

ESSENCE OF YOGA IN HUMAN DEVELOPMENT

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Abstracts: *The origin of the word 'Yoga' comes from the Sanskrit word 'Yuj' meaning to yoke or join. It implies joining or integrating all aspect of human being - body with mind and mind with soul - so, to achieve a happy and balanced life and spiritually uniting the individual with the Supreme. In other words, yoga develops self - discipline and enhances physical and mental health in individuals. Yoga can enhance lifestyle at any age. For children, it is fun, learning yoga develops self - discipline and can enhance their physical and mental health. It is helpful for adolescent to keep their youthful flexibility. During pregnancy, yoga promotes good health in both mother and unborn child. For adults, it is stress reducing. "Yoga" practice also helps players to relax and replenish their energy after strenuous games. It also promotes cal, clean thinking even in adverse situation. For older people, mild yoga exercise help them to retain mobility and may also relieve problems, like, arthritis, poor blood circulation etc. Thus yoga is not a religion, but it is a way of living whose aim is 'a healthy mind in a healthy body' in all ages.*

Keywords: *Yoga, Yuj, Patanjali, Buddhism, Psychological, Meditation, etc.*

INTRODUCTION

Yoga is an ancient Indian body of knowledge that dates back many years ago. The word yoga came from the Sanskrit word "Yuj" about the union of person's own consciousness and the universal. According to the yoga sutra of Patanjali, the ultimate aim of yoga is to reach Kaivalya. This is the experiences of one's innermost being or "soul". Yoga is therefore a spiritual quest. Buddhism and other Eastern spiritual traditions use many techniques derived from yoga. Ancient goes had a belief that in order for man to be in harmony integrates the body, the mind and spirit. The yogis formulated a way to achieve and exercise, breathing and Meditation are the three main yoga striving. The Vedas and Upanishads give some of the earliest references to the paths of yoga. These scriptures from the basis of Indian religious practices from the basis of Indian religious practices but contain many varied references to yoga and other things. Vedic yoga can also be called Archaic yoga, as people believed in a ritualistic way of life. Rituals, sacrifices and ceremonies existed because they were considered as a means of connection to the spirit world. Vedic master were blessed with a vision of the supreme reality and there hymns speak of their marvelous intuitions. The true essence of yoga is revolving around elevating the life force or Kunadalini at the base of the spine. It aims to achieve this through a series of physical and mental exercise. Various yoga postures or asana keep the body healthy, various exercise or pranayama and meditation or dhyana to discipline the mind. Man is a physical, mental and spiritual being. Yoga helps to promote a balance development of all ages. In children, learning yoga develops self discipline, it enhance their physical and entail health. Asans are good for developing coordination and help to improve their concentration and memory. It can help teenagers to keep flexibility and inner strength to release their negative influences. Yoga promotes self - healing and

removes negative blocks from the mind and toxins from the body to teenagers. Yoga generates motion without causing strain and imbalances in any age of people. In adult people, yoga enhances personal power and reduces stress and tension and increases self awareness. During pregnancy, yoga promotes good health in both mother and unborn child. Meditation helps pregnant woman to reduce her stress and strain. In older people, yoga exercises help to retain mobility and may relieve problems, such as arthritis and poor blood circulation. Regular practice of asans, pranayama and meditation helps to control diabetes, blood pressure, digestive disorders and heart conditions or older persons. Yoga practice can help players and through sports, it relaxes and replenishes their energy after strenuous games.

According to medical scientist, yoga therapy is beneficial to reduce many diseases. It can also help in weight loss. Through the practice of yoga, person we become aware emotional, mental and physical levels. Western doctors and scientists are discovering additional health benefits of health yoga. Studies have shown that it can relieve the symptoms of several common and potentially life threatening illness, such as arthritis, chronic fatigue, diabetes AIDS, Asthma and obesity. Yoga is distinctly different from other kind of exercise. It generates motion without causing strain and imbalances in human body. Yoga shows preventive as well as therapeutic benefits in human development. It offers both physical and mental benefits to the body and the mind in childhood, adulthood and old age. Several physical benefits of yoga are improvement in flexibility and muscle joint mobility. It also decreases cholesterol and blood sugar levels and encourages weight loss. It also improves digestion, elimination system, besides this, yoga also improves heart conditions, breathing disorders, boosts immune system of the individuals. A consistent hatha yoga practice can refresh the body bringing health relaxation and happiness.

The heart of yoga practices resides in self awareness, so it is appropriate that the individual turn to it for behaviour modification. In this way yoga may provide a framework to address the chronic stress response and also reduce stress in adults. Regular exercise, meditation, pranayama etc. brings some good psychological and physiological changes in human life. It is also a good way to try and change a mind accustomed to negative thought process into a positive one. It is traditionally used in biofeedback and behavior modification. Yoga has several benefits like physical, psychological, biochemical and health, all of them transform individual as a whole. Concentration, memory, attention, learning efficiency and mood, improves and self - acceptance, self actualization increase are some psychological benefits.

Conclusions

The true nature of yoga is positive and life embracing. It implies joining or integrating all aspects of human being - body with mind, and mind with soul. So to achieve as happy and balance life and spiritually, uniting the individual with the supreme. In other words, yoga develops self - discipline and enhances physical and mental health in all ages of human development.

Referneces

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