

Concept and Contribution of Yoga in our Daily Life

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Abstract: The main aim of the study was to investigate the contribution of Yoga in our daily life because in the modern age, man's life is full of physical and mental stress which can be relieved by doing Yoga and keeping fit. So, there is a great need of Yoga in modern age. Yoga is needed for the optimum or maximum development of an individual. It brings up the optimum or maximum health and helps the society to create a healthy environment.

Key Words: Investigate, Contribution, relieved, optimum or maximum, environment.

1. INTRODUCTION:

The Word Yoga has been derived from the Sanskrit word "JUG" which means Union. Yoga is true union of our "Will" with God. Yoga means control over the mind. A happy man is who knows how to distinguish the real from unreal. Mind is the king of the senses one who has controlled the mind, senses, passion through and reason is a king among men. Thus Yoga means control over Mind. In other Words Yoga is a Spiritual Kamdhenu of getting what we desire. The following are the types of Yoga:

- ✓ Karam Yoga (Yoga of action)
- ✓ Gyana Yoga (Yoga of Knowledge or Wisdom)
- ✓ Hatha Yoga (Yoga of purity of physical and mental purity.)
- ✓ Raj Yoga (Royal Yoga/ Supreme Yoga)
- ✓ Bhakti Yoga (Yoga of intense devotion)
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1.1. HISTORY OF YOGA:

The history of Yoga is as old as the history of India. Definite information which the yoga started is not available. But, it is also found in religious books that Yoga started from India. The information regarding Yoga is also available in "GEETA" According to "GEETA", Yoga leads up towards salvation. The famous Hindu poets like about "KABIR", "SURDASS" has written about Yoga in their writings. The Yoga has been defined in different ways by various writers and in Hindu Religious books which are as follows: The word "YOG" is commonly used in Mahabhart, Ramanaya and Puran. Yog is derived from Sanskrit word "YUG" which means "MERGE" Thus yoga is an activity which Merge Soul in God.

1.2. Analyze Motives or Needs:

We are living in machine age and heavily or totally depend upon machines for most of our work. Machines do work for us as a result our physical efficiency has gone. Our ancestors were far more physically efficient or fir than us. So there is a great importance of physical education.

1.3. Concept of Yoga:

- **Joining of Prana with Apana**

Prana is situated in the heart and apana is situated in Anus. Joining these and taking them to Sahastra Chakka is Known as Yoga.

- **Joining Shakti with Shiva.**

- **Joining Soul with God.**

- **Joining moon with Sun.**

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1.4. OBJECTIVES OF RESEARCH:

Yoga is the union of the soul with the eternal truth, a state of unalloyed bliss, arising from conquest of dualities. The study of Yoga discipline sharpens the power discernment and leads towards understanding the true nature of the soul which cannot be fully comprehended by the senses or the intellect alone the study of Yoga enables one to attain the pure state of consciousness and to realize the inner self. Yoga frees the one from life's sorrow and from the diseases and fluctuations of mind. Yoga is the study of functioning of the body, the mind and the intellect in the process of attaining freedom. It the experience of one's self acquired knowledge and not the result of book learning of bathing with logic,

or the theoretical argumentation Yoga is a philosophy, a way of life where in art and science meet. Yoga is the science of right living and as such is intended to be incorporated in daily life. It works on all aspects of person i.e. the physical, mental, emotional, social and spiritual. The word Yoga means unity or 'oneness' and is derived from the Sanskrit word 'yuj' which means to join. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness.

1.5. HYPOTHESIS: A hypothesis may be applied to improve the standard of physical health by means of yoga, and its implement in our daily life.

2. MEDITATION:

The practice of Meditation involves a whole, peculiar and special process of absorption in which the individual turns his attention or awareness to dwell upon a single object, sound, concept or experience. Traditionally the aim of this practice has been 'enlightenment there exist many techniques of Meditation which are not confined to a particular religion. Meditation has long been used as a necessary practice in all the religions. It is possible to think of non-cultic technique of meditation to be used by an individual. Meditation is a continuum of the process of absorption with different degrees. There is no doubt that Meditation is great tranquillizer. However, it is not always so safer to at once enter into the practice of the Meditation. A preliminary background should be prepared by the practice of Asanas and Pranayama. Even good results of Meditation are obtained through the humble practice of selected routine of Asanas and Pranayama.

3. PURPOSE OF RESEARCH/ STUDY

Most of the people know that practice of the Yoga makes the body strong and flexible. It is also well known that Yoga improves the function of respiratory, circulatory, digestion, and hormonal system. Yoga also brings emotional stability and clarity of mind, but that is only the beginning of the journey to Samadhi or self realization which is the ultimate aim of the yoga. The ancient sages who mediated on the human condition 2000, years ago, out limited four ways to self realization: Jnana marg, or the path of knowledge when the seeks learns to discriminate between the real and the unreal: Karma marg the path of self less service without thought of reward; Bhakti marg, the path of love and devotion, and finally Yoga merg, the path by which the mind and its action are brought under controlled. All these paths lead to the same goal: Samadhi.

4. CONCLUSION OF RESEARCH:

Many people discover Yoga through a desire for exercises and fitness. Yoga poses also called posture; do indeed stretch the body, but many people came to discover that Yoga also stretches the mind and inspire a journey of inner discovery. When we understand and use disciplines of Yoga practices we begin to feel that one with ourselves, with others and with the world around us. The practices enjoined in yogic literature and handed down in different traditions are called the yogic practices. These may be classified in the following groups:-

- Asanas
- Pranayamas
- Bandhas and Mudras
- Kriyas
- Meditation

Each of these groups consists of several practices. Apart from these groups of practices there are Yamas and Niyamas which are in the form of self-imposed restrictions and codes of conduct to form an adequate substratum for Yogic practices and are considered an essential part of Yogic routine followed on whatever small scale. Let us get acquainted with the various groups of Yogic practices.

4.1. Asanas: Asanas are not simply physical exercises. Although they are done with body they bring tranquilizing effect on the mind. Therefore, they are psycho-physical practices. They may be classified into three divisions:

- **Meditative Asanas:** These are sitting postures which maintain the body in a steady and comfortable condition. By various arrangements of the lower and upper extremities different Meditative Asans are formed.
- **Relaxative Asanas:** These are performed in lying position and are meant for giving rest to the body. These relaxative Asanas are very few. The two widely practiced are Shavasana and Makarasana. These not only relax the body but also the mind. Asanas forms the basis for further Yogic practices by contributing to physical well-being.
- **Cultural Asanas:** These are static stretching procedures which bring about proper tone in the musculature of the body. They are meant for giving flexibility to the spine and rendering back and spinal muscles stronger on one hand and stimulate the proper working of the vital organs situated in the thoraco - abdominal cavity on the

other. There are innumerable varieties of the Cultural Asanas performed in various positions of the body like sitting, lying, standing etc.

4.2. Pranayamas: Respiratory activity is very vital for the psychophysical functioning of the individual. It forms one of the main channels of the flow of the autonomic nerve current. By gaining control over the autonomic nervous system Pranayama influences the mental functioning. Pranayama is a potential technique for higher Yogic practices like Meditation. The three phases of controlled inspiration, controlled expiration and controlled retention of breath are technically known as Puraka, Rachaka and Kumbhka respectively.

4.3. Bandhas and Mudras: These contain practices that consciously control certain semi-voluntary and involuntary muscles in the body. In these semi-voluntary and involuntary muscles in the body. In these muscles there is integration of central and autonomic nerve supply. By bringing these muscles under volition one could influence thereby the activity of the autonomic nerve system which functions as whole. Bandhas and Mudras help to tone up the internal organs, decongest them and stimulate their healthy functioning. A distinction made between Bandhas and Mudras on the basis of their use in pranayama are usually called Bandhas because they bind and channelize a particular nervous activity in a particular place or direction. Uddiyana Bandha is one of the most important Bandhas. Mudras have similarity with many Asanas. But all asana are not called Mudras. Mudras are specific in their effect.

4.4. Kriyas: These are purificatory processes usually classified into six divisions and, therefore, these are often called Shat-Kriyas. These Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati. Each one of these consists of many sub-sections. The kriyas may be classified into two ways:

- According to mode of cleansing.
- According to the region of cleansing.

The modes of cleansing are Air, Water, Friction, Manipulating movements. The regions of cleansing are Naso-pharyngo-audio-cranial region, Gastro-aesophageal region, Ano-recto-intestinal region. Kriyas have a great therapeutic value. They bring about increased range of adaptability of the tissues forming the various organs and systems, as also raise the threshold of their reactivity. Autonomic and proprioceptive neuro-muscular reactions seem to have an important bearing in bringing about these results. Voluntary controls established on different reflexes through the Kriyas. This is done through inhibition of the reflexes during Kriyas like Danda Dhauti and Vastra Dhauti and through stimulation of the reflexes as in Gajakarani or voluntarily controlled vomiting. Thus the emphasis of Kriyas is on establishing psycho-physiological balance.

5. Aims of Yoga:

“The practice of Yoga aims at overcoming the limitations of the body. Yoga teaches us that the goal of every individual’s life is to take the inner journey to the soul, Yoga offers both the goal and the means to reach it”.

When there is a perfect harmony between body and mind, we achieve self realization. Yoga teaches us that obstacles in the path of our self realization indicate them self in physical or mental disposition. When our physical state is not perfect. This causes an imbalance in our mental state, which is known in Sanskrit as Chittarvitti. The practice of Yoga helps us to overcome the imbalance. Yogic Asanas or Poses can cure vyadhi or physical ailments and redness *angamejayatva* or unsteadiness in the body. *Shvasaprashvasa*, which translate as uneven respiration – an indication of stress is alleviated by the practice of the Yoga. Asanas tone the whole body. They strengthen bones and muscles, correct postures improve breathing and increase energy. This physical wellbeing has strengthening and calming impact on the mind.

6. Asanas and Pranayama:

Practicing Pranayama cleans the body. Just as gold smith heats gold in fire to burn out the impurities, similarly Asanas by increasing the circulation of fresh blood through the body, purge it of the diseases and toxins which are the consequences of irregular life style, unhealthy habits and poor posture. Regular practices of the Yoga stretches, twists, bends and inversions the basic movements Asanas, together with Pranayama or the control of breath, rectify physical, physiological disorders. They have positive impact on the effect of stress and disease. Among the many ailments those benefits from the practice of Asana are osteoarthritis, high and low blood pressure, diabetes, asthma, and anorexia.

7. Mind and Body:

The Body and Mind are in a state of constant interaction. Yoga science does not demarcate where the body ends and mind begins, but approaches both as single, integrated entity. The turmoil of daily life brings stress to the body and mind. This creates anxiety, depression, restless, and rage. Yoga Asanas while appearing to deal with the physical body alone actually influences the chemical balance of the brain, which in turn improves ones mental state of being.

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