

Yoga:- It's Effect on Human Body

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ABSTRACT

Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. The study of descriptive type and researcher found in my literature the value of yoga in human life. Yoga is a physical, mental, and spiritual practice or discipline that denotes a variety of schools, practices and goals. This covers an extensive period of approximately 2,000 years until the second century. Gnostic texts, called the upanishads, speaks in detail about the self and ultimate reality.

BENEFITS:- Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited asanas (yoga poses). As such, its benefits are only perceived to be at the body level and we fail to realize the immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling.

TYPES:- the different types of yoga focus on a practice referred to as sadhana and sadhana is practice that helps an individual to strive for self knowledge and understanding. (1) bhakti yoga (2) hatha yoga (3) jnana (4) karma (5) kundalini (6) raja (7) tantric

CONCLUSION:- we can say that we can't ignore the yoga in our life. It helps the healthy life. It protects our body from disease.

I. INTRODUCTION

योग की उत्पत्ति संस्कृत शब्द 'युज' से हुई है जिसका अर्थ जोड़ना है। योग शब्द के दो अर्थ हैं और दोनों ही महत्वपूर्ण हैं। पहला है- जोड़ और दूसरा है समाधि। जब तक हम स्वयं से नहीं जुड़ते, समाधि तक पहुंचना असंभव होगा। योग का अर्थ परमात्मा से मिलन है।

HISTORY OF YOGA- योग का उपदेश सर्वप्रथम हिरण्यगर्भ ब्रह्मा ने सनकादिकों को, पश्चात् विवस्वान (सूर्य) को दिया। बाद में यह दो शाखाओं में विभक्त हो गया। एक ब्रह्मयोग और दूसरा कर्मयोग। ब्रह्मयोग की परम्परा सनक, सनन्दन, सनातन, कपिल, वोढु और पचचंशिख नारद-शुकादिकों ने शुरू की थी। यह ब्रह्मयोग लोगों के बीच में ज्ञान, अध्यात्म और सांख्य योग नाम से प्रसिद्ध हुआ।

भारतीय योग जानकारों के अनुसार योग की उत्पत्ति भारत में लगभग 5000 वर्ष से भी अधिक समय पहले हुई थी। योग की सबसे आश्चर्यजनक खोज 1920 के शुरुआत में हुई। 1920 में पुरातत्व वैज्ञानिकों ने 'सिंधु सरस्वती सभ्यता' को खोजा था जिसमें प्राचीन हिंदू धर्म और योग की परंपरा होने के सबूत मिलते हैं। सिंधु घाटी सभ्यता को 3300-1700 बी.सी.ई. पुराना माना जाता है।

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. Yoga comes from the Sanskrit word 'Yuj' which means to unite or to join. People generally think that yoga is a series of exercises with twisted body poses, it is not so. The main aim of yoga is to help one connect with one's inner spirit, which is connected to the universal spirit or God. Yoga creates a balance between the body and the mind and to attain self-enlightenment.

Yoga brings stability to the body and the wavering mind. In order to accomplish it, Yoga makes use of different movements, breathing exercises, relaxation technique and meditation. Yoga is associated with a healthy and lively lifestyle with a balanced approach to life.

OBJECTIVE OF YOGA

- 1) To enable the student to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

All these objectives could be dealt with in an integrated manner.

IMPORTANCE OF YOGA

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 exercises recharge the body with cosmic energy This facilitates.

- De-Stressed Students
- Improved Concentration
- Attainment of perfect equilibrium and harmony
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body
- Yoga is a science of personality development
- Increases self-awareness

PRINCIPLES OF YOGA

Proper Relaxation

By releasing the tension in the muscles and putting the whole body at rest, you revitalize your nervous system and achieve inner peace, making you feel relaxed and refreshed. This relaxed feeling is carried over into all your activities and helps you conserve your energy and let go of all worries and fears.

Proper Exercise

This principle revolves around the idea that our physical body is meant to move and exercise. Proper Exercise is achieved through the yoga postures or Asana which systematically works on all parts of the body - stretches and tones the muscles and ligament, enhances the flexibility of the spine and the joints, and improves blood circulation. The asanas are designed to regulate the physical and physiological functions of the body. Practicing these Yoga Poses makes your body relaxed, gives you more strength and energy, and rejuvenates the various systems of the body. The Yoga Posture goes together with proper breathing. Each movement and stretch should be guided by your breath, making your movement and your breath coordinated and feel like one and the same. The execution of the Asana is beneficial to the body, and at the same time contributes to spiritual and mental growth.

Proper Breathing

This means breathing fully and rhythmically, making use of all the parts of your lungs to increase your oxygen intake. Proper breathing should be deep, slow and rhythmical. To achieve this, you need to be able to regulate the length and duration of your inhalation, exhalation, and the retention of air in your lungs or the pauses between breath. Yoga breathing Exercises or Pranayama teaches you on how you can recharge your body and control your mental state by regulating the flow of prana the life force. This helps you achieve a calmer and more focused mind, and increases your energy level.

Proper Diet

What you eat extremely affects your mind. Improper diet result to mental inefficiency and blocks spiritual awareness.proper diet is one that nourishes both mind and body. It should be well balanced and based on natural foods. Proper Diet in Yoga also means eating in moderation and eating only when you are hungry. We sometimes tend to eat when we are upset, using food to fill the gap or the emptiness that we feel. Bad eating habits will cause our senses to be dull that we won't even notice how much we eat or how it tastes and may result to diet related ailments like obesity and

diabetes. Food should sustain our body. It should keep the body light and supple, the mind calm, and it should also help in keeping a strong immune system.

Positive Thinking and Meditation

The way we think highly affects our way of life. Practice keeping a positive outlook in life, this will facilitate in having a peaceful mind. Positive thinking and Meditation helps you remove negative thoughts and puts your mind under perfect control.

TYPES OF YOGA

There are many different types of yoga, and it is important to choose a form that is appropriate for each individual's level of fitness, goals, and medical condition. Some of the most popular and widely available forms are briefly explained below.

- * Bhakti yoga
- * Hatha yoga
- * Jnana
- * Karma
- * Kundalini
- * Raja
- * Tantric

1. Bhakti Yoga

Bhakti yoga is a spiritual path or spiritual practice within Hinduism focused on the cultivation of love and devotion towards God. It has been defined as "devotional service to Bhagavan (God) with no other motivations than simply to please the Supreme Lord." Bhakti yoga is a means to realize God and has often been taught as the easiest way for the common person because it doesn't involve extensive yogic practice.

Bhakti means devotion to the Lord. One need only surrender all doubts, fears and worries and express genuine love and devotion to the almighty Lord of The Universe.

2. Hatha yoga

The word hatha means willful or forceful. Hatha yoga refers to a set of physical exercises (known as asanas or postures), and sequences of asanas, designed to align your skin, muscles, and bones. The postures are also designed to open the many channels of the body—especially the main channel, the spine—so that energy can flow freely.

Hatha is also translated as ha meaning "sun" and tha meaning "moon." This refers to the balance of masculine aspects—active, hot, sun—and feminine aspects—receptive, cool, moon—within all of us. Hatha yoga is a path toward creating balance and uniting opposites. In our physical bodies we develop a balance of strength and flexibility. We also learn to balance our effort and surrender in each pose.

Hatha yoga is powerful tool for self-transformation. It asks us to bring our attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment.

3.Jnana

Jnana yoga is the yoga of knowledge—not knowledge in the intellectual sense—but the knowledge of brahman and atman and the realization of their unity. Where the devotee of god follows the promptings of the heart, the jnani uses the powers of the mind to discriminate between the real and the unreal, the permanent and the transitory.

4.KARMA YOGA

Karm Yog is the path suggested by Lord Krishn establishing the importance of Karm and seeking bliss through devotion to Karm without indulging in the aspirations of expectations. It removes the myths that yog leads an individual away from worldly duties on the contrary it equips him with perfect wisdom and skill to go deep in karm and still staying aloof being detached with the fruits. This lesson of karm Yog was given in the battle field of famous Mahabharat where great warrior Arjun had withdrawn from his duty in the battle field under deep stress and depression.

Karma yoga is the process of achieving perfection in action. Karma yoga is said to be the most effective way to progress in spiritual life. Found in the Bhagavad Gita, karma yoga is a part of nature. Karma yoga is taught by teachers

of zen who promote tranquility. Karma yoga is an intrinsic part of many derivative types of yoga, such as Natya Yoga. Karma yoga is often understood as a yoga of selfless (altruistic) service.

5. KUNDALINI

"Kundalini" refers to the energy of the Root Chakra, which surrounds the area around your lower spine. Expect lots of work in your "core" area and classes are known to be pretty intense.

6. RAJA YOGA

Raja Yoga is a science, art and a path in life to enhance, enrich and strengthen our spiritual focus."Raja Yoga, sometimes called the "Royal Yoga" is inclusive of all yogas, and its philosophy goes beyond the boundaries of the many styles of yoga today. Raja Yoga emphasizes the benefits of meditation for spiritual self-realization and the purposeful evolution of consciousness.

Raja Yogis Michele Hébert and Mehrad Nazari were drawn to Raja Yoga because of its authentic and inclusive nature. The spiritual focus of Raja Yoga was also the emphasis of their own spiritual master, Walt Baptiste.

It is an eight fold yog prescribed by Maharishi Patanjali, to introduce and educate the yog seeker with behavioral, social, intellectual, mental, physical, philosophical and spiritual aspects of yog. These eight folds are:

YAAM - Self restrains
NIYAAM - Self observances
ASAAN control over body
PRANAYAAM Control over breath
PRATYAHAAR Control over senses
DHARANA Concentration
DHYAAN Meditation
SAMADHI Identification with pure consciousness

7. Tantric yoga

what is tantra ? Tan- expansion , tra – liberation.

Tantra means expansion of awareness and liberation of energy. Awakening of energy (shakti) and taking it to meet consciousness (shiva) (union of shiva and shakti).

-right hand tantr
-left hand tantra

Tantra yoga is a practice that can be used to expand the connection and awareness between a couple, creating a deeper bond spiritually with each other.

EFFECT OF YOGA ON HUMAN BODY

My experience inspired me to pore over the scientific studies I'd collected in India as well as the West to identify and explain how yoga can both prevent disease and help you recover from it. Here is what I found.

- Improves your flexibility
- Builds muscle strength
- Relaxes your system
- Perfects your posture
- Increases your blood flow
- Lowers blood sugar
- Improves your balance
- Founds a healthy lifestyle
- Helps you focus
- Maintains your nervous system



1. Better flexibility & posture

You only need to include yoga in your daily routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieve you of body pain due to incorrect posture.

2. Builds muscle strength

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

3. Founds a healthy lifestyle

Move more, eat less—that's the adage of many a dieter. Yoga can help on both fronts. A regular practice gets you moving and burns calories, and the spiritual and emotional dimensions of your practice may encourage you to address any eating and weight problems on a deeper level. Yoga may also inspire you to become a more conscious eater.

4. Helps you focus

An important component of yoga is focusing on the present. Studies have found that regular yoga practice improves coordination, reaction time, memory, and even IQ scores. People who practice Transcendental Meditation demonstrate the ability to solve problems and acquire and recall information better—probably because they're less distracted by their thoughts, which can play over and over like an endless tape loop.

5. All-round fitness.

You are truly healthy when you are not just physically fit but also mentally and emotionally balanced. As Sri Sri Ravi Shankar puts it, "Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are." This is where yoga helps: postures, pranayama (breathing technique).

6. Better relationships

Yoga can even help improve your relationship with your spouse, parents, friends or loved ones! A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you. Yoga and meditation are a holistic fitness package.

7. Weight loss

What many want! Yoga benefits here too. Sun Salutations and Kapal Bhati pranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.

8. Guides your body's healing in your mind's eye

If you contemplate an image in your mind's eye, as you do in yoga nidra and other practices, you can effect change in your body. Several studies have found that guided imagery reduced postoperative pain, decreased the frequency of headaches, and improved the quality of life for people with cancer and HIV.

ETC.

Improved respiration, energy and vitality.
The maintenance of a balanced metabolism.
Cardio and circulatory health.
Improved athletic performance.
Protection from injury.

CONCLUSION

Yoga affects every cell of the body. It brings about better neuro-effector communication, improves strength of the body, increases the optimum functioning of all organ-systems, increases resistance against stress and diseases and



brings tranquility, balance, positive attitude and equanimity in the practitioner which makes him lead a purposeful and healthier life. After read literature researcher found that yoga is very important it is basic need for human and we can't ignore yoga.

We can say that we can't ignore the yoga in our life. It help's the healthy life. It protect to our body from disease.

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