



Importance of Yoga in the Modern World: For Maintaining Good Mental and Physical Health

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ABSTRACT

In the modern world of 21st century our environment is struggling for endurance and survival and we human beings suffer from increasingly physical and psychological stress and tensions. The aim of Yoga is realization of physical, mental and spiritual harmony. It is primordial science of self-development that cleans your mind and body and sustains perfect balance and harmony between them. Yoga is an art of science which controlling our mind, body and breath and release the hidden potential energies. The mind-body connection of Yoga is essential to helping body or muscle's strength, mental acuity and mental concentration. Yoga is a system of life for good living and for the advantage of the body. Indian Philosophy is a term that refers to schools of philosophical thought that beginning in the Indian subcontinent. Over the ages there has been continuity in enlarge this field of philosophical enquiry, which as lead to a wide range of scriptures and systems of philosophy. In Indian philosophy 'Yoga' literally means 'Union' that is spiritual union of the individual soul with the universal soul. According to Patañjali, Yoga does not mean only union but spiritual attempt to attain perfection through the control of the body, Yoga is a technique of training the mind and developing its power of subtle perceptions so that human beings may discover for himself the spiritual truths on which religion, beliefs and moral values finally rest. The world use to practice yoga for maintaining good health. In this paper, I shall try to explore the importance of yoga to maintaining good mental (Mind) and physical (Body) health of human civilization.

KEYNOTE: Endurance, Spiritual harmony, potential energies, moral values

I. INTRODUCTION

The practice of Yoga is the best way of self-realization of human. Yoga is the science of life of man and the art of human living. Yoga arose in the time of the Vedas and Upanishads. Indian Philosophy is a word that refers to schools of philosophical thought that originated in the Indian subcontinent and there has been continuity in enlarge this field of philosophical enquiry, which as lead to a wide range of scriptures and systems of philosophy. All the system of Indian philosophy insists on the practice of Yoga as the practical side of a philosophy of life. Mainly Patanjali is the traditional founder of Yoga system. He says that, liberation is to be attained through the direct knowledge of the self's direction from the physical world including our body, mind and the Ego. The Yoga system is a practical path of self-realization for the religious man. The Yoga, on the other hand, emphasizes the important of the practical methods of purification and concentration for realizing the self's distinction from the body and the mind, and thereby attaining liberation. The practice of Yoga is the best way of self-purification that is purification of the body and the intellect.

Man is in a constant pursuit for health, happiness and peace, since ages. Even then attainment of ultimate bliss is very difficult task, which is the key to health, success and salvation. Body, mind and the soul are like pillars of the human being. Soul is an object of quest since the ancient Upanisadic era to the present era, but only few are blessed with the boon of enlightenment. Yoga is not only a form of exercise for the body; it is a primordial wisdom-for a healthier, happier and more peaceful technique of living which ultimately leads to combination with the self. It is an intrinsic desire in man to be happy.

Today the importance of Yoga is flourished in the whole country of the world. Yogic practices



are very important for human beings. Yoga makes the human beings stronger and fighter in our lives challenges. The effect of Yoga reaches to all internal organs while other exercises are unable to get this position. 21th June of every year is celebrated as International Yoga Day.

In the present scenario of the world, life is so chaotic and stressful that even thinking of early days soothes our heart and brain. The existence of man with the passage of time has gradually changed. Science has dominated the present man and the modern man fully depends on it. Physical labour has reduced and ultimately the health of this age of man has weakened due to lack of exercises. In this time of competition, life is so hard and stressful that human beings is unable to cope up and hence suffering from various psychological and mental disorders. Yoga provides the best solution of physical and mental problems to which modern man is the sufferer. Except Yoga, man cannot deal with these problems. Yoga is the brilliant process if it is practices in regular, all types of physical and mental problems solved simultaneously and man comforts their all-round development.

A significance difference between the two is that physical exercise is basically an exercise of skeletal muscles, but what about other involuntary muscles and organs. It is Yoga, Which provides a solution to each and every part of our mind. Yoga provides, exercise, massages and toning to all organs and to all types of muscles. In other words, the effect of Yoga reached to all internal organs to which the effect of no other exercise can reach. For human it is not only the striated muscles which need to be strengthened, but it is the whole body which, need to treat effectively to gain strength, energy, flexibility and sound health. Now a day the definition of health is changed. According to WHO "Health is a state of complete physical, mental and socio well-being and not merely an absence of disease or infirmity" recently this definition has been improved and it has been added, "Attainment of a level of health that will enable every individual to lead a socially and economically productive life". Therefore, health is considered as the state of mental and physical, in which the individual is functionally well adjusted internally as concern hid body parts, and externally as concerns his environments.

The importance of Yoga on flow are tremendous of our modern society. Every person wants to fit their body by Yoga. This is one of the reasons Yoga is so healthy for people suffering from a variety of ailments. Yoga helps the human being to maintains their mentally and physically health development.

Yoga focus the activities of Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health of civilized man. However, yoga is merely partially understood as being incomplete to Yoga asanas (yoga poses). For itself its benefits are only perceived to be at the body level and we fail to realize the enormous benefits yoga offers in uniting the body, mind and breath. When men are in harmony, the journey through life is calmer, happier and more fulfilling the benefits of yoga are felt in a deep yet subtle manner. Here, we appear and discuss the following for important of yoga practice.

Weight loss: Human beings are actually healthy when you are not now physically fit but also mentally and emotionally impartial. Yoga benefits here as well. Sun Salutations and Kapal Bhati pranayama are the ways of Yoga to help lose weight of human. All types of Yoga cannot result in weight loss immediately as these poses are simple. This Yoga poses for focus generally on building body flexibility, improving concentration and building your muscle tone. Once your body gets used to Yogasanas, you will begin to practice Yoga asanas for weight loss.

Stress relief: A few minutes of yoga every day, you can be a great way to get rid of stress that accumulates both the body and mind. Yoga, pranayama and meditation are effective techniques to release stress on mind of human beings. We all love to visit peaceful, serene spots, rich in natural beauty for relaxation our mind. Yoga and meditation is the important ways to calm a disturbed mind. Yoga is mainly Recognized form of Exercise, Stretching, Aerobic exercise and Meditation. Yoga alters mental stress reply and person's attitude, towards stress along with developing self confidence, increasing one's sense of well being, and creating a feeling of relaxation and peace.

Improved immunity: Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Regular practice of yoga has shown effective results. Different asanas boost immunity, build the body's strength, increase energy levels, bring down anxiety and stress, and infuses positivity and freshness in the mind.

Living with greater awareness: The mind is constantly involved in activity – swinging from the past to the future – but never staying in the present. By simply being aware of this tendency of the mind, we can actually save ourselves from getting stressed or worked up and relax the mind.



Yoga and pranayama help make that awareness and bring the mind back to the present situation, where it can stay happy and focused.

Better relationships: Yoga can even help improve the relationship with spouse, parents, friends or loved ones! When mind is relaxed, happy and satisfied, it is better able to deal with sensitive relationship for mankind. Yoga and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special relationship you share with people close to you.

Increased energy: Human beings feel completely tired out by the end of the day Shuttling between multiple tasks through the day can sometimes be quite exhausting. Only sometimes practice of yoga everyday provides them feeling fresh, energetic and relaxed even after a long day. A few times guided meditation benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day.

Better flexibility & posture: You only need to include yoga in everyday routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them mostly strong. It also helps develop human body posture when they stand, sit, sleep or walk. This would, in turn, help relieve them, of body pain due to incorrect posture.

Better intuition: Yoga and meditation have the power to improve human intuitive ability so that man effortlessly realized what needs to be done, when and how, to yield positive results. It works. Man only need to experience it yourself.

Powerful lunge: Yoga activities specially concerned with pranayam help in the promotion and increase in strength and stamina of our lunge power in terms of their expansion and contraction enabling us to inhale maximum amount of oxygen in our body for the purification of our blood besides helping in the proper circulation of the purified blood in all corners of our body.

Improve respiratory power: Yoga helps 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.

Healthy muscles: These provide valuable help in the proper functioning and control over the movement of our muscles including the spinal cord. As a result we are able to maintain proper posture of our body including proper erectness of our spinal cord. These also contribute in the desired increase in our muscular strength besides maintaining the needed muscular flexibility and

smoothness resulting in the energetic youthfulness considerably for a quite longer period of our life.

Purify body: These help us in the tasks of the cleanliness and purification of the inner organs and systems of our body including the purification of our blood and its pathways, cleanliness of the respiratory and digestive systems and proper let out and excretion of the unwanted foreign material from our body.

Healthy body: These activities not only prove as physically powerful deterrent for the prevention of the various ailments and diseases but also provide important solutions for human proper cure and treatment. For example it has been a matter of wide experience that Yogic activities provide substantial cure and treatment in the cases of arthritis, back pain, and osteoporosis, high and low blood pressure, asthma, diabetes and epilepsy, headaches, heart disease and multiple sclerosis etc.

Powerful mind: It is well said that there lies a healthy mind in a healthy body maintained through yogic activities. One can enjoy good mental health with a sound physical health obtained through yogic activities. 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 Asans, pranayam 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.

Strong sense organs: Yogic activities help in making one's sense organs healthy, strong and effectively functioning. In turn 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.

Control over mind: Yog sadhana provides the desired ability and strength for exercising desirable control over his senses, emotions and gratification of desires and fluctuations of the mind. Sustaining of attention and concentration acquired through such control and restrain then may provide a substantial ground of the development of intellectual powers. It can be given a further higher impetus by resorting to the practice of yogic activities like Dharna, Dhyana and Samadhi.

Internal purification: Yoga sadhana helps not only to have purification and cleanliness of the internal organs and systems of our body but it also pays a lot of consideration for the purification



of our inner self i.e. purification of our thoughts and feelings.

Self development: Yogic activities help the individual to imbibe the spirit of self awareness, confidence in— one's abilities and strengths, self discipline and intrinsic motivation, self-acceptance and self actualization etc for seeking his maximum self development and enhancement.

Reduced Conflict: Yoga is always help students get along better with one another, which fosters a more— positive learning environment. When a school or college or any other institution conduct yoga program consisting of two classes per week for students they emphasized respectful behaviour as well as yogic breathing and movement practices. Yoga may teach students to better control their emotions and reactions as well as to respect the feelings and emotions of others.

Healthy mind: Yogic activities help to free from any unusual anxiety, depression and fluctuation of mood or— temperament. Such state of one's mind may help him much in excelling in terms of his intellectual growth and wisdom.

Improved Concentration; Yoga proposes time for the body and mind to relax from the rigors of learning. This— may help students be better at applying themselves when studying in a classroom. Students who practiced yoga for just one month reported better sleep and improved concentration during their studies as a result. Yoga, especially breathing techniques, can also increase concentration and academic performance in students struggling academically.

Powerful boosts: The human beings wants to uplifting spiritual values, the act of meditation can actually boost their— confidence. The process works by releasing tension from human mind so they can feel confident about physical body. Without any forms of anxiety, they are able to establish an internal connection with themselves. This is consequently reflected in their perception of others and will help to better their relationships by improving compassion and awareness.

II. CONCLUSION

Human beings practicing yoga in everyday a few times can control his/her mind, body and soul to a great extent. It brings together mental and physical disciplines to achieve a peaceful mind and body and helps in managing stress and anxiety and keep you relaxed. It also helps in developing muscle strength, flexibility and body tone and improves respiration, energy and vitality. Man might feel that practicing yoga is just stretching, but it can do much more for their body, from the way they feel, look

and move. This fact itself speaks volumes about the popularity of Yoga in the modern day world. This event has united the world on a common platform. Along with yoga, meditation also plays an important role in developing the inner self in our daily life; it can be extremely helpful in eliminating several physical as well as psychological problems.

Yoga is a traditional system of meditation developed by the saints of ancient India. They practiced yoga as a successful method of controlling their mind and bodily actions. When stress is under control, the body and mind is healthy and week less. In this situation human being gives the space to connect with loved ones and maintain socially healthy relationships. When human beings are healthy they are in touch with his inner Self, with others and their surroundings on a much deeper level, which adds to their spiritual health. International Yoga Day (21th June) celebration to prepare the mankind faces the modern day challenges for mental and physical stress in a healthy way. Yoga is a continuous practicing process. Its practice helps develop the body and mind bringing a lot of health benefits yet is not a substitute for medicine. It is important to learn and practice yoga postures under the supervision of a trained Yoga teacher and also need protein food as necessary.

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