



## YOGA FOR A HEALTHY LIFE STYLE

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### ABSTRACT

Yoga is a way of life it involves a sattvic diet, positive thinking, spiritual study, healthy relationship silent meditation and selfless service. A yogic lifestyle does not mean renunciation or shedding family responsibilities each time we move into a yoga pose or practice some pranayama. We deepen or ability to control our body, breath and focus like wise when we big deeper into the philosophy of yoga. We naturally begin to eat, sleep, love and think more like yogis if you have been yearning for practical way to incorporate all the branches of yoga into your daily life. it might be time for you to discover how to live a yogic lifestyle. A yogic lifestyle involves consciously shaping our attitudes, habits and general ways of life to be more congruent with the philosophies, principles, morals and ethics of yoga.

**Keywords:** - Yoga, Yogic Lifestyle, Pranayam, Shaping Attitudes

### Introduction

The literal meaning of the word yoga is page yoke. It means for uniting the individual spirit with the universal spirit, or God, the word yoga is derived from the roots or Sanskrit Yuj which means to join. to attach. to bind, and yoke, and to concentrate on one's attention, it so means union. Yoga is the true union of will With the Will of God.

In Indian culture or thought human beings or everyone on this earth is guided by the

supreme universal spirit i.e. Paramatma or God of which the individual human spirit i.e. Jivatma is a part. Yoga is a way to secure liberation (Moksha) because it is the means by which the jivatma can be united to the Parmatma.

Yoga is as wisdom in work or skillful living amongst activities, harmony and Meditation

In Bhagvad Gita the main stress is on Karma Yoga (yoga by action). "Work alone is your privilege, never the fruits thereof. Never let the fruits of action be your motive; and never cease to work. Work in the name of lord, abandoning selfish desires. Be not affected by success or failure. This equipoise is called yoga.

In the Bhagavad Gita Sri Krishna explains to Arjuna the meaning of yoga as a deliverance from contact with pain and sorrow. When a man becomes one in communion with God, when his mind, intellect and self are under control freed from restless desire, so that they rest in the spirit within only a yogi can control his mind, intellect and self, being absorbed in the spirit within him, as a lamp does not spirit in a place where no winds blow. The yogi by the grace of the spirit within himself finds fulfillment, when the restlessness of the mind, intellect and self is stilled through the practice of yoga. Then he feels the joy eternal which is beyond the pale of senses. He finds the treasure above All others There is nothing higher than this. He who has achieved it, shall



not be moved by the greatest sorrow. So, we can say the real meaning of yoga is deliverance from contact with pain and sorrow. There are eight stages of yoga to secure purity of body, mind and soul. They are —

1. Yama
2. Niyama
3. Asana
4. Pranayama
5. Pratyahara
6. Dharana
7. Dhyana
8. Samadhi

### **Asana**

Asana means holding the body in a particular posture to bring stability to the body and poise to the mind. The practice of Asana brings purity in tubular channels, firmness to the body and vitality to the body and the mind. Yogasanas 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. 'The people of ancient Greece believed in the principle, "A sound mind in a sound body". By practicing asanas, one frees a 'himself from. physical disabilities and mental distractions. It is a state of complete equilibrium of body, mind and spirit.

Asana means a state of being in which one can remain steady calm, quiet, and comfortable, physically and mentally. Yog asana is practiced to develop one's ability to sit in one position without discomfort for extended lengths of time, as this is necessary during meditation.

### **Importance of Yogasanas**

- Yogasanas give sufficient exercise to the internal organs of the body. With this an individual can maintain good health and longevity of life.
- A small airy place and few equipment's are required for yogasanas practice.
- Yoga is a solo-practice, whereas two or more individuals are required in other games.
- Yogasanas help to develop physical and mental powers to calm the and control the senses.
- Yogasanas are not expensive.
- Yogasanas help the body to acquire more resistance power to keep the diseases away.
- The body becomes more flexible.
- One looks younger in age and lives longer.
- Through different yogasanas the blood in the blood-vessels is purified.
- By practicing yogasanas the power of contraction and expansion of lungs is increased and this results in the purification of blood.
- Yogasanas keep the spinal cord flexible.
- Yogasanas are 'non-violent activity' and a person becomes morally good.
- Yogasanas stimulate different glands of the body, which helps the body to acquire a well-balanced growth.
- By practicing yogasanas diseases like constipation, gas-trouble, diabetes, blood-pressure, headache, etc. can be cured.
- Yogasanas make possible not only physical and mental development but also intellectual and spiritual development. -
- There is no restriction of age and sex for yogasanas and one can enjoy sound health for a long time.
- Yogasanas reduce fatigue and soothe the nerves.



## Pranayama

A Pranayama means control and regulation of breath.

“Prana:” is a Sanskrit word which means ‘vital force’. It also signifies ‘life’ or breath. Ayama, means the control of the Prana so Pranayama means the control of the vital force (Prana) by concentration and regulated breathing.

The important components of Pranayama are:

- Puraka means to inhale.
- Rechaka means to exhale.
- Kumbhaka means to retain the breath.

## Types of Pranayama

- Surya Bhedana Pranayama
- Ujjayi Pranayama
- Sheetkari Pranayama
- Sheetal Pranayama
- Bhastrika Pranayama
- Bharmari Pranayama
- Moorcha Pranayama
- Kapalabhaati Pranayama
- Sama Vrtti Pranayama
- Nadi Sodhana Pranayama
- Plavini Pranayama

## Physiological Values of Pranayama

- Pranayama soothes the nerves and tones the entire system.
- It increases digestive power, invigorates the nerves and cleans the sinuses
- The blood receives a larger supply of oxygen, one feels refreshed. The nerves are calmed and purified.
- Pranayama activates and invigorates the liver, spleen, pancreas and abdominal muscles.
- The sinuses are drained and the eyes feel cool.

- Pranayama cools the system and soothes the eyes and ears.
- It benefits persons suffering from low blood pressure and high blood pressure.
- It keeps the body fit and healthy.
- One can live a long life with Pranayama. It improves the power of memory and eliminates mental disorder.
- It purifies tubular channels and removes sluggishness from the body.
- The constant practice of Pranayama strengthens the nervous system, the mind becomes calm and capable of concentration.
- The constant practice of Pranayama rouses spiritual power. It gives spiritual joy, spiritual light and mental peace.
- It clears the skull, the respiratory system and nasal cavities.
- It Eliminates the cough accumulated in the wind pipe, and cure the asthma.
- It tones up the heart and activates the respiratory system, and the circulatory system.

## Conclusion

Firstly Yogis should make lifestyle choices that bring them towards a place of sattva, a state of equanimity and inner-peace.

Secondly Establishing and maintain a healthy body, a focused mind and a calm heart should be priorities.

Lastly a yogic lifestyle should be conducive to the pursuit of yoga truth and spiritual knowledge.

Practically speaking yoga is a science which deals with the health of body and harmony of mind the main purpose of yoga is to provide sound body with tension free sound mind the ultimate aim of yoga is self-identification and self-perfection. which comes through self-purification and self-realization. so, we can say



yoga is a way of life, a mean to enjoy complete, happy, healthy and peaceful life.

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