



# A SYSTEMIC REVIEW ON EFFECT OF YOGA ON HUMAN BODY

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## ABSTRACT

Yoga has several essential objectives, including promoting physical health, psychological well-being, social well-being, spiritual well-being, and self-knowledge, or the understanding of the Divine inside us. These goals can be achieved by showing compassion and helping all living things, honoring all times, protecting the environment, practicing complete vegetarianism, thinking only positive thoughts, leading a healthy lifestyle, and showing tolerance for all races, religions, and cultures. Pranayama is a crucial aspect of yoga that is frequently disregarded. Lifestyle Yoga may be described as an eight-stage process of development for the well-being of one's physical, emotional, social, and spiritual selves. When the body is in good physical condition, the mind is clear-headed, focused, and stress is under control.

**KEY WORDS:** Yoga, Physical Health, Spiritual Health.

## INTRODUCTION

Yoga is a centuries-old form of meditation developed in India by the Saints. They managed both their physical and mental activities with the help of yoga, a potent technique. An eight-level method of practice that encourages physical, mental, social, and spiritual well-being might be characterized as yoga as a way of life.

When the body is physically healthy, the mind is clear, concentrated, and stress is under control. More time may be spent with loved ones and socially beneficial relationships can be maintained as a result. Your spiritual well-being is influenced by your physical health because it makes it easier for you to connect more deeply with people, yourself, and the rest of the universe. Yoga increases physical fitness, the flexibility of the spine, and the benefits of leading a healthy lifestyle. Each exercise should be carried out slowly, in unison with breathing, while keeping still in each position and maintaining 100 percent focus at all times.

Better and deeper sleep results from regular yoga practice, which can help with the treatment of insomnia. You may fight fatigue and maintain your energy throughout the day by practicing yoga. Due to its ability to reduce

symptoms like stiffness, malaise, fatigue, and weakness that these diseases are known to cause, yoga is a great way to treat autoimmune disorders and prevent their spread.

## HARMONY OF AWARENESS, PERCEPTION AND EMOTION<sup>2</sup>

Every person aspires to live in balance with himself and, by extension, the environment. Higher physical and emotional demands are occasionally imposed on many facets of life, though. As a result, more and more people are enduring bodily and mental stress, including tension, worry, and insomnia, as well as a deficiency in exercise and physical activity. It covers every aspect of life and offers something of interest at every stage. It is thorough and selective. No of their age or physical condition, this method enables everyone, or at least some people, to access yoga's universal path.

We can better manage the demands, difficulties, and concerns of everyday life by practicing yoga. Yoga supports the growth of a more profound understanding of oneself, one's life's purpose, and one's relationship with God. Through the fusion of the personal Self with the universal Self, yoga leads us to the highest wisdom and everlasting happiness on the spiritual path. The supreme, all-encompassing concept of yoga. It is the eternal aesthetic consciousness, which has always existed and will continue to exist indefinitely.

In very ancient times, Indian Saints used meditation to explore nature and, by extension, the universe. They have understood the laws of the earth, the nature of the divine soul, and the links of the cosmos. Yoga will be used "in Daily Life," as the phrase suggests, regularly. The Vedas explain how matter and energy are one, how the world was created, and how the results of the fundamental forces follow.

### METHODOLOGY:

The material for this review research was compiled using authentic text books such the Patanjali Yoga Sutra, Swathyavritta text books, Yoga in Daily Life, etc., as well as various yoga periodicals, Patrika, and refer to certain yoga-related publications.

The main goals of Yoga are:

1. Physical health;
2. Health of the mind
3. Universal health services
4. Spiritual health<sup>3</sup>

### PHYSICAL HEALTH<sup>4</sup>

"Health is not everything, but without it, you are nothing." Asanas, pranayama, and calming techniques are used to preserve and restore health. Yoga divides the traditional asanas and pranayamas into eight stages, along with deep relaxation (yoga nidra), concentration exercises, mudras, and bandhas. In a nutshell, the food we eat has an impact on every aspect of our lives. We gain physical power and vitality through food. A balanced diet should

include foods like fruits, beans, peas, berries, almonds, milk, and other animal products. It should also include sweets, sprouts, greens, seeds, herbs, and spices, both raw and freshly baked.

## **MENTAL HEALTH**

We must first investigate and purify our minds within in order to get control over them. When we have negative thoughts and fears, our brain system goes out of balance, which affects how we behave physically. In this way, many illnesses and sufferings may be explained. Mental clarity, inner security, satisfaction, and a healthy sense of self-confidence are all values related to mental well-being. We are working to gradually overcome our unfavourable traits and viewpoints and develop positive attitudes and actions as a result.

A vital tool for self-examination and self-knowledge is the "Self-Meditation" method, a step-by-step self-analysis meditation technique. During this meditation practice, we make contact with our subconscious, which is the source of our desires, feelings, behavioural patterns, and prejudices. Through practice, we get a deeper comprehension of our own nature, including who we are and why we exist, and finally reach self-realization.<sup>5</sup>

## **SOCIAL HEALTH**

Since it is an inherent sort of relationship that molds our personality and character, the importance of surrounding oneself with wonderful, joyful company has a huge influence on our psychology. It is impossible to overestimate the role that excellent culture plays in spiritual growth. Yoga involves discovering oneself while simultaneously contributing to the larger good. attempting to do good and beneficial work for our neighbors and the community as a whole, protecting nature and the environment as a consequence, and working toward world peace. Yoga involves moving in a positive way for the benefit of all people.

## **SPIRITUAL HEALTH**

Prayer, meditation, mantra, optimistic thinking, and tolerance all promote spiritual wellness. People were made to be protectors, not destroyers. The traits that keep us alive are our capacity to provide, learn, and forgive. Maintaining life and appreciating the uniqueness and independence of all forms of life might be the core practices of yoga teachings. Following this rule leads to more tolerance, understanding, love, compassion, and cooperation amongst humans as well as between all other human beings. <sup>5</sup>

## **UNDERSTANDING OF THE HEALTHY & DIVINITY WITHIN US**

Life's goal is to reach moksha. It is a condition of not experiencing birth or death. The world will not perish because of this. This is the last "I" in the sentence. It is obtained through becoming conscious of oneself. You'll have to get direct intuitive experience to discover the truth. You can cut through the wall of ignorance by engaging in self-awareness meditation. You then shine with all of your wonderful purity and brilliance.

You won't be able to experience great spiritual advancement without total Brahmacharya. On the spiritual path, compromising is not an option. First, check the body. Then, to purify your mind, practice Japa, Kirtana, Bhajan,

Vichara, and meditation.

## THE PRACTICES OF PRANAYAMA

The eight Angas of yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi, according to Patanjali's Yoga Sutra. In today's materialistic world, the third and fourth, Pranayama and Asana, are seen as essential components and commonly advised by modern medicine. The advantages of various Pranayama have been widely investigated and have a strong scientific basis. It has been demonstrated that pranayama increases lung and chest wall capacity by 2–3 times. Three of the hundreds of Nadis are the most powerful energy streams, according to ancient sages, and when they are clean enough, they may help a person reach higher levels of consciousness on the physical, mental, and spiritual planes.

Pranayama techniques are used to purify the Nadis, which contain these three main energy channels. Yogis discovered long ago that breathing via the left nostril stimulates the Ida Nadi, or "Moon canal," and breathing. The Pingala Nadi, often known as the "Sun canal," is activated through the proper nostril. By coordinating the operation of both Nadis, we may activate the Shushumna energy channel, which is the most energetic channel, and harmonize the activity of the entire nervous system.

## CONCLUSIONS

Yoga's ultimate goal is Self-Realization, or the union of the human soul with Heaven. This project is founded on the idea that because of our common origins and connection to God, we are all one. In Yoga in Daily Life, spiritual guidance for navigating life's journey is provided via the practice of Kriya and Mantra Yoga. Because only the most advanced humans on Earth are capable of recognizing their true existence and inner selves, heaven, well-being, and a free, happy life are in your hands. Your chances of success will increase if you practice frequently and firmly.

## CONFLICT OF INTEREST -NIL

## SOURCE OF SUPPORT -NIL

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