

YOGA FOR HEALTHY AND QUALITY LIFE- A REVIEW

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ABSTRACT

The term 'Yoga' is originated from the Sanskrit word 'yug' which means "to join". It signifies union between the individual soul (jivatma) and the universal soul (parmatma). It aims to get relief from pain and sufferings. Yoga is a way of attaining perfect health by maintaining harmony and achieving optimum functioning on three levels mainly physical, mental and spiritual through self-control. Yogic Kriyas, Asanas and Pranayama constitute the physical basis of yoga. Yogasadhna promote inner health and harmony and it helps to prevent and cure many common ailments and eliminate physical, mental and emotional tensions.

KEYWORDS: Yoga, Yogic Practices, Asanas, Exercise

INTRODUCTION

Yoga is a spiritual science, for the integrated and holistic enlargement and magnification of our physical, mental as well as moral-spiritual facets. Yoga is based on the philosophy that is practical and useful for our daily lives (Verma et al, 2015). The word Yoga originated from "the Sanskrit word Yuj", meaning to yoke, join or unite. This indicates unifying all facets of the individual – body, with mind and soul – to achieve a balanced life. The practice of yoga may lead to the unification of the human, with the celestial. The aim of yoga is the alteration of human beings, from their ordinary form to an idealistic form. Yoga provides the best solution of these problems, to which modern man is the sufferer. No other exercise, except Yoga, can deal with these problems altogether. Yoga rectifies all the problems simultaneously, in a brilliant way. To compare with other games and exercises, which provide only muscular and cardio-vascular fitness, Yoga gives an all-round development in human life.

Health and Physical fitness can be maintained only by carefully selected physical activities, which are called 'exercise'. The utility of the particular exercise program can be evaluated, only in terms of the effects that are obtained in promoting a particular factor or factors, of Physical Fitness. Progressive physical conditioning programs, that stimulate cardio respiratory 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. Yogasanas are proactive 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 the human soul. Anxiety and stress aggravate ill health, in coronary artery disease patients and also reduces the efficacy of medical or surgical treatment. Only medical management is not adequate in these patients, lifestyle modification is very important for such psychosomatic disorder. Yoga is one such potential intervention module of alternative and complementary medicine, that is emerging as a foundation of mind, body medicine, which improves their

ability to withstand stressful stimuli and thereby, their quality of life (Yadav, et al, 2015). Various types of stresses and pollution give birth to a number of diseases, like Hypertension, Depression, Anxiety, Insomnia, Allergy, Asthma etc. They too are cured with Asanas, SatKarmas, Pranayam and Meditation.

YOGIC PRACTICES

Yoga, as Yukti describes many different processes, which require proper training. So, the techniques or practices (i.e., yuktis) enjoined in yogic literature also go under the name of Yoga. Thus, we come across various terms, such as Laulika Yoga, Neti Yoga, Dhyana Yoga, Samadhi Yoga etc., for the individual yoga practitioner. When various such techniques or practices are systematized and formulated, they are known as schools of yoga like Bhakti Yoga, JnanaYoga, Karma Yoga, Hatha Yoga, Laya Yoga, Raja Yoga etc.. All these schools of Yoga are only Yoga, in the sense of so many techniques, Yuktis or Yogic practices.

The Four Major Schools or Streams of Yoga are

- Karma Yoga – Path of Self -sacrifice
- Bhakti Yoga – Path of self -surrender
- Jnana Yoga – Path of Self-analysis
- Raja Yoga – Path of Self -control.

The nature of all Yogic practices is psycho-physiological. Although, every Yogic practice is a psycho-physiological in nature, those practices which emphasis control of mental processes directly, are more psychological. Some yogic practices of Hatha Yoga are more physical or physiological, than psychological. Only these yogic practices, which predominantly are physical or physiological in nature, could be called as exercises. Rather, they should be understood in the sense of what is called the hygienic exercises. Some of the yogic exercises are Surya Namaskar, Asana, Pranayama, Mudras, Bandhasand Shat Kriya.

Yogic practices help to overcome these physical and mental imbalances, and create harmony in the body and mind. Yogic practices help to attain the attitude of perfection in the mind.

The Various Types of Yogic Practices from which everyone can get benefited are

- Yama and Niyama (Attitude Training Practices)
- Asana (Steady Postures)
- Pranayama (control of the breathing process)
- Mudras and Bandhas (seal and lock for energy)
- Shat Kriya (six purification techniques)
- Dhyana (Meditation)

Yama

It has Ahimsā, Satya, Asteya, Brahmacharya and Aparigraha.

- Ahimsā: non-violence, not to cause harm to anyone by deed, speech or even thought.
- Satya: truthfulness, sincerity in all kinds of dealings.
- Asteya: non-stealing, not to take a thing which does not belong to oneself. It means honesty in all human conduct and behavior also.
- Brahmacharya: sexual continence or devotion to Brahma.
- Aparigraha: attitude of non-hoarding. To avoid all intention of over-possessiveness.

Niyamas

Include Śauca, Santosha, Tapah, Svādhyāya and Īśvarapraṇidhāna.

- Śauca: purity, cleanliness, both internal and external.
- Santosha: contentment, overcoming greed and avarice.
- Tapah: austerity, self-discipline, both physical and also mental. It also stands for various tough practices of Yoga and asceticism which result in inner purity.
- Svadhyaya: study of the sacred scriptures and to contemplate on the contents therein. It also may mean deep contemplation or even enquire into the questions, such as 'who am I', 'what am I here for?', 'where am I heading towards?'
- Svarapranidhana: surrender to the will of the Supreme Self.

Āsana: practice of physical postures to bring about stability of the body and the mind.

Prāṇāyāma: to do the techniques of breathing so as to gain stability of breathing and also to render breathing, subtle and prolonged to bring about pickups and harmony in the body-mind organism.

Pratyāhāra: willful withdrawal of the senses, from their respective objects, what may be called their foods.

Dhāraṇā: to concentrate the minds on one object for the desirable length of time. To develop a good one-pointedness.

Dhyāna: uninterrupted de-focussing of mind towards a given object in contemplation.

Samādhi: to merge into the state of Pure Consciousness. To transcend the differences of seer, seen and seeing.

Table 1: Yoga versus Exercise

Yoga	Exercise
Parasympathetic nervous system activates	Sympathetic nervous system activates
Act on subcortical regions of brain	Act on cortical regions of brain
Require slow, dynamic and static movements	Require rapid, forceful movements
Normalization of muscle tone activated	Increased muscle tension activated
Low risk of injuring muscles and ligaments	High risk of injury
Low caloric demanding	Moderate to high caloric demanding
Effort is minimized and relaxed	Effort is maximized and rigid
Breathing is natural or controlled	Breathing is taxed
Balanced activity of opposing muscle Groups	Imbalanced activity of opposing groups
Non-competitive and process-oriented	Competitive and goal-oriented
The focus is on breath and the infinite	The focus is on reaching the toes, reaching the finish line, etc.

PRACTICES FOR BETTER LIVING (ANITA, 2014)

- Ailment free living
- Desired preventive measure towards the physical, mental and emotional factors.
- Perception with realities.
- Co-operative attitude and Co-operative behavior.
- Adjustment with the changed circumstances.
- Awareness of realities.
- Desired social and spiritual characters.
- Balanced emotional control and reconstitutions
- Lack of jealousy, complexity and hatred.
- Unified personality. Ailment free living
- A proper co-ordination over the psychic stage, psychosomatic stage and organic stage towards the available health

YOGA TECHNIQUES FOR CONCENTRATION DEVELOPMENT (NAGARANJAN AND DEBNATH, 2014)**Breathing-Stretch Breathing**

- Śaśānkāsanabreathing
- Pavanamuktāsanabreathing (Alternate legs)
- Pavanamuktāsanabreathing (both legs)

Āsanas

- Vṛkāsana
- Garuḍāsana
- Pādahastāsana
- SuptaVīrāsana

Prāṇāyāma

- Bhrāmarī
- Kriyās (Ṣaṭkarma)
- Right nostril Kapālabhāti
- Dhāraṇā (On flower)
- Dhyāna (On flower)

YOGA PRACTICES FOR MEMORY DEVELOPMENT**Breathing exercise**

- Hands stretch breathing
- Ankle stretch
- Bhujāṅgāsana
- SLR breathing (Alternate legs)

Āsanas

- Padmāsana
- Uṣṭrāsana
- Yoga Mudrāsana
- Halāsana
- Vajrasana

Prāṇāyāma

- Bhrāmarī

Kriyās (Ṣaṭkarma)

- Kapālabhāti; Alternate & both nostrils

Meditation

Silencing the mind with slow breathing

YOGA TECHNIQUES FOR EYE SIGHT IMPROVEMENT**Cleaning Practices****Eye Muscles Strengthening Practice**

There are six eye muscles, relatively of small size, but they are very strong and efficient. Eye muscles work together, to move the eyes in various directions. Observe the eyes of any Bharata Nāṭyam dancer, when giving a performance, how she moves her eyes in various directions.

Trāṭakas

Preparatory eye exercises for Trāṭaka

Up and down or vertical movements

Right and left or horizontal movement of eyeballs

Diagonal movement of eyeballs (two directions)

Diagonal movement of the eyeballs in the opposite direction

Rotational movement of the eyeballs

(Slow clockwise and anti-clockwise movement)

Jyotitrāṭaka (In Four Stages)

Step I: Effortless Gazing or Focusing at low flame

Step II: Intensive focussing at the tip of the wick of the flame

Step III: De-focussing

Step IV: Silence

Bhrūmadhyatrāṭaka (Center of the Eyebrows Trāṭaka)**Nāsāgratrāṭaka (Tip of the Nose Trāṭaka)****Jatruatrāṭaka**

VāmaJatruTrāṭaka (Left Shoulder Trāṭaka)

DakṣinaJatruTrāṭaka (Right Shoulder Trāṭaka)

UbhayaJatruTrāṭaka (De Focussing)

ŪrdhvaMukhaTrāṭaka (Upwards gaze)

AdhoMukhaTrāṭaka (Downward Gaze Trāṭaka)

Kapalabhati**Asanas**

Pādahāstāsana
 Ardhaçakrāsana
 Śaśānkāsana
 Makarāsana
 Bhujāᅅgāsana
 Śavāsana

Pranayama

NāᅇīŚuddhi
 Bhrāmarī

Certain Yogic Practices for Voice-Culture

Pādahastāsana
 Ardhaçaçhkrāsana
 Ardhaçhkrāsana
 Bhujāᅅgāsana
 Simhāsana
 YogendraPrāᅅyāma
 Jalaneti
 Jivhāmūlaśodhanam (cleansing of root of the tongue)

Yogic Management of Anger**ŚaktiVikāsaka****Yogasanas**

- Trikoᅅāsana
- Vīrabhadrāsana-I
- Vīrabhadrāsana-II
- Vīrabhadrāsana-III
- Makarāsana
- Vīrāsana

BREATHING PRACTICES

- Dog breathing
- Rabbit breathing

Prāṇāyāma

- Candraanulomaviloma
- NāḍīŚuddhi
- Śītali
- NāḍīŚuddhi with kumbhaka
- Candraanulomaviloma

Kriyās

- Kapālabhāti – left nostril

Bandhas and Mudrās

- UddīyānBandha
- SāṣṭāṅgaNamaskāraMudrā
- Agnisāra
- Jānuśīrāsana with jālandharabhandh

MEDITATION

Yoga and Physical Value (Bhardwaj, 2012)

Yoga activities specially 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.

These aid us in regulating the respiration activities of our body, adding efficiency to our respiratory power, including an increase in its amplitude stability and smoothness and decrease in the respiratory rate.

These improve in the proper regulation of our blood pressure and heartbeat.

These help us in the normalization of the gastrointestinal, resulting in the proper regulation of the digestive functions of our body.

These provide valuable help in the proper functioning and control over the movement of our muscles including the spinal cord. These also contribute to the desired increase, in our muscular strength besides maintaining the needed muscular flexibility and smoothness resulting, in the energetic youthfulness considerably for a quite long period of our life.

These help us in the maintenance of our body temperature helpful, in the avoidance of the emergence of the foul odour and bad smell on account of the excessive sweating, and perspiration of the body.

These help us in improving on regulating and controlling the functioning, of all the glands including the ductless ones.

These activities make us enjoy a sound sleep, aid in gaining normal weight and getting increase in our power of endurance and energy level.

These activities help us in bringing improvement in many of our motor functioning like increase in breath holding time, and improvement in grip strength, dexterity skills, eye-finger coordination and reaction time etc.

These help us in 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.

These help, we in enhancing our immunity power and keeping our body disease free, by not allowing the harmful and disease spreading material accumulated in our body.

These activities not only play as a strong deterrent, for the prevention of the various ailments and diseases, but also provide valuable solutions for their proper care and treatment.

YOGA AND PHYSIOLOGICAL VALUE

- Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance
- Pulse rate decreases
- Respiratory rate decreases
- Blood pressure decreases (of special significance for hypertensors)
- Galvanic Skin Response (GSR) increases
- EEG - alpha waves increase
- EMG activity decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases (respiratory amplitude and smoothness increase, tidal volume increases, vital capacity increases, breath-holding time increases)
- Gastrointestinal function normalizes
- Endocrine function normalizes
- Excretory functions improve
- Musculoskeletal flexibility and joint range of motion increase

- Posture improves
- Strength and resiliency increase
- Endurance increases
- Energy level increases
- Weight normalizes
- Sleep improves
- Immunity increases
- Pain decreases

YOGA AND BIOCHEMICAL EFFECTS

The biochemical profile improves, indicating an anti-stress and antioxidant effect, important in the prevention of degenerative diseases.

Glucose decreases

Sodium decreases

Total cholesterol decreases

Triglycerides decrease

Cholinesterase increases

Catecholamines decrease

ATPase increases

Hematocrit increases

Hemoglobin increases

Lymphocyte count increases

Total white blood cell count decreases

Thyroxin increases

Vitamin C increases

Total serum protein increases

Oxytocin increases

Prolactin increases

Oxygen levels in the brain increase

YOGA AND PSYCHOLOGICAL VALUE

It is well known that there lies a healthy mind in a healthy body maintained through logic

Activities, one can enjoy good mental health with a sound physical health, 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 Dhyan, Dharana and samadhi can help an individual, to have sufficient gains in terms of the improvement, in the power of concentration, memorization, attention, learning efficiency, steadiness, and mind body Neuro- connection etc.

Yogic activities help in making one's sense organs healthy, strong and effectively functioning. In turn, it helps the individual to have a sizable enhance in their receptionability, somatic and kinesthetic awareness and sensitivity for acquiring new knowledge and experiences through the use of their sense organs.

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

Yoga 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.

It leads us to act wisely in the pursuance of our goal and thus, ultimately to utilize our intellect for the pursuit of the higher goals and objectives of our life.

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.

On account of attaining purification and cleanliness of the thoughts and feelings, through the yoga is able to lead a life, free for the hostility towards his self and others, with regard to thoughts, feelings and actions. It makes an individual relatively a calm and cool person, free from any unusual anxiety, depression and fluctuation of mood or temperament. Such statements of one's mind, may help him much in excelling in terms of his intellectual growth and wisdom.

YOGA AND MORAL VALUE

Yoga helps an individual to exercise needed control and restraint 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. It can help him to lead a life, based on the ethical principles by remaining, away from the allurements of rope, Ras, Gandha, Spas and Savda. Food habits and food intake are said to influence the conduct, and ways of one's behaving. The diet and food habits of a person practicing yoga are quite simple, Satavik and restrained. Thereby, it helps them in imbibing simplicity and austerity in their behaviour and conduct.

To get infected with unusual anger and the otherwise negative emotions like jealousy, envy, hatreds, enmity etc. does not work well with the ethical sense and morality, needed on the part of human beings, for the sake of the welfare, as

well as seeking harmony with the self and others. Yoga helps an individual in a big way, for remaining away with such detrimental personality characteristics.

Yogic activities help 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.

YOGA AND SOCIAL VALUE

Yogic activities do not matter only, for the personal development of the individual being, but also contribute significantly towards his proper social development, and social living in the manner depicted below.

Society consists of individuals. Good individuals form a better society. To get engaged in the yoga sadhana makes an individual, a good person. Such persons practicing yoga, then can help the establishment and functioning of a good and humane society.

Yoga provides such opportunities and experiences, that help an individual to lead a path of virtues, free from the social evils and ill temptations like fraud, deceits, drugs trafficking, bribery, alcoholism, black marketing, violence, sex crimes, murder and deceit, and other anti- social behaviour, dependent heavily to the attachment of the worldly things.

YOGA AND SPIRITUAL VALUE

Yoga and activities play a unique role, in helping the individuals to seek their spiritual development, besides helping them in their physical, mental, social and moral development.

Since, all are the very constituents of the same Greater soul, the supreme God, therefore, it is quite imperative to have the feelings of equity and equality, towards all the creation of the Almighty on this earth.

One can realize that, there is the existence of a soul, beyond the existence of our body and mind, and we must therefore, strive, to seek its proper realization and development, besides our bodily and mental development.

By getting engaged in Yogic activities, one can have opportunities for the realization and

Development of the supernatural powers, lying within his self.

Yoga and its basic philosophy help us to realize an absolute truth that the ultimate goal of our life is to attain self- realization and the merger of our soul into the greater soul.

Yogic Sadhna acquaints us, with the means and ways to seek our union, with the cosmos self, the God.

Provide us a proper platform, ways and means for seeking one's union with the greater soul i.e. God.

Equipped with proper physical development, disease free body, developed intellect and

The purified body, thoughts and feelings, the yogic methods like Dharma, Dhyan and Samadhi may draw, an individual quite closer to self- realization and strive for attaining greater heights, to his spiritual development.

In this way, Yogis Sadhna and activities help an individual, to seek his maximum development and well –being, in respect to the physical, mental, social, emotional, moral and spiritual dimensions of his personality.

These can help him, not only in his personal and professional growth, but also help him to seek proper harmony and adjustment, with others including his integration with the Greater soul i.e., God.

Yog Sadhna provide a valuable platform, ways and means for such self- improvement and enhancement of one's abilities and capacities that, may contribute equally to one's personal development and social welfare, along with his desired spiritual development, for seeking the ultimate goal of his life i.e., self -realization and integration with the greater soul. It is therefore, quite essential that, we should introduce Yoga, as a compulsory subject of the school curriculum, from the very beginning, for enabling the youngsters, to get benefited from the multidimensional benefits of the yogic Sadhna and activities.

CONCLUSIONS

Yoga is a multidimensional aspect and its importance has increased in the modern life, of twenty first century. It is fact that, yoga is a boon for the 'modern' man of twenty-first century, which has become a victim of everyday stress. As we all know, 21st June has declared as International Yoga Day, in all over the world and it has celebrated in all over the world. Today, yoga is a painstakingly worldwide phenomenon; it has taken the world by tempest and is gaining reputation day by day. It is enviable that, yoga should be made an integral part of our educational, as well as health care systems. 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 to a meaningful life. Nature has its own eternal and universal law. Ideal lifestyle follows this law of nature. The different aspects and pairs of Yoga, play a very significant role in providing a model of ideal life style. Living life in accordance with Yoga, observing basic vowels, 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 yogis and Yoga Sadhna activities. It is true that, health is wealth. It can only be obtained, by adopting yogic practices in our daily life. It will make us stress free and give true happiness.

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