

Evaluation of Yoga on Human Being

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ABSTRACT

Yoga originated in ancient India at 2700 B.C. but yoga was systemized by Patanjali in the Yog Sutras (300-200B.C.). In recent times, yoga is growing day to day more popular among people because of gaining overall better health and fitness. In present time, our life is very stressful because of playing multiple roles at one time. By practicing yoga as physical exercise which can help in people's strength, flexibility and mind-body coordination. In this article, we want to review the lifestyle and health condition of the people's after doing yoga through qualitative analysis of available secondary data. Yoga is integrating the concept of unity between the body, mind and spirit. The regular practices of yoga helps us in bears the complete solutions to the problem related with human life and living. For a healthy, harmonious and peaceful life, yoga is very beneficial practice which is spiritual in nature. So, we are aware about the physical, psychological, intellectual, social, spiritual, and moral advantages of yoga. Yoga helps in people's attitude yet to make holistic.

KEYWORDS

Yoga, health, lifestyle, spirituality, playing multiple roles, body harmony

INTRODUCTION

The word yoga derived from Sanskrit root word "yuj" which mean to yoke, join, or unite. So, yoga is a complete system which unites individual body with mind and soul to achieve a balanced life. Yoga as a science teaches us the principle of a one's soul to supreme soul. After the assimilation of individual soul to supreme soul the power or inner consciousness is on higher level. Yoga means to whole or complete system not a small part of asana, postures and kriyas which maintain whole body not a part of body.

Modern life living patterns affect our health in various aspects physically, socially, psychologically. There are needs of awareness about effect of modern life at our daily life. In that time, life is driven by science and technology which makes our life activity too faster and human want to process more than one work in one time so that it's create disbalance, anxiety, depression etc. in our mind and body. Yoga play a very important role in holistic development of our healthy body and healthy lifestyles. Regular yoga practices reduced the risk of getting so many diseases through our daily lifestyles. Yoga is the way of living

healthier life. It's beneficial in coordination of physical, mental, spiritual and psychological health. In modern life, there are so many causes which's effect our health as like foods, daily routine, living lifestyles, uses of electronic gadgets etc. when the body is physically healthy, mentally clean, spiritually focus, not suffering any psychologically stress and strain then our body performance, mind durability or inner consciousness are on higher level. So in that modern life yoga helps us to maintain our body harmony. Practicing yoga in daily life helps us in creating balance in our body.

Verma, M. et. al. (2015:1-2) told about importance of yoga in twenty first century. Yoga is the only technique through which the body of any human being can be healthy without any trainer, equipments and medicine. Regular yoga practices gives relax mind and body, improves concentration, boosts body awareness. Yoga provides the key of proper breathing which enhances mental and physical energy, social wellbeing of humanity. That days, doctors also have suggested about yoga can enhance cognitive performance. Today, yoga must be an integral part of our day to day modern lifestyles which can helps in physically, mentally, and spiritually healthy. Hence, there is an urgent need to popularize yoga among the human beings.

Tessema, T.A. (2017:123-125) observed significance of yoga in modern life through practicing yoga in university of Kerala. In modern time, people are in competitive life, stressful working atmosphere, highly uses technology then yoga is highly suggesting thing to do for balancing and maintain to mind and body. In the current time lifestyles especially in urban society the working lifestyle, eating habit and family structure is completely changed by which leads to different types of diseases in our body. So, practicing yoga is more significant in controlling health problems which is resulted through modern life situation. Yoga is holistic way which can provide better physical, psychological, social and spiritual health benefits.

Telles,S. et. al surveyed about benefits and adverse effects of yogic practices thought convenience sampling of 3135 yoga experienced persons. They found that most common benefits are improvement in physical fitness, mental state and cognitive functions but most common adverse effects reported in soreness and pain muscle injuries and fatigue.

Srinishsa, M. et al (2018: 2197-2200) surveyed about effects on memory through practicing yoga consisting 107 participants. Practicing yoga gives powerful results as like mind-body relaxation which helps in focus our work, improving in concentration, improvement in eye-hand coordination, better performance in work and it's also help in the integration of physical health and movement. So, all these activity helps in improving memory through practicing yoga.

Bhardwaj, S. (2012) discussed about importance, utility & value of yoga in our Physical, Mental, Moral, Spiritual and Social health. Through yogic activities an individual wants to his all-round growth and development with the greater soul of his self. Society is made by individual. Good society consists good individual. To be a good person of an individual which can get through engaged in the yogic activities. Such good person can help to establishment and functioning of a good and humanistic society. Yoga asana can also help in the improvement of attention, memorization, concentration, learning efficiency and mind body neuro connection etc.

DISCUSSIONS

After reviewing of some articles and books, we discussing some major aspects of health. These major aspects are as follows:

PHYSICAL HEALTH AND YOGA

Yoga sadhana and activities contribute significantly in terms of one's physical development and well-being in the manner as given below: -

- In Yogic activities, breath exercise (pranayama) help in the upgrade system in strength and stamina of our lunge power in terms of their increment and defence enabling us to inhale maximum amount of oxygen in our body for the purification of our blood, which is helping in the proper circulation of the purified blood in all corners of our body.
- Yoga activities help us in regulating the respiration activities of our body adding efficiency to our respiratory power including increase in its amplitude stability and smoothness and decrease in the respiratory rate.
- Yoga activities help us in the proper regulation of our blood pressure, digestive system, our body temperature and heartbeat.

MENTAL HEALTH AND YOGA

Yoga practices also play quite substantive role in seeking proper gains in terms of securing proper mental health and psychological functioning to the practicing individuals. The benefits gained on this front may be summarized in the manner given below.

- It is well said that there lies a healthy mind in a healthy body maintained through yogic activities. Through practices of yoga everyone can enjoy good mental and physical health.
- Yogic activities help in equipping one properly and sufficiently with all the essential cognitive and mental abilities and capacities for reaching the top of his intellectual and mental development. Yogic Asanas, pranayama and practice of Dhyana, Dharana and samadhi can help an individual to have sufficient gains in terms of the improvement in his power of concentration, memorization, attention, learning efficiency, steadiness, and mind body neuro connection etc.
- Practicing yoga can help in making one's sense organs healthy, strong and effectively functioning. It helps the individual to have a sizable increase in their reception ability, somatic and kinesthetic awareness and sensitivity for acquiring new knowledge and experiences through the use of their sense organs.

MORAL HEALTH AND YOGA

Yoga sadhana and activities help us in our moral development and ethical living in the manner given below: -

- Yoga sadhana helps an individual to control over his senses, and gratification of desires and as a result he tries to be the master of his senses and their gratification instead of being their slave. Food intake is influencing the conduct and ways of one's behaving. The food habits of a person should have quite simple, Satvik and restrained. Thereby it helps them in imbibing simplicity and discipline in their behaviour and conduct.

- Now a days, many people are involved to each other with negative emotions like jealousy, heartedness, envy, enmity and unusual anger etc. It's very harmful to making a good and humanistic society. Yoga sadhana helps an individual to far away from such harmful personality characteristics.
- Yogic sadhana and activities helps an individual to exercise proper control over the expression of his emotions and maintaining desirable emotional balance and equilibrium in his personal and social conduct.

SOCIAL HEALTH AND YOGA

Yoga activities do not matter only for one's personal development but also contribute significantly towards his proper social development and social well-being in the manner represented below.

- Society is the group of individuals. Good individuals make a good society. To get engaged in the yoga activities makes an individual a good person. Such persons practicing yoga then can help the establishment and functioning of a iconic and humanistic society.
- Yogic activities provide such a better environment that help ones to lead the path of virtues free from the social evils and ill temptations like alcoholism, fraud, sex crimes deceits, drugs trafficking, bribery, black marketing, violence, murder and dacoity, and any other anti-social behaviour.
- In the present era, human society breakdown through morality, social and ethical values of an individual. We are prone in envy, enmity and jealousy between each other persons, community and countries. So, yoga philosophy gives a path to better connection and harmony between each other.
- Today, in general, there is a serious crisis to making good character, social and ethical values all around the globe in the human society. We are living in that society in which we have a cut –throat competition, envy, enmity and jealousy prevalent in the human beings, community and nations of the world. Through Yoga philosophy of detachment to the worldly objects, and seeking harmony with others is quite capable of leading us to face this challenge in an effective manner.

SPIRITUAL HEALTH AND YOGA

Yog sadhana and activities play an important role in helping the individuals to seek their spiritual development besides helping them in their physical, mental, social and moral development. The spiritual health obtained through the performance of yogic activities may be briefly listed as below: -

- One can realize that there is the existence of a concept soul beyond the existence of our body and mind and therefore we must try to seek its about proper consciousness and development besides our bodily and mental development.
- All the human beings which are living on this earth have in the form of the existence as a soul of a part of greater soul, the supreme god or supernatural power. For betterment of an individual soul Yog sadhana is very powerful equipment.
- Yog sadhana develops feelings of equity and equality to all the creation on this planet. Its also helps in to develop individual consciousness, self-relaxation, better understanding to living a better way of peaceful life.

- Sadhana is a last stage of eight limbs of yoga. Its stage of realization of an individual to integration of one's soul to greater soul i.e., God.

IMPORTANCE OF THE STUDY

We all are know about that in previous time yoga is connected only in philosophy and psychology only. Yoga has major role in social well-being and development. So, we are trying to connect yoga with social well-being. A better social health has an ability to be happy within oneself and able to make others happy. Through practicing yoga, we can make genuine connection between nature and an individual. Yoga can active our positive sense and marching towards to make a better society.

CONCLUSION

The Yoga activities provide the fuel for the upliftment of body, mind and soul. In this paper, we found that in modern society most of people have a busy and materialistic lifestyles, which is harmful for mind and body both. So, after practicing yoga we can maintain our mind and body harmony. We also found that after doing yoga we can achieve good health and higher level of consciousness. In end, yoga will reduce the risk of getting so many diseases which resulted from day-to-day lifestyles and promoting healthy lifestyle includes proper eating, physical activity and better way of commutating and socializing in the community.

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