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A CASE STUDY OF BENEFITS OF YOGA IN HUMAN EVERYDAY LIFE**Dr. Rekha Rani**

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ABSTRACT:

The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of "Yoga in Everyday Life" are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions. Yogic techniques are known to improve one's overall performance. Pranayama is an important, yet little known part of Yoga. Until recently, this art and science of yogic breathing was almost completely unknown to the common man like many other ancient Indian arts. Pranayama techniques act to purify the nadis including these three main energy channels. Yoga in Everyday Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your innerSelf, with others and your surroundings on a much deeper level, which adds to your spiritual health.

KEYWORDS: *Yogasan, Spiritual Practices, Healthy Living, Stress, Yoga Practices.*

INTRODUCTION:

Yoga is recognized as one of the most important and valuable heritage of India. Never, before had yoga attracted so much attention of the people all over the world. Today, the

whole world is looking toward yoga for the answer to various problems.

Swami Kavalaynand who was founder of Kaivalyadhama, Lonavala, pune and brought yog

a to scientific laboratory for the first time in the world and known to his contribution in the field of yoga and research on yoga practices. He had firm faith that consolidated yogic practices are more effective for the improvement and maintenance of health and fitness and also the prevention of disorders. He designed three types of courses namely Easy Course, Short Course and Full Course.

This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration. Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Everyday Life is a system of practice consisting of eight levels of development in

the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control.

Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. Even children can benefit from yoga. Those with attention deficit disorder and hyperactivity can learn to relax and get control by using yoga breathing and yoga asanas. Yoga has been used to help heal victims of torture or other trauma. Because yoga is a form of meditation, it results in a sense of inner peace and purpose, which has far-reaching health benefits. Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day.

SIGNIFICANCE OF YOGA:

Progressive physical conditioning programme that stimulates cardiorespiratory activity for a time period sufficiently long to produce beneficial change in the body and

reduce the resting heart rate are found to be indispensable, as the intensity and duration of work increases the demand for fuel in the working muscle also increases to meet the additional demand for energy.

Yogasan are simple actions for keeping the internal and external parts of the body in good health. No activity can be performed well so long as the internal and external parts of the body are not in good health. The body and the mind are closely related. It is a state of complete equilibrium of body, mind and spirit. Thus, Yoga has a complete message for humanity. It is a message for the human body, human mind and human soul. [3]Further, Yoga works on a Psychological level too. That is why in a Yoga position, one should concentrate on a total awareness of our energy and how it flows. One should learn how body and mind work together. Almost all exercises can be beneficial depending on the intent and body condition. Practicing yoga ultimately leads towards long term health and well-being. Therefore, Health and Physical fitness can be maintained only by carefully selected physical activities which are called 'exercise'. The utility of the particular exercise programme can be evaluated only in terms of the effects that

are obtained in promoting a particular factor or factors of Physical Fitness.

Similarly, when you respect your body, you tend to do things that will enhance its vitality. Part of yoga practice is deep breathing, which helps to make the body more alkaline. The acid alkaline ratio is crucial to good health. It should be 80 percent alkaline 20 percent acids. Over acidity can be harmful for bones and tissues, leading to fatigue, dulled mentality, headaches, depression and arthritis. Refined carbohydrates, animal proteins, coffee and alcohol, as well as stress and pollution are all acid forming. [2]

Thus, from the physical body, Yoga moves on the mental and emotional levels. Many people suffer from phobias and neuroses as a result of the stress and interactions of everybody living. Yogic practices like Suryanamaskar, Asanas, Pranayama, Mudras, Band has and Shat Kriyas will help to come out from all these problems and lead him to a happy life. All of us know that Yoga improves posture, increases the intake of oxygen enhances the functioning of the respiratory, digestive, endocrine and reproductive and excretory systems. Its effects on the emotions are equally beneficial by calming the mind, tuning us

to the environment and diminishing insomnia caused by mental restlessness. Yoga is highly recommended for people in competitive, stressful working environments, for those who suffer from headaches, back and shoulder aches, allergies and asthma. Yoga also cures behavioral disorder, nervous breakdown and manic depression. The regular practice of Yoga helps us to accept whatever physical or mental conditions we might be suffering from, by increasing our immediate sense of well-being, concentration and calmness. Much healing can be done, but it takes practice and consistency. We all have the capacity to self-destruct, particularly if things go wrong. The Yogic mentality is that life is a tremendous gift and we have to take responsibility for it. Yoga gives you the capacity to face up to life's challenges.

PEACE OF MIND, CONSCIOUSNESS AND SOUL:

The system "Yoga in Everyday Life" is taught worldwide in Yoga Centers, Adult Education centers, Health Institutions, Fitness and Sports Clubs, Rehabilitation centers and Health Resorts. It is suitable for all age groups - it requires no "acrobatic" skills and also provides the unfit, as well as

handicapped, ill and convalescent people, the possibility of practicing Yoga. The name itself indicates that Yoga can be and should be used "in Everyday Life".

Yoga is that supreme, cosmic principle. It is the light of life, the universal creative consciousness that is always awake and never sleeps; that always was, always is, and always will be. Many thousands of years ago in India, Rishis (wise men and saints) explored nature and the cosmos in their meditations. They discovered the laws of the material and spiritual realms and gained an insight into the connections within the universe. They investigated the cosmic laws, the laws of nature and the elements, life on earth and the powers and energies at work in the universe - both in the external world as well as on a spiritual level. The unity of matter and energy, the origin of the universe and the effects of the elementary powers have been described and explained in the Vedas. Much of this knowledge has been rediscovered and confirmed by modern science. The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. In this way Yoga assists us in coping with everyday demands, problems

and worries. Yoga helps to develop a greater understanding of our self, the purpose of life and our relationship to God. On the spiritual path, Yoga leads us to supreme knowledge and eternal bliss in the union of the individual Self with the universal Self.

These are experiences and insights a far-reaching and comprehensive system known as Yoga originated and gave us valuable, practical instructions for the body, breath, concentration, relaxation and meditation. The practices that this book offers have therefore already proven themselves over thousands of years and have been found to be helpful by millions of people. Throughout the many years that I have been active in western countries, I have become familiar with the modern lifestyle and the physical and psychological problems faced by the people of today. The knowledge and experience I gained led me to develop the system of “Yoga in Everyday Life”. It is systematic and graduated, integrating all areas of life and offering something valuable for each phase of life. Regardless of age or physical constitution, this system opens the classical path of Yoga to all. In developing this system to accommodate the needs of today’s people, much consideration was given to the conditions within modern

society, without losing the originality and effect of the ancient teachings.

The exercise levels were worked out in consultation with doctors and physiotherapists and can therefore with observation of the stated rules and precautions be practiced independently at home by anyone. “Yoga in Everyday Life” is a holistic system, which means it takes into consideration not only the physical, but also the mental and spiritual aspects. Positive Thinking, perseverance, discipline, orientation towards the supreme, prayer as well as kindness and understanding form the way to Self-Knowledge and Self-Realization.

To live in harmony with oneself and the environment is the wish of every human. However, in modern times greater physical and emotional demands are constantly placed upon many areas of life. The result: more and more people suffer from physical and mental tension such as stress, anxiety, insomnia, and there is an imbalance in physical activity and proper Exercise. This why of methods and techniques for the attainment and improvement of health, as well as physical, mental and spiritual harmony, is of great importance, and it is exactly in this respect that “Yoga in

Everyday Life” comprehensively offers an aid to help one’s self.

The main objectives of “Yoga in Everyday Life” are:

- Physical Health
- Mental Health
- Social Health
- Spiritual Health
- Self- Realization or realization of the Divine within us

These goals are attained by:

- Love and help for all living beings
- Respect for life, protection of nature and the environment
- A peaceful state of mind
- Full vegetarian diet
- Pure thoughts and positive lifestyle
- Physical, mental and spiritual practices
- Tolerance for all nations, cultures and religions

PHYSICAL HEALTH:

Within “Yoga in Everyday Life” the classic Asanas and Pranayama’s are divided into an eight-level system, beginning with “SarvaHitaAsanas” (meaning, “Exercises that are good for everyone”). Seven other parts follow this preparatory level and lead progressively through the practice of Asanas

and Pranayama’s. Several special programs have been developed from the basic exercises: “Yoga for Back Pain”, “Yoga for Joints”, “Yoga for seniors”, “Yoga for Managers” and “Yoga for Children”. To maintain good health, other valuable exercises within “Yoga in Everyday Life” are the purification techniques of Hatha Yoga.

An even greater factor in the maintenance of good health is the food we eat. What we eat influences both our body and psyche - our habits and qualities. In short, the food we eat has an effect upon our whole being. Food is the source of our physical energy and vitality. Balanced and healthy foods include: grains, vegetables, pulses, fruit, nuts, milk and milk products, as well as honey, sprouts, salads, seeds, herbs and spices - either raw or freshly cooked. Foods to be avoided are old, reheated or denatured foods, meat (including all meat products and fish) and eggs. It is also best to avoid alcohol, nicotine and drugs as these rapidly destroy our health. These involve Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) as well as Mudras and Bandhas (special Yoga techniques). The health of the body is of fundamental importance in life. As the Swiss-born Physician, Paracelsus,

very correctly said, "Health isn't everything, but without health everything is nothing". To preserve and restore health there are physical exercises (Asanas), breath exercises (Pranayama) and relaxation techniques.

MENTAL HEALTH:

"Yoga in Everyday Life" offers numerous methods to attain mental wellbeing: Mantra practice, the observance of ethical principles, the keeping of good company and the study of inspiring texts to purify and free the mind. An important tool in self-investigation and self-knowledge is the technique of "Self-Inquiry Meditation", a step-by-step meditation technique of Self-Analysis. In this meditation practice we come into contact with our subconscious, the source of our desires, complexes, behavioral patterns and prejudices. The practice guides us to become acquainted with our own nature - as we are and why we are so - and then beyond self-acceptance to Self-Realization. This technique enables us to overcome negative qualities and habits and helps us to better manage life's problems.

In general, we are led through life by the mind and senses, rather than having these under our control. However, to gain control of the mind, we must first place it under

inner analysis and purify it. Negative thoughts and fears create an imbalance in our nervous system and through this our physical function. This is the cause of many illnesses and sorrows. Clarity of thought, inner Freedom, contentment and a healthy self-confidence are the basis for mental wellbeing. That is why we strive to gradually overcome our negative qualities and thoughts and aim to develop positive thoughts and behavior.

SOCIAL HEALTH:

The system of "Yoga in Everyday Life" can assist in overcoming this illness and grant people a new, positive aim and purpose in life. The importance of keeping good, positive company has a great influence upon our psyche; as such companionship moulds and forms our personality and character. Positive company is of great importance in spiritual development. Living "Yoga in Everyday Life" means to work for ourselves and for the benefit of others. To do valuable and constructive work for our neighbors and the community, to preserve nature and the environment and work for peace in the world. To practice Yoga means to be active in the most positive sense and to work for the welfare of all of mankind. Social health is the ability to be happy within oneself and to

be able to make others happy. It means to nurture genuine contact and communication with other people, to assume responsibility within society and to work for the community. Social health is also the ability to relax and experience life in all its beauty. One of the growing problems of our times is drug addiction. It is a clear sign of social illness.

HEALTH AND HAPPINESS IN THE AGE OF STRESS:

In reality, the great age of Yoga, ignorance of its true nature and the symbolist obscurity of much of the writings on the subject give many Westerners, moving as they do in a world of constant unrest, the impression that the system holds nothing for them and is all rather remote, vague and impractical. In this they make a grave mistake, for Yoga is the most practical means of attaining health and happiness in an age of stress that is available. We should not support those pessimists who believe that civilization should be destroyed and that we should return to the levels of human development achieved by the cave-man. It will lead us toward stress free life.

The harnessing of the forces of nature, such as electricity and atomic energy, to allow us

of fly faster than sound and explore space, these are wonderful achievements, triumphs for Man in his conquest of the universe, but sometimes he is inclined to forget that he is not a machine, but a living being. In the West, millions live at such a hectic pace that they are committing slow suicide. Civilization imposes pressures and strain unknown to our grand parents. Man can only successfully meet this challenge by paying increasing attention to his physical and mental well-being. Yoga provides an answer to the problem of stress. The postures make muscles firmer and better shaped. By Yoga one's mind becomes more tranquil and temperament more placid. One gets control over the emotions.[6] that is why to get rid of stress; we should adopt the path of Yoga in our life.

CONCLUSION:

Now we can conclude that Yoga is a part and parcel of ancient Hindu Culture, and life is a wonderful gift of God. Those, who are healthy and have right thinking, can lead a meaningful life. Nature has its own eternal and universal law. Ideal life style is nothing else but following this law of nature. The different aspects and parts of Yoga play a very significant role in providing a model of ideal life style. Living life in accordance

with Yoga, observing basic vows, restraints, body postures, breathing exercises, retention, meditation, retreat and concentration and taking yogic diet are some of them. Therefore, everybody should make efforts to live a healthy life by yogic activities. It is true that health is wealth. It can only be achieved by adopting yogic practices in our everyday life. It will make us stress free and provide true happiness. "Yoga in Everyday Life" offers the spiritual aspirant guidance on life's path through the practices of Mantra Yoga and Kriya Yoga. As the most highly developed beings upon earth, humans are capable of realizing their real nature and inner Self, God. The spiritual goal of Yoga is God-Realization, the union of the individual soul with God. The realization that we are all one in our common root and connection to God is the first step. Decisions regarding your health and Wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain. I wish all Yoga practitioners and those still to become practitioners much happiness, success, health, harmony; joy in life and God's blessing.

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