

## A STUDY ON THE EFFECT OF YOGA ON HEALTHY LIFE

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## ABSTRACT

The word meaning of *Yoga* word is Addition or the meeting of *Atma* and *Parmatma*. In addition, a person can develop self-discipline and self-awareness from *yoga* if practiced regularly. It connects him to nature like never before and enhances his social well-being. A person will gain a sense of power once he does it consistently and help him lead a healthy life free from any problems. *Yoga* is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. *Yoga* was developed as a spiritual practice thousands of years ago. Today, most Westerners do *yoga* for exercise or to reduce stress. 21st of June is celebrated as International Day of *Yoga* where people are made aware of the benefits of *yoga*. *Yoga* is a great gift to mankind which helps to keep better and maintain people's health. *Yoga* has been the subject of research in the past few decades for therapeutic purposes for modern epidemic diseases like mental stress, obesity, diabetes, hypertension, coronary heart disease, and chronic obstructive pulmonary disease. Individual studies report beneficial effect of *yoga* in these conditions, indicating that it can be used as nonpharmaceutical measure or complement to drug therapy for treatment of these conditions. *Yoga* has numerous benefits if we look at it closely. when a person practices several asanas and postures, it strengthens his body and gives him a feeling of well-being and healthiness. Furthermore, *yoga* helps in sharpening mind and improving a person's intelligence. he can achieve a higher level of concentration through *yoga* and learn how to steady his emotions. This paper is aimed to maintain a stress-free life in a very short duration by performing *yoga*.

**KEYWORDS:** *Atma* and *Parmatma*.

## INTRODUCTION

The word "*Yoga*" is derived from the *Sanskrit* root *Yuj* meaning "To Join", "To Yoke" or "To Unite".<sup>[1]</sup> According to *Yogic* scriptures, the practice of *Yoga* leads to the union of individual consciousness with universal consciousness.<sup>[2]</sup> According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in *Yoga*" and is termed as a *Yogi* who has attained a state of freedom, referred to as *Mukti*, *Nirvana*, *Kaivalya* or *Moksha*.<sup>[3]</sup> According to Charaka Samhita Sharir Sthana all sensations cease to exist in the state of *yoga* (Union with self) and *Moksha* (emancipation). In *moksha*, the cessation is complete while *yoga* leads to that.<sup>[4]</sup>

The first mention of the word "*yoga*" appears in Rigveda.<sup>[5]</sup> *Yoga* is the most favourable method to

connect to the nature by balancing the mind-body connection. It is a type of exercise which performed through the balanced body and need to get control over diet, breathing, and physical postures.<sup>[6]</sup> It is associated with the meditation of body and mind through the relaxation of body. It is very useful to control over mind and body as well as getting proper health of body and mind by reducing the stress and anxiety. It helps in coping with the hard times of the life and pressure of school, friends, family, and Neighbours.<sup>[7]</sup> Through *yoga* practice, one can disappear his problems and stress given by others. It helps in easily accomplishing the connection between body, mind, and nature.<sup>[8]</sup>

## PRINCIPLES OF YOGA

## The principle of continuity

- Do not suddenly increase the load and never move to complex exercises initially.
- Always move from simple to complex.

**The principle of regularity**

- Practice on regular and daily basis

**The principle of moderation**

- If anyone cannot exercise with increasing load due to fatigue or some other reason than he should stop and reduce the burden, to continue to carry out the previous two principles.

**BASIC RULES OF YOGA**

- *Yoga* should be practiced empty stomach. If anyone had food, should wait for at least 3 hours before practicing.
- Relax for 10 seconds at least after each *yoga* exercise.
- Avoid excessive intake of tea or coffee when you are practicing *yoga*
- Wear comfortable clothes for practicing *yoga*.
- First begin with easy poses and thereafter you can advance to the tough ones.
- Do not practice *yoga* on naked ground. Always use thin *yoga* mat or thick bed sheet for *Yoga*.
- Before you start *Yoga*, you must clear your bowels and bladder. Clean your nostrils and throat of all mucus.
- Woman should not practice *yoga* during menstruation.
- Food can be taken after an hour of practicing *yoga*.
- Morning is the best time to prepare for *yoga* and it is always better to practice *yoga* where there is abundant clean air.
- Do not do *yoga* twenty minutes before and after taking a shower as blood circulation could speed up after take a shower. It is better to take cold shower after practice it.

**YOGA TO BE DONE REGULAR BASIS**

*Yoga* can be practiced by anyone as an exercise on daily basis to fulfill the need of very active and demanding life especially teenagers and adults.

➤ ***Naukasana* (boat pose)**

This asana increases the efficiency of abdominal muscles, is good for digestion, and reduces belly fat. It also strengthens organs in the abdomen and leg muscles.

➤ ***Paschimottanasana* (head to toe)**

*Paschimottanasana* stretches the calf and hamstring muscles, which helps for better circulation. It elongates the spine and gives a good stretch to it. It also regulates vital energy to the nervous system and ensures good circulation to internal abdominal organs.

➤ ***Ardha matsyendrasan* (half spinal pose)**

This asana makes the spine more flexible and strengthens the side muscles, It also tones the abdominal muscles and opens up the chest area.

➤ ***Dwi Pada Uttanasana* (both legs raise pose)**

This asana strengthens the core and is an efficient practice to release the extra fat around the abdomen. It works on the gluteus and quadricep muscles.

➤ ***Dandasana* (plank pose)**

This asana is an excellent way to strengthen the core. It helps to burn fat and calories from the abdomen and increases the overall productivity of the abs, butt and thighs.

➤ ***Viparita Karni* (Inclined pose)**

The digestive system gets strengthened by regular practice of this exercise. The appetite increases. It can prevent premature graying of hair and cure diseases like the swelling of the feet, goitre, blood-related diseases like boils, pimples, and itching. This asana enables quicker movement of water from the small intestine to the larger intestine, which cleanses the stomach. It is also a great practice to stimulate the hormone system and strengthen the core.

➤ ***Kapalabhati* (skull cleansing kriya)**

*Kapalabhati* balances and strengthens the nervous system and tones the digestive organs. It is an effective practice for releasing excess fat, burning calories, and reducing belly fat. The rapid and rhythmic movements strengthen the abdominal muscles and ensure proper circulation towards the abdominal organs.

➤ ***Dhanurasana* (bow pose)**

This asana is effective in weight loss, improves digestion and appetite and boosts blood circulation. It also makes the back flexible.

➤ ***Bhujangasana* (cobra pose)**

This pose improves the flexibility of the back and tones the abdomen, neck, and shoulders. It improves blood circulation and rids of fatigue and stress.

➤ ***Bitilasana* (cat cow pose)**

This asana warms the body and brings flexibility to the spine. This *asana* stretches the back torso and neck, and strengthens the abdominal organs.

**YOGA ASANAN CAN BE DONE POST DINNER****1. Gomukhasana**

*Gomukhasana* or cow face pose is an *asana* which helps in stretching the spine and the stomach muscles which helps in making the digestion process easy.

**2. Vajraasana**

Also known as Adamantine Pose, *Vajraasana* is the most beneficial *yoga* pose after dinner. Experts suggest that any movement which helps in stretching the upper body and abdomen and relaxes the breathing is a good posture after dinner. It is often advised to practice *yoga* with an empty stomach but this is one such exceptional *asana* which is more beneficial when practiced after a meal because it promotes digestion.

### 3. *Ardha Chandrasana*

*Ardha Chandrasana* or half-moon pose is another good yoga pose to try after dinner as standing and side stretching (to stretch the stomach and abdomen) help in digestion.

#### YOGA POSES WHICH ARE BENEFICIAL IN LIFESTYLE DISORDERS

1) **Thyroid:** Also known as Adams apple regulates metabolic activities of the human body and a disorder in the discharge of hormones can cause grave problems to the body.

**Symptoms:** Low energy level, Skin problems, Depression, Anxiety, Neck swelling, Hair loss, Constipation.

#### Suggested yoga poses

- ***Halasana/ Plough pose:*** This pose will give compression to the neck and stimulates the thyroid glands.
- ***Matsyasana/ Fish pose:*** *Matsyasana* provides adequate stretching to the neck triggering the thyroid gland.

2) **Polycystic Ovarian Syndrome disease:** PCOS is a common occurrence in the women at reproductive age. Women suffering from obesity are more prone to PCOS. It crops up when a woman's ovaries or adrenal glands produce more male hormones than normal. Presently, many women have started recognising the role of yoga as a safe PCOS treatment option.

**Symptoms:** Irregular or no menstrual periods in women of reproductive age, excess hair growth on the face and body, thinning scalp hair, acne, weight gain, ovarian cysts (polycystic ovarian morphology).

#### Suggested yoga poses

- ***Dhanurasana/ Bow pose:*** This posture helps in galvanising reproductive organs.
- ***Bhujangasana/ Cobra pose:*** It helps in activating ovarian functions.

3) **Arthritis:** Arthritis is a common rheumatic condition among adults aged 65 or more. These days' people of all age groups can be affected by arthritis which includes pain, stiffness and swelling in and around one or more joints.

**Symptoms:** Pain, Stiffness, Swelling, Redness, Decreased range of motion.

#### Suggested yoga poses

- ***Child Pose/ Shishuasana:*** This *asana* can help you straighten the vertebra.
- ***Adho Mukha Svanasana/ Downward facing dog pose:*** It improves flexibility of the body and stretches the spine.

4) **Lower back pain:** The most intricate part of the human body is the lower back. Long hours of desk work can cause severe problems.

**Symptoms:** Fever and chills, sudden bowel and/or bladder incontinence - either difficulty passing urine or having a bowel movement, or loss of control of urination or bowel movement severe and continuous abdominal pain.

#### Suggested yoga poses

- ***Supta Matsyendrasana/ Supine Spinal Twist:*** If anyone wants to get relieved from constant back pain, he should try this *asana*.
- ***Vrikshasana/ Tree Pose:*** This exercise is beneficial for the spine and balances the body.

5) **Diabetes:** The numbers of Diabetic people have highly increased in the past decade. It is a condition which affects a person's metabolic system as the glucose level rises because of inadequate insulin production or due to the insufficient response of the body to insulin.

**Symptoms:** Hunger and fatigue, peeing more often and being thirstier, dry mouth and itchy skin, blurred vision.

#### Suggested yoga poses

- ***Ardha Matsyendrasana/ Half Spinal Twist:*** People suffering from diabetes can do this *asana* to control body sugar level.
- ***Chakrasana/ Wheel pose:*** *Chakrasana* can help people suffering from diabetes.

6) **Indigestion/ Stomach Disorder:** Stomach disorder and indigestion can lead to several health issues such as Gastritis, Diarrhoea, heartburn etc.

**Symptoms:** Nausea and vomiting, bloating and gas, weight loss or loss of appetite, blood with bowel movement, severe abdominal pain, ongoing vomiting or diarrhoea.

#### Suggested yoga poses

- ***Apanasana/ Knees to chest pose:*** If anyone is battling any sort of stomach disorder then this pose can relieve him from constipation, indigestion, bloating and acidity. It is beneficial for digestion and helps in removing toxic substances from the entire system.
- ***Paschimottanasana/ Seated Forward Bend Pose:*** This simple stretch can relieve from digestive problems.

7) **Migraine:** A chronic neurological disease which can lead to recurrent moderate to severe headaches.

**Symptoms:** Hyperactivity, pain on one side or both sides of your head, sensitivity to light, sounds and sometimes smells nausea and vomiting, blurred vision.

#### Suggested yoga poses

- **Padmasana/ Lotus pose:** This asana relaxes the mind and alleviates headache.
- **Sirsasana/ Headstand or Salamba Sirsasana/ Supported headstand:** It is also known as King of all *asanas* and increases the flow of blood in brain.

8) **Liver problems:** Liver is one of the most important organs because it influences and regulates many bodily functions such as protein production, blood clotting, cholesterol, and glucose and iron metabolism.

**Symptoms:** Weakness and fatigue, weight loss, nausea, vomiting, and yellow discoloration of the skin etc.

#### Suggested yoga poses:

- **Ardha Bhikasana/ Half Frog Pose:** This exercise can help people who are suffering from liver problems.
- **Parighasana/ Gate Pose:** It is beneficial for liver ailments.

9) **Depression:** Depression, a psychological condition which makes a person gloomy, discouraged, hopeless, unmotivated, disinterested, or bleak. When these feelings last for a long period of time one is sure into depression.

**Symptoms:** loss of interest in daily activities, appetite or weight changes, sleep changes, anger or irritability, self-loathing, concentration problems etc.

#### Suggested yoga poses

- **Baddha Konasana/ Bound Angle Pose:** This yoga can help of depression.
- **Sukhasana/ Easy Pose:** In this *asana*, there should be a comfortable gap between the feet and the pelvis. It is helpful in alleviating mind from depressing thoughts.

10) **Kidney:** Kidney is of the essential part of the body as it cleanses blood by removing waste and excess fluid and keeps a balance of salt and minerals in the blood, and helps in regulating blood pressure. Any imbalance in its functions can turn into chronic kidney disease (CKD).

**Symptoms:** Changes in urination, swelling of the feet, ankles, hands, or face, fatigue or weakness, Ammonia breath or metal taste in the mouth, Back pain, Itching.

#### Suggested yoga poses

- **Salamba Bhujangasana/ Sphinx pose:** This pose stretches and strengthens the abdominal organs of the body. It also raises the immunity level.

- **Naukasana/ Boat pose:** The Boat pose strengthens and stimulates the abdominal organs. It also helps to improve digestion and alleviates stress.

#### CONCLUSION

The *Yoga* combines physical and mental disciplines to achieve a serene body and mind.

- *Yoga* asanas like the tree pose, the mountain pose and cat cow pose help to improve the posture. These asanas also help in preventing pain in the neck and the lower back.
- *Kapal Bhati pranayama* is highly recommended for losing weight.
- *Yoga* helps in blood circulation as it increases oxygen supply to the cells which in turn, improves the functioning of the body. Poses like the headstand, handstand, and shoulder-stand, encourages venous blood from the legs and pelvis to flow back to the heart, where it can be pumped to the lungs to be freshly oxygenated. It also helps in boosting hemoglobin levels and red blood cells which aid in carrying oxygen to the tissues.
- *Yoga* helps in building strong muscles and protecting us from conditions like arthritis and back pain. It also improves the flexibility and stamina.
- Practicing *yoga* on a regular basis helps in increasing a person's mental well-being. It improves mental clarity, calmness, body awareness and sharpens concentration.
- Restorative asanas like savasana, pranayama, and meditation help in relaxing the nervous system which in turn, improves the quality of sleep because these asanas make a person less tired and less stressed out.
- *Yoga* asanas and postures help in boosting the immune system. It improves the functioning of all body parts and helps in destroying bacteria and viruses that could cause damage to the immune system.
- *Yoga* increases self-esteem. It encourages to take a positive approach in life.
- *Yoga* helps in reducing high blood pressure, bad cholesterol, and stress all of which, are risk factors for heart disease. Performing savasana (corpse pose) aides in improving blood pressure to a great extent.
- Practicing breathing exercises improve lung function and cure respiratory problems. Deep breathing also increases the capacity of the lungs.

It is extremely beneficial to an individual's general well-being. As we all know that the *yoga* is nothing but it's a meeting of *Atma* (Soul) and *Parmatma* (The Almighty). Its totally correct in Spiritual way but if we do a practical approach on this the *Parmatma* means a healthy and disease-free body which we can achieve by doing *yoga*. By this healthy body we achieve "*Purusharth*".

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