahamacharya and Aprigraha

b. Niyama:

Niyama is self – culture and includes the following five elements. They are Saucy, Santos, Tapa, Swadhyaya, Iswar Pranidhan .

c. Asana :

Steady and comfortable posture is known as Asana. It helps in the concentration of citta and in the control of the mind. Yoga has prescribed various types of postures e.g. Padma, Veer, Bhadra, Sirsa, Garuda and Mayura.

These postures are very helpful in controlling the mind as well as other vital elements in the body. They also help in removing the sufferings due to cold and heat. As a matter of fact, posture is nothing but control of the body. It also keeps the body free from disease and makes it strong. By it, one can control the different external as well as internal organs in the body. Thus yoga philosophers had the valuable insight to realise that mental control requires discipline of the body as well.

d. Pranayama :

Control of breath is known as pranayama. It deals with regulation of inhalation, retention and exhalation of breath. The following are the three main steps of pranayama.

Puraka:- The first step in pranayama is puraka or inhaling i.e. to take in as much air as possible.

Kumbhak: - After the maximum amount of air is taken in, the second stage in pranayama is kumbhak or to retain it for half of the time taken for inhaling.

Recaka :- The third stage in pranayama is Recaka or to hold the same time as taken in inhaling.

e. Pratyahara

It is the control of the senses and consists in withdrawing the senses from their objects.

By practicing this, the aspirant can keep his mind undisturbed by worldly objects even while he lives in the world. The practice of pratyahara requires very strong determination and repression of the senses. The above mentioned five stages in yoga are known as external means. The remaining three stages are known as internal means. As a matter of fact, the first five are merely preparatory to the latter-three which are directly concerned with yoga. The latter three are as follows:-

f. Dharana :

Dharana refers to fixing the mind on the object of meditation like the tip of the nose or the mind point of the eyebrows or the lotus of the heart or the image of the deity. This is the beginning stage of Samadhi.

g. Dhyana:

When the knowledge of an object of concentration is continued in a process, it is known as dhyana. This requires clear knowledge of the object. In dhyana in the beginning, the aspirant knows only the different parts or forms of the object and only gradually realises the whole of it.

Thus by dhyana, the aspirant has the real knowledge of the object, along with discipline of citta through meditation.

h. Samadhi:

Samadhi means concentration. At this stage the mind of the yoga is completely absorbed in the object of meditation. This is the culmination and the goal to which all the above-mentioned seven stages are only preparing steps. The stage of absolute identity, when the process of concentration and the object become one and identical, negating the differences between the subject and the object is known as samadhi. In this stage, there is no separate cognition of the subject or the process of concentration, and the citta attains the form of the object. Thus in this stage the subject and the object as well as the process of concentration become one.

CONCLUSION

The application of yoga as a therapeutic intervention, which began in the early twentieth century, takes advantage of the various psychophysiological benefits of the component practices. Physical exercises (asanas) can increase the patient's physical flexibility, coordination and strength, while breathing exercises and meditation can calm and focus the mind to develop greater awareness and reduce anxiety. Physical health and mental peace are very important in our life. Our body may look fat for a moment, but if your mental health is not good then you may have to face many problems. Lacks of mental and physical health causes many problems. Along with this, anxiety also starts which can prove to be very dangerous. We tell you how you can relieve mental stress through yoga. Overall, yoga helps reduce anxiety and increases a sense of well-being. This improves inter-personal relationships, improves concentration, reduces irritability levels and develops an optimistic outlook towards life in the form of health.

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