

# Importance of Yogasanas to Maintain Good Health

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**Abstract – Yoga is an art form which helps in attaining good health and is for living a holistic life. It has been developed and perfected over the centuries by the sages and wise men of ancient India. Yoga is not a religion, a metaphysical doctrine or a philosophy. It can make amazing improvement in our health, appearance and youthfulness. Yoga has many benefits for both mind and body. Yogic exercise can be done by any age group and even by the most unfit people. Yoga is also the most comprehensive of all exercises as it benefits each part of the body.**

**Life in the modern age, has become so complex that seen and unseen hazards to health have proliferated to an alarming degrees. Our environment has been so badly degraded that education for proper health care has assumed unprecedented importance. The healthy state is pre education for a life of joy of which peace or tranquility is the primary ingredient. As a positive state, health implies abundance of vitality and vigorous, alertness, clarity and posies. A truly healthy person is not even conscious of the of the functioning of any his internal organs. It is automatic and smooth, tension that may arise from external factors do not disturb this smooth functioning.**

**Yoga improves mind-body co-ordination by increasing physical tone and awareness while improves mind and breathe control. Meditation has being proven to reduce anxiety, stress and muscular tension. Systematic and regular practice of yogasanas helps individual to become health conscious & gives that individual an idea of educating others regarding health, wellness and maintain good health.**



## INTRODUCTION

Yoga is an art form which helps in attaining good health and is for living a holistic life. It has been developed and perfected over the centuries by the sages and wise men of ancient India. Yoga is not a religion, a metaphysical doctrine or a philosophy. It can make amazing improvement in our health, appearance and youthfulness. Yoga has many benefits for both mind and body. Yogic exercise can be done by any age group and even by the most unfit people. Yoga is also the most comprehensive of all exercises as it benefits each part of the body.

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The term yoga is derived from the Sanskrit root "yug" meaning union .Yoke or communion It is union of our will with the nature and the supernatural. It is yoking of all the powers of the body, mind and soul. The disciplining the intellect the mind, the emotions and the will, Lit is the experience of on self with one's inner being.

Yoga is defined as a 'Unitive Discipline', the discipline that leads to inner and outer union, harmony & joy. Yoga is indeed associated with certain metaphysical notion but the practice in itself does not require any religious or spiritual adoption. Even open-minded agnostics can practice Yoga with great benefit.

Asana means the state of posture in which one can remain study, calm, quite & comfortable, both physically and mentally. Pathanjali in his "Yoga Sutra"

he defined yogasanas as “ Sthirum Sukkam Asanam” meaning that posture which is steady & comfortable .

Health is defined as a state of complete physical, mental, spiritual and social well being. Life in the modern age, has become so complex that seen and unseen hazards to health have proliferated to an alarming degree. Our environment has been so badly degraded that education for proper health care has assumed unprecedented importance. The healthy state is pre-education for a life of joy of which peace or tranquility is the primary ingredient. As a positive state, health implies abundance of vitality and vigor, alertness, clarity and poise. A truly healthy person is not even conscious of the functioning of any of his internal organs. It is automatic and smooth, tension that may arise from external factors do not disturb this smooth functioning.

Yoga asanas are time tested exercises for the harmonious development of a sound body and mind. This is a science of body culture which has come down to us from the ancient sages as a part of our great cultural heritage. It ensures revitalization of the body metabolism by total relaxation of the system. It frees one from the undue stress and strain which have become part and parcel of modern life.

It is a general experience that a good yogic practitioner acquires a well proportioned body and a balanced state of mind. (Hatha pradiipika 11:78) Traditional texts also claim that regular practice of yoga contributes to a beautiful body and pleasant appearance so that old age can be reversed to teen age (Hatha Pradiipika III : 57). Yoga sublimates the aesthetic abilities of a human being by taking these to a higher level of thought. Various investigators also partially support this claim and revealed that Yoga provides a proportionate physique by enhancing almost all attributes of fitness (Bera & Ganguly and Ghorote 1988; Berg & Rajapurkar, 1990; Gharote, 1987).

Yoga is a very ancient discipline and its importance for spiritual attainment has been recognized throughout the ages, by all the systems of Indian philosophy. However its application in various fields is a new trend. Extensive studies regarding exercise science, different exercise programmes, their development; hygienic, therapeutical and other values, and sports culture, are available in research. But, comparatively few studies are reported regarding yogic Asanas. The first pioneering attempt along the scientific lines, to study the physiological effects of yogic practices was made by Swami Kuvlyananda (1924). His studies occupy a very important and unique position among the scientific works, in yoga done so far, in the field later, other workers like Therries Brosse (1964), Bagchi and Wenger (1959), Anand et. Al. (1961), studied electrical activity of the brain during yogic meditation ANS

activity among practitioners was studied by Wenger and Bagchi (1961).

Gharote (1970) reported significant increase in the strength and endurance of the abdominal muscles of the women students, as a result of yogic training, for four weeks. In another study, Gharote (1962) evaluated psycho-physiological effects of selected yogic exercise, using Wenger's Autonomic Balance Test battery and Mc Curdy-Larson Organic Efficiency Test, and observed significant tendency of the autonomic balance score towards increased parasympathetic function and an encouraging trend in the cardiovascular and cardio respiratory efficiency. Giri (1966) using the same set of yogic exercises, studied the effects on the test subjects who took the tests of National Physical Efficiency Drive and found significant improvement in their overall performance as a result of yogic training. De Vries (1961) presented evidence on the prevention and / or relief from muscular distress by the practice of the static stretching methods of Hathayoga.

## IMPORTANCE OF YOGASANAS

Yoga is not a religion, it is a way of living whose aim is a healthy mind in a healthy body. Man is a physical, mental and spiritual being, yoga helps promote a balanced development of all the three, other forms of physical exercises, like aerobics, assure only physical well being. They have little to do with the development of the spiritual or astral body.

Yogic exercise recharges the body with cosmic energy. This facilitates

- Attainment of perfect equilibrium and harmony
- Promotes self healing
- Removes negative blocks from the mind and toxins from the body
- Enhances personal power
- Increases self awareness
- Helps in attention focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system

The aspirant feels rejuvenated and energized, thus yoga bestows upon every aspirant the powers to control body and mind.

### TYPES OF YOGA

- Ashtanga yoga – discipline of mind
- Hatha yoga – discipline of body and prana
- Bhakti yoga – Discipline of emotions
- Karma yoga – Disciplines of actions
- Gyan yoga – Discipline of intellect
- Tantra – Manta Yoga
- Kundalini Yoga
- Swara Yoga,
- Nada Yoga
- Laya yoga etc.

### BENEFITS OF YOGA

- **Physical benefits** : The most important benefit of yoga is physical and mental therapy. The aging process which is largely an artificial condition, caused mainly by auto intoxication or self poisoning, can be slowed down by practicing yoga. Yoga has also health benefits for the Heart. Yoga lowers blood pressure and slows heart rate which can help people with hypertension, heart diseases or who have had a stroke. Yoga has both its preventive and therapeutic cures over ailing mind and body. Yoga improves all the problems associated with the body like recovers breathing disorders, boosts immune response, decreases cholesterol, diabetes, maintains blood pressure level, strengthens the spinal cord, increase the stamina, recovers back aches. The benefits of yoga includes, it develops posture, reinforces spine, relieves back pain and encourages weight loss.
- **Physiological benefits** : Physicians and scientists are discovering brand new health benefits of yoga every day. Studies show it can relieve symptoms of several common and potentially life threatening illness such as arthritis, arteriosclerosis, chronic fatigue, diabetes, AIDS, asthma and obesity.

- **Psychological benefits** : Regular yoga practice creates mental clarity and calmness, increases body awareness, relieves chronic stress patterns, relaxes the mind, centres attentions sharpens concentration. Mental health and physical energy are difficult to quantify but virtually everyone who participates in yoga over a period of time reports a positive effect on outlook and energy level. Yoga stretching and breathing exercises have been seen to result in an in-vigo rating effect on both mental and physical energy and improved mood.
- **Spiritual benefits** : When you achieve the yogic spirit, you can begin knowing yourself at peace. The value of discovering one's self and of enjoying one's self as is, begins a journey into being a rather than doing. Life can than be lived practicing "Yoga off the mat".

### CONCLUSION:-

Yoga improves mind-body co-ordination by increasing physical tone and awareness while improves mind and breathe control. Meditation has being proven to reduce anxiety, stress and muscular tension. Systematic and regular practice of yogasanas helps individual to become health conscious & gives that individual an idea of educating others regarding health, wellness and maintain good health.

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