

BENEFITS OF YOGA IN HUMAN LIFE

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Introduction:-

The regular practices of yoga for an all-round personality development of physical mental, intellectual, emotional and spiritual level. Yoga has many benefits for body and mind to improve the whole quality of everyday life. Yoga techniques are known to improve one's overall performance and work capacity. Yoga was originally developed by Hindu priests who lived frugal lifestyles characterized by discipline and meditation. Besides balance with nature, ancient Indian philosophers recognized health benefits of Yoga including proper organ functioning and whole well-being. These health benefits have also been acknowledged in the modern-day. The word Yoga is often described as "union". It implies that the individual is united with the Universe, the personality with the Universality. The root of the word Yoga is the Sanskrit Bija "Yuj" which means to join together. The English word yoke is directly derived from the Sanskrit Yuj. In fact, the English word "Union" has a sound similar to Yuj. Perhaps one could more correctly say, Yoga is re-union.

The MaitrUpaniṣad describes a six-fold yoga method of yoga, namely (1) Pranayama (breath control), (2) Pratyahara (withdrawal of the senses), (3) Dhyana (meditation), (4) Dharana (placing of the concentrated mind), (5) Tarka (philosophical inquiry) and (6) Samadhi (absorption).

These technical terms will later be used to designate five of the eight elements of Patanjali's Astangayogascheme. There are the eight limbs of the system found in the famous yoga sutras of patanjali (1) Yama (abstention) (2) Niyama (observance) (3) Asana (posture) (4) Pranyama (lengthening prana) (5) Pratyahara (abstraction) (6) Dharana (concentration) (7) Dhyanan (Meditation) (8) Samadhi (liberation).

The Mahabharata known as the Bhagavad Gita lays out three paths of yoga by which the aspirant can know the Lord, or supreme person, here known as Kṛṣṇa, (1) Karma yoga (the path of action) (2) Bhakti yoga (The path of devotion), (3) Jnana yoga (the path of knowledge).

The Gita also describes a range of practices undertaken by yogins of the day (such as an internalization of the vedic ritual, as in the sacrifice of the inhalation (Prana) into the exhalation (Apana), as well as instructions for the preparation of a yoga Sadhana and for the withdrawal of the senses.

The Haṭha yoga is concerned with the transmutation of the human body into a vessel immune from mortal decay. The haṭha discipline is the six purifications (Satkarmas), namely (1) Dhauti, or the

cleansing of the stomach by means of swallowing a long, narrow strip of cloth; (2) Basti, or “yogic enema,” effected by sucking water into the colon by means of an abdominal vacuum technique (UddiyanaBandha) ; (3) Neti, or the cleaning of the nasal passages with water and/or cloth; (4)Trataka, or staring at a small mark or candle until the eyes water; (5) NauliorLaulik, in which the abdomen is massaged by forcibly moving the rectus abdominal muscles in a circular motion; and (6)Kapalabhati, where air is repeatedly and forcefully expelled via the nose by contraction of the abdominal muscles.

Physiological benefits of yoga:-

(1) Musculoskeletal flexibility and joints range of motion increase, (2) Pulse rate decreases,(3) Blood pressure decreases,(4) Galvanic skin response increases,(5) EMG activity decreases,(6) Cardiovascular efficiency increases, (7)Respiratory efficiency increases,(8) Gastrointestinal function normalizes,(9) Endocrine function normalizes, (10) Excretory function improved, (11) Respiratory rate decreases, (12) Breath-holding time increases, (13) Joint range of motion increase,(14)Grip strength increases, (15) Eye-hand coordination improves,(16) Dexterity skills improve,(17) Reaction time improves,(18) Posture improves, (19) Strength and resiliency increase,(20) Endurance increases,(21) Energy level increases, (22) Weight normalizes,(23) Sleep improves, (24) Immunity increases,(25) Pain decreases(26) Steadiness improves,(27) Depth perception improves,(28) Balance improvesand (29) Integrated functioning of bodyparts improves.

Psychological benefits of yoga:-

(1) Somatic and kinaesthetic awareness increase,(2) Mood improves and subjective well-being increases, (3) Self-acceptance and self-actualization increase,(4) Social adjustment increases, (5) Anxiety and Depression decrease,(6) Hostility decreases,(7) Concentration improves,(8) Memory improves,(9) Attention improves,(10) Learning efficiency improves,(11) Mood improves,(12) Self-actualization increase,(13) Social skills increase,(14) Well-being increases,(15) Somatic and Kinaesthetic awareness increase,(16) Self-acceptance increase, (17) Attention improves, (18) Concentration improves, (19) Memory improves and (20) Learning efficiency improves.

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