

# Benefits of Yoga in Daily Life

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**Abstract – In this modern life our environment is struggling for endurance and survival and we human beings suffer from more and more physical and psychological stress and strains. We cannot always control them, but can find out the ways to face them and to this end Yoga is a good creation. The aim of yoga is achievement of physical, mental and spiritual harmony. Yoga is an internal expedition that creates an awareness and understanding of yourself and leads you to self-transformation. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. It is primordial science of self-development that filters your mind and body and sustains perfect balance and harmony between them. 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 In other words, it is an art of controlling your mind, body and breath and unlocking the hidden potential energies. Yoga can be in meditation form and it could also be a form of physical exercise. Many human beings are so busy with their personal lives that they have even forgotten the correct way to breathe. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance Yoga is a way of life for good living and for the benefit of the body. Yoga is the only technique through which the body of any human being can be healthy without any trainer, equipment and medicine. Thus, my purpose of this paper makes an attempt to analyses the benefits of Yoga in yoga in daily life as well as its effect on human beings in this contemporary time.**

**Key Word: Yoga, Daily Life.**

## 1. INTRODUCTION:-

Human beings are made up of three components—body, mind and soul corresponding these there are three needs—health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony.

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. Yoga constructs desirable physiological alterations and has sound scientific foundations.

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 Daily 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 inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health.

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 Daily 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.

Yoga gives us relief from countless ailments at the physical level. The practice of the postures (asans) strengthens the body and creates a feeling of wellbeing. From the psychological view point, yoga sharpens the intellect and aid in concentration; it

steadies the emotions and encourages a caring for others.

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.

Our present day life is so chaotic and stressful that even thinking of ancient days soothes our heart and brain. The lifestyle of human beings with the passage of time has gradually changed. Science has dominated the present age and the modern man fully depends on it. Physical labor has reduced and ultimately the health of modern man has weakened due to lack of workout. In this age of competition, life is so hard and stressful that man is unable to cope up and hence suffering from various psychological and mental disorders. 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 all together. Yoga manages all 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.

A significant difference between the two is that Physical exercise is basically an exercise of skeletal muscles, but what about other involuntary muscles and organs. It is Yoga, which provides a solution to each and every part of our body. Yoga provides, exercise, massage and toning to all organs and to all types of muscles. In other words, the effect of Yoga reached to all internal organs to which the effect of no other exercise can reach.

For human it is not only the striated muscles which need to be strengthened, but it is the whole body which needs to treat effectively to gain strength, energy, flexibility and sound health. Now a day the definition of health has almost changed. Health is considered as the state of mental and physical, in which the individual is functionally well adjusted inwardly as concerns his body parts, and outwardly as concerns his environments. According to WHO – "Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity." Recently this definition has been improved and it has been added, "Attainment of a level of health that will enable every individual to lead a socially and economically productive life" (Karalay 2015).

Yoga not only deals with this broad definition of health, but also deals with other aspects like healing of injury and psychological disorders and provides curative treatment of many diseases. Yoga along with Naturopathy, Ayurved, and Acupressure provide solution of many complicated diseases. Yoga is a

universal remedy for one who sincerely wants to seek it. Here it is essential to discuss the manner in which techniques of yoga affects the physical and mental fitness; and social well-being of humanity.

## 2. HEALTH BENEFITS

This information is grouped into three categories—physiological benefits, psychological benefits, biochemical effects—and is based on the regular practice of traditional āsana, prānāyāma, and meditation. Please note that while pulse rate, etc., may increase during the practice of various āsanās, some forms of prānāyāma, and some stages of meditation, but overall benefits to general health are as listed below. For information on the physiological changes that occur during the practice of specific āsanās, etc.,

### 1.1 Physiological Benefits

- Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance rather than the usual stress-induced sympathetic nervous system dominance.
- Pulse rate decreases.
- Respiratory rate decreases.
- Blood pressure decreases (of special significance for hyporeactors).
- Galvanic Skin Response (GSR) increases  
EEG - alpha waves increase (theta, delta, and beta waves also increase during various stages of meditation).
- 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.

### 1.2 Psychological Benefits

- Somatic and kinesthetic awareness increase.
- Mood improves and subjective well-being increases.
- Self-acceptance and self-actualization increase.
- Social adjustment increases.
- Anxiety and depression decrease.
- Hostility decreases.
- Psychomotor functions improve:
  - i) Grip strength increases.
  - ii) Dexterity and fine skills improve.
  - iii) Eye-hand coordination improves.
  - iv) Choice reaction time improves.
  - v) Steadiness improves.
  - vi) Depth perception improves.
  - vii) Balance improves.
  - viii) Integrated functioning of body parts improves.
- Cognitive function improves:
  - ix) Attention improves.
  - x) Concentration improves.
  - xi) Memory improves.
  - xii) Learning efficiency improves Symbol coding improves.

- xiii) Depth perception improves.
- xiv) Flicker fusion frequency improves.

### 1.3 Biochemical Effects

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

- Glucose decreases.
- Sodium decreases.
- Total cholesterol decreases.
- Triglycerides decrease.
- HDL cholesterol increases.
- LDL cholesterol decreases.
- VLDL cholesterol decreases.
- Cholinesterase increases.
- Catecholamine 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.

### 3. CONCLUSION

So Yoga is a multidimensional aspect and its scope has increased in the modern life.. Modern research has recognized the scientific roots of yogic practices and yoga has now achieved international recognition and acclaim. Yoga provides a combination of benefits

such as breathing exercises, stretching exercises, fitness program, and meditation practice and guided meditations all in one technique. today, yoga is a painstakingly worldwide phenomenon, it has taken the world by tempest and is gaining reputation day by day. That is powerful, that is very powerful! Even for people who have physical limitations yoga can be very beneficial just by practicing the breathing techniques, the meditation and the guided meditation It is enviable that yoga must be made an integral part of our educational as well as health care systems. If our masses practice yoga, they will be physically, mentally and spiritually healthy. The rush and burden of our hospitals will be greatly reduced. Hence, there is an urgent need to popularize yoga among the human beings. Yoga is reliable with our ethnicity and harmonizing to science, so, it is our primary duty to endorse it further. 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. Yoga has combined set of principles and exercises that can greatly benefit you and help you to deal with stress.

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