



ROLE OF YOGA IN LIFESTYLE

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ABSTACT

Yoga is the science of contemporary life, of correct living, and it ought to be a part of our everyday existence. It is more than just a weekly, two-hour pastime class. Yoga has technological systems that support resilience, mental and physical energy harnessing, mind relaxation, and the development of an integrated personality. It serves as a means of achieving emotional equilibrium and achieving mental and physical harmony. Depending on their lifestyle, a person can select one or a mix of two or more of the several yoga paths, including hatha, bhakti, raja, jnana, and karma yoga. Asanas, relaxation, meditation, and pratyahara practices, along with adhering to social and personal disciplines, can all be practiced. It is up to each person to determine which route best fits their requirements, way of life, and personality. Yoga may be performed with a regular lifestyle, but with distinct goals, a different mindset, and a different outlook on life and the people in it.

KEYWORDS- Yoga, lifestyle, Health etc.

INTRODUCTION

"The state of complete physical, mental, and social well-being and not merely absence of disease or infirmity" is how the World Health Organization defines health. One essential technique for achieving that "state" of health is the yogic way of life. It is essential to remember that experiencing a sense of "being" and "feeling" healthy is just as significant. Therefore, it makes sense that yoga and other Indian traditional medical systems place greater emphasis on the spiritual part of life and the quality aspect of health.¹

The healthiest lifestyle ever created, yoga's comprehensive art and science is excellent in controlling common lifestyle illnesses like diabetes and hypertension. It's interesting to note that recent studies have started to concentrate on the psycho-physiological advantages of yoga, which need understanding beyond the concept of physical exercise alone (Innes, Bourguignon & Taylor, 2005; Innes & Vincent, 2007).²

A yogic diet, way of life, mindset, and practices all contribute to the development of positive health and self-strength, making people more resilient to stress. This "health insurance" of yoga is attained by normalizing the experience of stress, improving the response to it, and efficiently releasing the stored-up tension using a variety of yoga techniques. Yoga is a comprehensive and all-encompassing life science that addresses the mental, emotional, physical, and spiritual well-being of the individual as well as the community.³

METHODOLOGY

The material collected from different articles, textbooks, literatures, and Authentic websites etc.

ROLE OF YOGA IN REDUCING THE STREE LEVEL

Since stress is a major factor in the onset, exacerbation, or worsening of many lifestyle problems, it is critical to realize that yoga may help us better manage stress. Streeter et al. proposed a theory to explain the benefits of yogic practices in diverse, frequently comorbid medical conditions based on the concept that yogic practices reduce allostatic load in stress response systems such that optimal homeostasis is restored (Streeter, Gerbarg, Saper, Ciraulo & Brown, 2012).⁴

According to their theory, stress causes an imbalance in the autonomic nervous system (ANS), with increased sympathetic and decreased parasympathetic activity. 2. Underactivity of the gamma aminobutyric acid (GABA) system, the principal inhibitory neurotransmitter system, and 3. Increased allostatic load. They further postulated that yoga-based techniques would:

(1) lessen allostatic stress

(2) correct underactivity of the parasympathetic nervous system and GABA systems, partly by stimulating the vagus nerves, the principal peripheral conduit of the parasympathetic nervous system. Streeter et al.'s idea states that yoga practices help improve the reduced parasympathetic nervous system and GABAergic activity that underlie stress-related diseases, hence improving disease symptoms.⁵

BENEFITS OF YOGA

1. Yoga improves strength, balance and flexibility.
2. Yoga helps with back pain relief.
3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health.
5. Yoga relaxes you, to help you sleep better.
6. Yoga can mean more energy and brighter moods.
7. Yoga helps you manage stress.
8. Yoga connects you with a supportive community.
9. Yoga promotes better self-care.

DISCUSSION

SIGNIFICANCE OF YOGA'S IN THE MODERN ERA

The modern lifestyle has disrupted the balance between the mind and body, leading to a number of stress-related illnesses like cancer, heart disease, and hypertension. Clinical investigations have proved that the rediscovery of ancient disciplines like Yoga, which combine lifestyles with effective and infallible prescriptions for enduring mental serenity, is the result of an endeavor to avoid and treat these disorders via healthier lives and methods.⁶

Yoga is the science of contemporary life, of correct living, and it ought to be a part of our everyday existence. It is more than just a weekly, two-hour pastime class. Yoga has technological systems that support resilience, mental and physical energy harnessing, mind relaxation, and the development of an integrated personality. It serves as a means of achieving emotional equilibrium and achieving mental and physical harmony. Depending on their lifestyle, a person can select one or a mix of two or more of the several yoga paths, including hatha, bhakti, raja, jnana, and karma yoga. Asanas, relaxation, meditation, and pratyahara practices, along with adhering to social and personal disciplines, can all be practiced. It is up to each person to determine which route best fits their requirements, way of life, and personality. Yoga may be performed with a regular lifestyle, but with distinct goals, a different mindset, and a different outlook on life and the people in it.⁷

Role of Yoga in modern lifestyle includes certain principles and values:

The 8 limbs of Yoga help regulate our lifestyle and keep away from lifestyle related disorders.

- **YAMAS:** 5 rules of social conduct
- **AHIMSA** - Non-violence
- **SATYA** - Truthfulness
- **ASTEYA** - Non-stealing
- **BRAHMACHARYA** - Faithfulness
- **APARIGRAHA** - Non-greed

Niyamas

Niyama is the practice of self-care or self-awareness. Listed here are the five Niyamas:

- **Sauca** - Purity
- **Santosa** – Contentment
- **Tapas** – Disciplined use of our energy

- **Svadhya** – Self-study
- **Isvapranidhana** - Celebration of the Spiritual

ASANAS OR PHYSICAL POSES

The purpose of the asanas is to release tension and stress from our bodies and minds. Their goal is to create a harmonic connection between the body and the mind by invigorating, revitalizing, and relaxing the body. It is important to practice asanas with stability, ease, comfort, and awareness, striking a balance between ease and effort.⁸

PRANAYAMA OR BREATHING EXERCISES

In pranayama, breath control is practiced. By doing breathing exercises, one can control and regulate their breath. The length of time that breath is inhaled, held in, and released is controlled in order to support and purify the neurological system and augment an individual's life force. Pranayama exercise also makes the mind calmer and more concentrated.⁹

PRATHAYARA OR WITHDRAWAL OF THE SENSES

This happens when you are so absorbed in yoga, meditation, or breathing stance during pranayama, asana, or meditation, that you lose awareness of everything going on outside of yourself. You stop being sidetracked by outward happenings and turn your attention within.¹⁰

DHARANA OR CONCENTRATION

Dharana trains the mind to concentrate without outside interference. You may do this by focusing your attention on one thing at a time. This can also be used to get ready for a meditation practice.¹¹

DHYANA OR MEDITATION

Constant observation of the mind is the practice of meditation. It entails centering the mind and relaxing it so that the Self may be perceived. It is an unbroken flow of focus meant to heighten one's consciousness and oneness with the cosmos. It is also a crucial tool for achieving mental wellness and clarity.¹²

SAMADHI OR ENLIGHTENMENT

The eight limbs of yoga lead to this ultimate objective. Ecstasy and the sensation that you and the cosmos are one are what define it. It is a condition of completeness and serenity, detached awareness and compassion.¹³

As indicated by the eight limbs of yoga, the practice of yoga encompasses all facets of a person's life in addition to physical development. It concerns a person's physical, mental, and spiritual health as well as his surroundings and interactions with other living things. Deeper self-awareness, love and respect for other people and animals, a cleaner environment, a nutritious food, and oneness with the Divine are all results of really putting these eight principles into practice.¹⁴

YOGA IS A WAY OF LIVING AND ITS AIM IS ‘A HEALTHY MIND IN A HEALTHY BODY’ Humans are physical, mental, and spiritual entities. All three of them grow in a balanced way with the support of yoga. Other types of exercise, such as aerobics, only guarantee physical health. Their relationship to the growth of the astral or spiritual body is minimal.¹⁵

YOGIC EXERCISES RECHARGE THE BODY WITH COSMIC ENERGY

- Attaining perfect balance and harmony
- promoting self-healing
- clearing the mind and body of toxins
- increasing self-awareness
- aiding in attention
- focus, and concentration—particularly for children—and easing physical tension and stress by stimulating the parasympathetic nervous system

The discipline of yoga assists in gaining control over one's mind, body, and spirit. It combines mental and physical disciplines to create a calm body and mind, reduces tension and anxiety, and promotes relaxation. It also assists in boosting flexibility, muscle strength and body tone. It enhances life, energy, and breathing. Although yoga may merely appear like stretching, it has far more benefits for your body in terms of how it makes you feel, look, and move.¹⁶

CONCLUSION

Yoga has a lot of promise for treating and preventing lifestyle ailments and diseases, and adopting a yogic lifestyle can significantly enhance the general public's health. Yoga may slow the disease's course and, if practiced early enough, may even result in a cure. Positive trends are seen in most research on the relationship between cardiovascular health and yoga, which bodes well for the future of both integrative health systems in general and yoga in particular. The main advantages of yoga may stem from its lifestyle elements (good food, exercise, relaxation, and optimistic outlook) as well as the psychosomatic balancing benefits of pranayama and yogic relaxation. As per the Bhagavad Gita, yoga is associated with achieving a state of psychosomatic harmony and balance, known as samatvam yoga uchyate. This restoration of physical, mental, emotional, and spiritual balance could be the primary cause of the observed changes in both short- and long-term studies. It has been well said that yoga is typically safe, easy to learn, and accessible to everyone, even the old, sick, and crippled. It also offers several secondary advantages without any noticeable negative effects. Additionally, because it is a cheap, easy, and safe medication, it has been suggested that patients with these diseases should think of it as a helpful adjuvant (Jain, Uppal, Bhatnagar & Talukdar, 1993).

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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