



NOURISHMENT IN HEALTH THROUGH YOGA AND PRANAYAM

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ABSTRACT:

Yoga is the only science that takes care of the holistic development of the three essential elements - body, mind and soul. The practice of yoga is a comprehensive science that encompasses the culture of body, mind and spirit. Yoga not only improves physical and mental health and intellectual abilities but also improves the character and behavior of men by suppressing the devil in them through Yama-Niyama. It creates a strong moral foundation for men's lives upon which they build their physical, mental, intellectual and spiritual superstructure and prove themselves as a man or woman in the truest sense of the word. Yoga is a philosophy originally developed in India, where physical exercises and meditation are believed to help people calm down and unite in spirit with God. Yoga is an exercise in which you move your body into different positions to improve or become more flexible, improve your breathing and relax your mind.

KEYWORDS:

INTRODUCTION:

We have some thoughts about this, although the thoughts may be wrong or right. Yoga was once limited to a very few devotees who were initiated into the order by their gurus, most of whom were ascetics and hermits. Even among the learned, there was a common perception that yoga was meant only for those people who had left their worldly lives and taken hermitage, not for householders. But after popularization by yogis like Swami Ramdev, Shri Ravi Shankar and others through mass media, especially television and mass yoga camps, it is widely practiced by common people regardless of gender, religion, caste, birth, age and profession to get relief from diseases and live a healthy, happy and prosperous life.

In yoga, an asana is a position in which the practitioner sits. In the Yoga Sutras, Patanjali defines "asana" as "firm but relaxed posture." Patanjali mentions the ability to sit for long periods of time as one of the eight parts of his system known as ashtanga yoga. Asanas are also performed as a physical exercise, where they are sometimes called "yoga arms" or "yoga hands". Some asanas are done only for health purposes. Asana promotes good health, although in a different way than physical exercise, by "placing the physical body in positions that also develop awareness, relaxation and concentration.

Yoga has a lot to offer humanity. Therefore, the goals and objectives of practicing yoga can and do vary depending on one's main subjects, profession and occupation, needs and requirements and the problems they face in their life paths. Broadly, the objectives are: i) to bring peace and tranquility of mind, freeing it from all stress and tension, worries and anxiety; ii) bring balance and harmony to the body-mind-soul complex; iii) Investigate and reveal hidden powers controlling nature both externally and internally, destroying the evils within; iv) obtain good health; The

ultimate goal of yoga is to feel within the Self and establish a connection between the individual Self (Atman) and the Universal Consciousness (Paramatma), form a bridge between the microcosm and the macrocosm, and thus achieve liberation (Moksha or Kaivalya). . the cares and worries, pains and sufferings of worldly life and enjoy the Truth-Knowledge-Bliss-Absolute. This requires clear human vision. This is possible only when the mind (chitta) becomes free from change. Thus the first goal becomes the destruction of the tendencies of the mind (Chitta vritti nirodha).

PRANAYAMA

Pranayama, or breath control, is the fourth part of ashtanga, as described in the Yoga Sutra of Patanjali. Exercise is an important part of both hatha yoga as well as ashtanga vinyasa yoga, but should be practiced and developed as one's own individual practice while performing the asana. Patanjali discusses his specific approach to pranayama in verses 2. 9-2.51 and devotes Sutra verses 2.52 and 2.53 to explaining the benefits of the practice. Patanjali describes pranayama as enhanced control of the "life force" that results. of practicing different breathing techniques instead of the exercises themselves. The collection of breathing practices includes practices classified as pranayama as well as others called svarodaya or "science of breathing." It is a broad practice that goes far beyond the limits of pranayama applied to asana improve flexibility.

SIGNIFICANCE OF YOGA

In today's world, psychosomatic diseases like hypertension, heart disease, asthma, diabetes, insomnia are growing very fast and modern medicine has not been able to cure these diseases. After several scientific tests on

patients under yoga therapy, it was found to be the most effective treatment for all these diseases. Herein lies the importance of practicing yoga. It has been found to be the best way to live a stress-free life that keeps men free from physical, mental and psychosomatic disorders. Yoga education is a comprehensive education that includes physical, mental, emotional, intellectual, moral, spiritual, social and environmental education, thanks to which the practitioner of yoga becomes whole in the truest sense of the word. Apart from yoga, there is no such system that prepares a person holistically, and herein lies the meaning of yoga.

HEALTH AND WELLNESS

Health is the level of functional and metabolic efficiency of a living organism. In its 1988 constitution, the World Health Organization (WHO) defined human health in its broadest sense as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." That definition has caused controversy, especially because it is the lack of operational value, the ambiguity of developing unified health strategies, and the problem of using the word "complete" that makes it practically impossible to achieve. Other definitions have been proposed, including a recent definition that correlates health and personal satisfaction. An alternative approach focuses on avoiding definitions that require a precise description of the term. Instead, after three years of global debate sparked by Alex Jadad, "health" was understood as the ability to adapt and manage oneself when individuals and communities face physical, mental or social challenges.

BENEFIT OF YOGA

Yoga is a form of exercise that originated in ancient India and is now widely practiced throughout the world. Yoga not only increases your physical strength but also contributes a lot to your mental health and spiritual growth. Looking at the popularity of yoga, the Honorable Prime Minister Narendra Modi proposed a special day at the UN General Assembly as it benefits everyone and making it a global event would help spread awareness about its benefits. Thus, on June 21, 2015, the World Yoga Day was celebrated for the first time around the world and has been celebrated every year since then. Yoga not only keeps you fit, but it also has many long-term benefits if you make it an integral part of it.

1. Better Posture: Yoga helps keep your spine upright so that you can sit straight and not slouch. It also helps relieve the stress on the spine caused by incorrect posture. Regular practice of yoga helps keep the spine strong and prevents fatigue.

2. Better bone health: Many yoga poses require weight bearing, which helps strengthen bones and prevent osteoporosis.

3. Increased circulation: The inverted and twisting nature of yoga squeezes venous blood from internal organs and allows oxygenated blood to flow. It also increases

hemoglobin and red blood cells.

4. Better heart health: Doing yoga regularly puts your heart in the aerobic zone. It not only reduces the risk of heart attack but also relieves depression.

5. Low blood pressure: Savasana (body pose) helps people with hypertension. This pose is said to significantly improve people with high blood pressure.

The ultimate goal of Yoga is to know the Self within and to create a link between the individual Self (Atman) and the Universal Consciousness (Paramatma), to form a bridge between the microcosm and the macrocosm, and thus achieve liberation (Moksha or Kaivalya) from the cares and worries, pains and sufferings of worldly life and enjoy Truth-ScionBlissAbsolutely. This requires clear human vision. This is possible only when the mind (chitta) becomes free from change. Thus the first goal becomes the destruction of the tendencies of the mind (Chitta vritti nirodha).

CONCLUSION

It has been concluded that yoga has been a highly respected place since ancient times. Our worldly life is always full of pain and suffering. We give our endless efforts to get relief or overcome such sufferings and also happiness. And as a result of our efforts, joy comes into our lives, albeit temporarily. The universal importance of yoga is that its regular practice with sincerity and devotion permanently removes worldly pains and sufferings and the practitioner of yoga enjoys permanent peace and happiness. In today's world, psychosomatic diseases like hypertension, heart disease, asthma, diabetes, insomnia are growing very fast and modern medicine has not been able to cure these diseases. After several scientific tests on patients under yoga therapy, it was found to be the most effective treatment for all these diseases. Herein lies the importance of practicing yoga. It has been found to be the best way to live a stress-free life that keeps men free from physical, mental and psychosomatic disorders.

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