



Science of living-Yoga

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ABSTRACT;

The term Yoga is derived from the Sanskrit word 'Yuj' which means 'joining' or 'union'. Thus the term Yoga refers that joining of 'Jeevatma' i.e, self to the 'Paramatma' i.e. Universal self. Thus Yoga is a systematic process for accelerating the growth of human being in his entirety. Thus people learn to live at higher states of consciousness. Thus it refers to the personality development and growth and maintaining conscious level of mind.

KEYWORDS; Ayurveda, Yoga, Health, Asana's, yoga

INTERODUCTION:

According to Ayurveda the healthy person is one who is having *samadosha*, *samagni*, *samadhatu* and *samamala*. Whatever be the age, the person having above qualities is considered as healthy person. By adopting various *yogasanas* these qualities can be maintained and thus person will be normal by anatomical and also physiological functions can be maintained.¹⁻³

For example; in osteoporosis there will be decrease in bone density and leads to fracture, by adopting various *asanas* there will be maintenance in bone density.

By adopting various *asanas* there will be improve in joint flexibility and decreases inflammations.⁴⁻⁵

Thus by practicing regular *asanas* there will be effect on hormones, nerve issues etc which maintains health. Here are explains of some *asanas* which maintains health.⁶⁻⁹

AIM OF THE STUDY;

To discuss and elaborate the various *yogasanas* to improve the healthy life. To understand the health related problems and solve them.

Material of the study;

This topic is based on review of various Yoga texts, Ayurvedic texts and from various web sites.

Conceptual study;

1] SIMHASANA



- It decreases tension of the face and chest area.
- Enhance the thyroid gland functioning.
- Stimulates the platysma.
- Helps to remove wrinkles and delay ageing.
- By neck stretching removes excess fat in the neckline
- Prevents neck muscles from sagging.

2] HASTAPADASANA [Standing forward bending]



- It prevents inflexibility of spine which comes with old age.

- It energizes the nervous system.
- It strengthens and tones the arms, shoulders, thighs and back muscles.
- Increases stamina

3] ADHOMUKHA SHWANASANA [Downward—facing dog pose]



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- This increases circulation to the brain
- Calms the mind and helps to relive headache, insomnia and fatigue
- Improves digestion
- Decreases anxiety
- Keeps spine flexible and healthy
- Improves the functions of the nervous system
- Reduces belly fat
- Helps in the treatment of BP and Asthama

4] DHANURASANA [Bow Pose]



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- Burns belly fat
- Massages abdominal muscles
- Strengthens back and abdominal muscles
- Relieves menstrual discomfort
- This can alleviate stress, anxiety and fatigue
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5] BHUJANGASANA [Cobra pose]



- It makes the spine flexible and broadens the chest
- Increases the blood circulation
- Reduces obesity
- Strengthens the digestive system and increases the lung power



6] KAPALABHATI PRANAYAMA



- Removes stress from eyes and eliminates dark circles
- Rejuvenates the brain and energizes the nerves
- Improves the flow of Pran {vital energy} in the body
- Stress increases up at aging-process and it decreases by regular meditation. Protects chromosomes by degenerating

7] PRANAYAMA



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Pranayam is a Sanskrit word which literal means into “extension of the Pran or breath”. Prana means life force and it is the vital energy that protects the body. Prana is the link between mind and consciousness.

“When the breath wonders, the mind is unsteady, but when the breath is still, so is the mind still”

Hatha Yoga Pradipika

Pranayama helps to treat stress related disorders. It cleans 72000 nadis or channels in the body, helps for steady mind, strong will power and purifies the blood.

Conscioushealth.net

Pranayama makes oxygen circulation smooth, helps in weight regulation by melting fat as more oxygen burns more fat. It brings vigour and power. It stimulates autonomic nervous system, sympathetic nervous and parasympathetic nervous system.

8] KAPALABHATI--Also called as skullshining breath

Kapal – skull

Bhati -- Light

It rejuvenates refreshes and purifies the mind and body. This helps to release stress, toxins and negative emotions and thus leads to fresh looking skin and natural warm glow.

Conclusion:

The main aim of Yogasana is getting physical, mental and spiritual fitness. These asanas involves various sitting and standing position. Thus by doing regular practice of various Yogasanas one can live healthy life.

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