



## Yoga: Its Introduction of Health and Wellness

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**Abstract:** Yoga is an Art and Science of healthy living. It is a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The holistic approach of Yoga is well established and it brings harmony in all walks of life and thus, known for disease prevention, promotion of health and management of many lifestyle –related disorders. Physical postures, concentration, and deep breathing are all part of the ancient practice of yoga. Endurance, strength, calmness, flexibility, and health can all be improved by yoga exercises. Yoga has become a popular exercise practice all around the globe. According to a 2017 national survey, one in every seven people in the United States practiced yoga in the previous 12 months.

**Keywords:** Healthy life, Wellness, Lifestyle, Practice.

### I. Introduction

Within the practice of yoga, there are many kinds & disciplines. There are various bough of yoga, each with its history, philosophy, health benefits & welfare. Yoga is of long ago practice that includes physical poses, industry & breathing deeply. Yoga practices can better endurance, strength, calmness, stretch & wellness. Around the world, yoga has set off a famous form of exercise. One in 7 grown -up in the United States practiced yoga in the past 12 months, as per a 2017 national survey. During modern media & advertising may have us think that yoga is all about physical poses, the completely of yoga involves a broad scale of musing & self-disciplinary practices, like meditation, chanting, mantra, prayer, breath work, ritual & even selfless action. The word “yoga” comes from the root word “yuj,” which means “to yoke” or “to bind.”

The term ‘Yoga’ is derived from the Sanskrit root ‘YUJ’, meaning ‘to join’ or ‘to yoke’ or ‘to unite’. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. The aim of Yoga is Self-Realization, to overcome all kinds of sufferings leading to 'the state of liberation'. This is one of the oldest sciences of the world, originated in India, which is very useful for preserving and maintaining one's physical and mental health and also for 'spiritual evolution'. The practice of Yoga is believed to have started with the very dawn of civilization, Mythologically, the Lord Shiva is considered to be the first teacher of Yoga. Yoga, being widely considered as an ‘immortal cultural outcome’ of Indus valley civilization – dating back to 2700 B.C. – has proved itself catering to both material and spiritual upliftment of humanity. Basic humane values are the very identity of Yoga Sadhana.

### History of Yoga

The word “yoga” first appears in the Rig Veda, an ancient collection of literature. Yuj, which means union in Sanskrit, is the Sanskrit word for “joining,” making yoga. Yogic techniques have existed in northern India for close to 5,000 years. Indian monks have brought the practise and benefit of yoga to the West from the late 1890s to the present. Modern yoga teachings grew immensely popular in Western nations during the 1970s.

It is trust that India is where yoga first appear around 5000 years ago, however the exact date of its discovery is uncertain. Students of those yogis also impart their knowledge to others by founding several schools around the globe.

The untimely & oldest known texts with reference Yoga teachings were 1st discover in Yoga Sutra (Sutra means Thread) written by Patanjali in 2nd Century BCE. Yoga Sutras is the guidebook for the principles, philosophy & practices of yoga, that is calm into practice today. This practice was usual only in South Asia for very long, but it got popularity in the 20th Century when Swami Vivekananda mentioned it to the western world.

## Types of yoga

Yoga comes in a variety of forms. One of the most well-liked styles is Hatha, which combines several other techniques. It is a more active version of yoga than a still, contemplative one. Pranayamas are emphasising in hatha yoga (breath-controlled exercises). Following these are some asanas (yoga postures), which conclude with savasana (a resting period).

The idea behind physical challenge during yoga practise is to avoid feeling overwhelmed. The emphasis is on your breath at this “edge,” and your mind is accepting and at ease. Strength, agility, breathing, and exercise are prioritising in modern yoga. It has both psychological and physical advantages for you. There are many different ways to practise yoga. A person’s fitness level and objectives should determine their fashion choices.

**Ashtanga yoga:** Ancient yoga teachings are using in this kind of yoga practice. The 1970s were the decade when it got popularity. Ashtanga poses, series & breathing are linked.

**Hatha yoga:** In yoga, physical poses are teaching as part of the practice. The postures of Hatha are hardly mentioned softly in the class.

**Iyengar yoga:** Props like blocks, blankets, straps, chairs & bolsters can be used to be sure proper alignment for each pose in this kind of yoga practice.

**Bikram yoga:** Bikram yoga is practiced in artificially heated rooms that are nearly 105oF & 40% humid. Hot yoga is as well as usually known as hot yoga.

**Kripalu yoga:** Practitioners learn to know, accept & understand the body in this kind of training. Looking inward is the way students of Kripalu yoga discover their level of practice. The class commonly existence with breathing exercises & gentle stretches, followed by poses and then meditation.

## Health and Wellness

**Kundalini yoga:** This is a type of meditation that aims to discharge pent-up energy. Chanting and singing are common features of Kundalini yoga sessions at the beginning and finish. Between each asana, pranayama, and meditation, a unique effect is intended to be achieved.

**Power yoga:** In the late 1980s, practitioners created this active and athletic form of yoga based on the traditional Ashtanga system.

**Sivananda:** Five points are employed as the base for this system. Breathing, relaxation, diet, and exercise are all important aspects of a healthy yoga lifestyle. The 12 fundamental asanas are preceded by Sun Salutations and followed by Savasana, practiced by a Sivananda practitioner.

Therefore, benefits of yoga as got aptitude, there is supposition that this will serve to maintain mental health quality over the long term, if these practices of doing many kind of yoga poses are regular.

**Yin yoga:**—Long holds of passive poses are central to yin yoga. The deep tissues, ligaments, joints, bones & fascia are targeted in this style of yoga.

**Restorative yoga:**—Practicing yoga this way is relaxing. Participants spend four or 5 simple poses in a restorative yoga class, using props like blankets & bolster to sink into deep relaxation without exerting any effort.

**Prenatal yoga:**—While prenatal yoga, practitioners create poses, especially for pregnant women. While pregnancy, it is beneficial to acquire back into shape after giving birth by practicing this style of yoga

## Benefits of Yoga

Yoga is a discipline that deals with a variety of mental, emotional, and physical aspects of the person. Benefits of Yoga poses and exercises, breathing exercises, and deep relaxation techniques are all thought to provide health advantages by inducing the relaxation response and lowering stress levels. The management of attention, stress perception, and emotion regulation are thinking to be improving by meditation techniques and various yoga asanas, which help down regulate the stress systems. The development of these self-regulation abilities most likely explains yoga's proven capacity to enhance mental health traits in both healthy people and patient populations.

## II. Conclusion

Yoga is an ancient practice that has been practiced for centuries across the world. It is considered a form of physical and mental health yoga that is beneficial for the mind, body and soul. In this blog, we have discussed the history of yoga, types of yoga, health benefits of yoga, as well as wellness benefits of yoga. If you are looking to explore the many benefits of yoga, we recommend that you read through the blog and take the time to try some of the different types of yoga. We hope you find this blog helpful!

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