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Impact of Yoga: Balancing Healthy and Stress free life

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Abstract

People from different walks of life are now more aware about Yogic practices and its role not only in preservation and promotion of positive health but also in prevention and management of various diseases /conditions. Scientists and other medical professionals have realized the importance of yogic life style for the prevention and management of stress induced and other psychometric disorder. Medical science says yogic in your routine life style can cure many diseases, like Depression, High Blood Pressure, Diabetes, Tension and Anxiety etc.

Keywords: *Yoga, Healthy, Stress Free, Life Style.*

Introduction

Yoga is a traditional system of health, holistic living and an ancient science which originated in the culture of a country. It has evolved thousands of years ago by the saints and Rishis. The yoga practices are widely used globally by everyone to meet out the increasing challenges which are changing our health and life style. Yoga is the centre of attraction for everyone all over the world due to its benefits in life style mentally and physically. Yoga is a combination of physical postures, breathing exercise and meditation to improve and develop one's inherent power in a balanced manner. People from different lifestyle whether high class, middle class, or low class are now aware about yogic practices which cure us from many problems Stress, psychosomatic disorder, mentally and physically fit.

The benefit of yoga are time-tested, highly economically simple and useful for all, including youth who makes their life stress free and balanced. The popularity of yoga has reached beyond India and the practice of yoga are performed in many countries. By the youth. Yoga & has no restriction of religion, region, caste, creed and nationality. It is open for all. As we know United Nations has

declared on 21st June as “International Day of Yoga” Health is defined as being “a state of complete physical, mental and social well being not merely the absence of disease or infirmity”. Acc. to the World Health Organization (WHO) It is also suggest a fourth dimension i.e. spiritual well being. Overall health is achieved through a combination of physical, mental, emotional, Social and spiritual well being. A sound mind survives in a healthy body.

Benefits of YOGA

Here, starts the role of a. It develops our personality in a holistic & balanced way on every ground physically, mentally, emotionally, socially and spiritual plans of living at the same time. It regular practices enhance our capacity, gives strength boost our mind and body whole and increase our confidence level. Yoga has the power to transform the youth in leading a more and right the person about wrong and right do's and don's. It practices are easy to follow and can be integrated well in are daily routine as per need but it is a regular medicine.

Harmful Effects of Youth Lifestyle

The life of metro cities will effect on youth life style because of industrialization and fast life style have increased the challenges like population, stress, anxiety and so on. Peeling with these our lifestyle has become faster and more maniacal from early morning to late night. The dietary habit are nit healthy, preserved food, fast food, junk food as well as smoking, alcohol, drugs and lack of proper rest and exercise have made us impatient resulting in the development of various psychosomatic diseases such as diabetes hypertension, arthritis, back pain etc. The number of mental illnesses is increasing day due to to these reasons. It is found that a large number of people are suffering from depression, schizophrenic disorder related to use of alcohol and drugs. Yoga is a one kind of treatment, which, cure these diseases of our body and mind effectively of with different practices like effectively Pranayama Shatkarmas, surya namaskar and meditation. Various mental illness like anxiety, depression, neurosis behavioral impairments / disorder anorexia etc.

Other Psychosomatic ailments like headache, bronchitis, asthma, diabetes auto immune disorders etc. can very well managed through the practice of yoga.

Major life changes, work or school relationship difficulties, financial problems being too busy and children and family may be considered as common external courses of stress. Chronic worry pessimism, negative self-talk unrealistic expectations/perfectionisms rigid thinking, lack of flexibility all are considered as common internal causes of stress. Emotional imbalance, in stability and anxiety are some of the common problem of mental stress. Some are psychosomatic disease like headache, insomnia, twitches, skin rashes, digestive disorder, peptic ulcer, High BP etc. Regular practice of asanas, pranayama and meditation has great role in its management. Asanas stabilize and relaxes the body and mind, open new thought processes and develop focus which ultimately changes the attitude of the practitioner. Practice of the deep breathing, yoganidra and mediation decreases the pessimistic attitude and brings calmness, internal pleasure and cultivate optimistic thoughts. Some healthy lifestyle practices can be incorporated by youth in their lifestyle to make to make it more healthy balanced and stress free. These practices are good for maintenance of health & prevention of disease. These are simple cost effective easy to follow and can be integrated in the daily routine as per the need. The natural lifestyle enhances the love and affection between each other and develop a bondage of emotions. It promotes calmness tranquility and optimistic attitude to mind some of these practices are:

Balanced Eating: The first and most important practice is balanced eating. Our food must be natural from as far as possible. Our diet must consist of fresh, seasonal fruits, fresh green leafy vegetables and sprouts etc. Being alkaline, these food help in improving health, purifying the body and rendering it immune to diseases.

Fasting: Fasting is an important technique of health preservation. It is a process of giving rest of the whole digestive system. During this process the vital energy which digested the food, is completely engaged in the detoxification of the body. It is an excellent remedy for removing the disorder of body as well as mind.

Regular Exercise : Regular exercise is some from or Yogic practices is essential for good health. It reduces the ageing process and maintains sound health. Dr. Henry Landhahr a well known Naturopath say that “Exercise stirs up the morbid accumulation in the tissues, stimulates the arterial and various circulation expand the lungs to their fullest capacity, thereby increasing the intake of oxygen and most effectively promotes the elimination of waste and morbid materials through the skin, kidneys, bowels and respiratory tract”.

Rest: Apart of Yogic practice proper rest i.e. quality sleep is necessary for good health. A good sleep gives us freshness, makes us happy and light.

Adequate Water Drinking: Adequate Water Drinking is good for prevention of disorders and maintenance of health. Water dissolves all the toxicity of body and cleanses all body internally.

Some golden tips on healthy lifestyle prescribed to be followed by all are:

1. Go to bed at night and wake up early before sun rise .Try to have seven hours of sound sleep.
2. Take a simple balanced and static diet.
3. Reduce the quantity of sugar, salt, heavy meals, red chilly etc. Minimize the use of the and coffee. Use of oil and ghee may be minimized .Vegetarian diet is good for Yoga practitioner.
4. Water is not advised with the meals. Make a habit of water drinking half an hour before and half an hour after taking food.
5. Daily morning or evening prayer or mediation must be practiced. It relieves the tension and stress.
6. External and Internal cleansing of body through Yoga practice and *shatkarmas* is important.
7. Have faith in Nature. It will you positive and confident.
8. Maximum walk on foot is advised. This is beneficial for body and mind.

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