



YOGA AND MEDITATION: MENTAL AND PHYSICAL WELLNESS

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ABSTRACT:

Yoga is a traditional method of meditation developed with the useful resource of the use of the saints of ancient India. They practiced yoga as a effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of workout which include eight tiers of development with inside the areas of physical, highbrow, social and non secular health. When you are healthful you are in touch collectively together with your inner Self, with others and your surroundings on a much deeper level, which presents on your non secular health. Practicing yoga can also additionally seem like actually stretching, but it can do an lousy lot more on your body from the way you experience, look and move. Above paper talk approximately the blessings of yogic practices in day by day lifestyles and additionally intellectual and bodily health. The above paper discuss about the significance of yoga and meditation.

KEYWORDS:

YOGA, PHYSICAL, YOGIC PRACTICES, MEDITATION.

INTRODUCTION:

Yoga increases the potential of the spine, improves the physical scenario of the body and raises the importance of relaxation. It is emphasized that each exercise is practiced slowly, harmonizing the movement with the breath, stopping motionless in each line and constantly with full concentration. Yoga teaches you to be aware of your breathing in your poses. This breathing hobby calms and relieves stress and tension. Yoga can help treat insomnia, as regular yoga practice results in better and deeper sleep. Yoga can help fight fatigue and maintain your energy levels throughout the day. Yoga is an effective treatment for many autoimmune diseases because it can actually reduce the symptoms often caused by the diseases, including stiffness, malaise, fatigue and weakness. Even children can benefit from yoga. Those suffering from hobby deficits and hyperactives can learn to facilitate and master yoga breathing and yoga asanas with this helpful resource. Yoga has been used to heal patients from torture or excruciating trauma. Because yoga is a form of meditation, it helps you experience inner peace and mindfulness, which has far-reaching health benefits. Meditation has been a popular method of practice for centuries. Periodic meditation refers to "a tribal circle of human mental physical activity that usually involves frivolous limiting perception and interest." Shapiro (1982) uses the mechanisms of attention as a starting point for the definition, and he defines meditation as "one of its related techniques that does not have unusual conscious experimentation and cognitive interest that is no longer analytical, and efforts not to stay on. the discursive , a reminiscent concept." Such physical activities vary widely and may still include sitting and counting breaths, achieving a repetitive concept, or specializing in some simple external or internal stimulus. Carrington (1977) developed his "Mantra" form of

meditation for use in medical practice and research. In CSM, the choice of song is left to the character, who chooses one of 16 Sanskrit mantras collected by Carrington. A meditator can even come up with his own mantra by following a few simple rules.

MENTAL HEALTH AND CONSCIOUSNESS

Staying in harmony with yourself and the environment is a need of every human being. However, in extreme cases, many areas of the lifestyle are constantly placed more emotional demands. The result: more and more people suffer from physical and mental anxiety, which consists of stress, anxiety, insomnia, and there can be an imbalance in the way the body spends time and moves properly. Therefore, strategies and strategies to achieve and develop fitness in addition to physical, intellectual and religious harmony are excellent, and it is for this admiration that "Yoga in Everyday Life" provides extensive useful support material. himself The word "yoga" comes from the Sanskrit language and means "to unite, to unite". The physical games of yoga have a holistic effect and balance the frame, thoughts, cognition and soul. In this way, yoga helps us deal with ordinary needs, problems and worries. Yoga helps to increase knowledge about ourselves, the motives of our lifestyle and our relationship with God. On the religious path, yoga leads us to perfect mastery and eternal happiness in the union of the personal Self and the conventional Self. Yoga is the perfect cosmic principle. It is a gentle way of life, a traditional innovative recognition, it constantly falls asleep and does not sleep under any circumstances; which has constantly changed, constantly is and will constantly change. Several hundred years ago, Rishis (wise boys and saints) in India studied nature and the cosmos for their meditations. They followed the legal

guidelines of fabric and religious geography and gained insight into the interconnectedness of the universe.

The practices that this book of yoga gives have consequently already demonstrated themselves over hundreds of years and were located to be beneficial with the aid of using hundreds of thousands of humans. The gadget "Yoga in Daily Life" is taught global in Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres and Health Resorts. It is appropriate for all age groups - it calls for no "acrobatic" abilities and additionally offers the unfit, in addition to handicapped, sick and convalescent humans, the opportunity of working towards Yoga. The call itself suggests that Yoga may be and must be used "in Daily Life".

REVIEW OF LITERATURE

Kirsnoff (1987) evaluated that the lifestyles pressure and social guide as predictors of Athletic harm. The cause of this examiner changed into to decide if lifestyles pressure and social guide are predictive of athletic harm. The athletic lifestyles Exp survey (passer and seese, 1983) and a social guide Functions scale (pines, Aronson and kafry, 1981) have been admin to 170, M and F, varsity athletes. The pattern covered athletes from 7 sports: volleyball, gymnastics, hockey, soccer, cross - country. Track and wrestling. The end result of the examiner indicates that the frequency of harm is predictable on the premise of lifestyles pressure. They additionally suggest that the high-satisfactory of emotional social guide functions 'buffers' the affect of lifestyles pressure.

AIM OF THE STUDY:

The specific aim of this scholarly qualitative study was to know the significance of yoga and meditation for humans.

METHODOLOGY:

A thorough on-line and offline search procedure was applied for the acquisition of evidence in this systematic qualitative study. A critical analysis of the literature was systematically searched through online databases: PubMed, Google Scholar, and Google Advance Search.

PHYSICAL HEALTH

The fitness of the frame is of essential significance in lifestyles. As the Swiss-born Physician, Paracelsus, very effectively said, "Health is not the entirety, however with out fitness the entirety is nothing". To maintain and repair fitness there are bodily physical activities (Asanas), breath physical activities (Pranayama) and rest strategies. Seven different components observe this preparatory stage and lead regularly thru the exercise of Asanas and Pranayamas. Several unique packages had been advanced from the simple physical activities: "Yoga for Back Pain", "Yoga for

Joints", "Yoga for Seniors", "Yoga for Managers" and "Yoga for Children". To keep desirable fitness, different treasured physical activities within "Yoga in Daily Life" are the purification strategies of Hatha Yoga. These contain Deep Relaxation (Yoga Nidra), Concentration Exercises (e.g. Trataka) in addition to Mudras and Bandhas (unique Yoga strategies).

CONCLUSIONS

Yoga isn't a religion - it's far the supply of spirituality and wisdom, the foundation of all religions. Yoga transcends spiritual barriers and well-known shows the manner to unity. "Yoga in Daily Life" gives the religious aspirant steering on lifestyles's direction through the practices of Mantra Yoga and Kriya Yoga. As the maximum especially advanced beings upon earth, people are able to figuring out their actual nature and internal Self, God. The religious intention of Yoga is God-Realization, the union of the man or woman soul with God. The attention that we're all one in root and connection to God is the primary step. Meditation is popularized as a practising approach for centuries. The time period meditation refers to "a own circle of relatives of intellectual physical activities that typically contain frivolously restricting concept and interest".

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