



## ROLE OF YOGIC PRACTICES IN DAILY LIFE: FITNESS AND HEALTH

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### ABSTRACT:

This kind of yoga practice can be taken on in day by day life to keep up with great wellbeing and furthermore helps in avoidance of numerous psychosomatic issues where mental pressure is accepted to assume a part. These practices primarily decrease psycho physiological excitement yet additionally upgrade various parts of consideration, like the capacity to support; center and shift consideration in this manner ingrains a more noteworthy sum unwinding and significant serenity. 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 body, mind and spiritual culture. Yoga not only improves physical and mental health and intellectual abilities but also improves the character and behavior of men by suppressing the devil 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.

### KEYWORDS:

### INTRODUCTION:

Yoga is becoming mainstream on the planet. It comforts the disturbed psyche. For those who are destroyed, it is a refuge. For the common man, planning your day is important to keep you fit and beautiful. Some use it to develop memory, knowledge and imagination. With its many advantages, it becomes part of the school. Experts use it to unlock new cognitive layers as they move toward flawlessness. Because of its objective starting point, the advanced clinical framework has replaced almost all traditional medical frameworks in various parts of the world. It has proven to be the best in saving people from the deadly hands of contagious and irresistible diseases. Be that as it may, new widespread psychosomatic diseases and mental health problems are an incredible test of the advanced clinical framework. Here, yoga undoubtedly follows a state-of-the-art clinical framework. An extensive review of yoga therapy in recent years has highlighted the benefits of yoga in the treatment of these diseases as a compelling adjunct to clinical treatment and long-term recovery. Prevention is better than cure. Yoga can play an important role in disease prevention. All gyms have started adding yoga to their schedules and many go to these gyms just to do yoga. The promotion of positive wellness is supported by many world health organizations that do not want to cure current diseases. Yoga is an important part of this perspective in the new millennium. Raju et al (1999) found that subjects practicing WHO pranayama were able to achieve higher workloads with a reduction in oxygen consumption per unit of work and without an increase in blood lactate. Madanmohan et al (200) showed that after 2 months of yoga practice, a certain level of activity produces a milder cardiovascular response, suggesting a longer duration of practice. These

findings support Ray et al. (2001), yoga practice increases endurance, slows down fatigue and allows lower VO<sub>2</sub> max performance. Yoga asanas are real attention-grabbing poses that tend to calm the brain.

### SIGNIFICANCE OF YOGA

Every frame of reference is recognized by the everyday person if it can prove its usefulness in his daily life. In the past, we have seen science recognized and accepted by the general public as an essential part of its fabric when inventions were about providing the essentials of life and a more pleasant life for man. We have also seen that now it is good for the society to go to yoga because it gives a person a conscious orbit to solve the problems of distress, anxiety, passionate surprise, hyperactivity etc. that threaten the general public and helps to inspire people. secret human possibilities methodically and logically, which makes a person a more complete person.

### NOURISHMENT IN MENTAL HEALTH

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 where you move your body into different positions to improve or become more flexible, improve your breathing and relax your mind. The force of creative mind Creativity and Will-control are the two parts of brain which go under this head of character advancement. It has been all around perceived that innovativeness is the center of Arts and Technology. It has been seen that yogic practices improve the innovative force of man. Thusly, numerous performers, artists, film craftsmen, specialists and technologists have been drawn to Yoga. Resolve is a fundamental necessity for all people to achieve any work,

anyway unimportant or incredible the assignment is. Yoga by its orderly and cognizant interaction of quieting down the brain eradicates the shortcoming in the psyche and assembles resolution into it. In such a brain every impediment is considered as a test and stirs gigantic energy to battle the circumstance. Valiance turns into a piece of the character. Profoundly undaunted, such an individual takes up with great balance the difficulties of life and converts them into promising circumstances for achieving his main goal. There have likewise been various examinations recommending that Yoga produces intense physiological changes (Madanmohan et al 1983, 1992, 2003, 2004, Telles et al 1994, Telles et al 2000, Udupa et al 2003) and advances actual wellbeing by further developing execution. Bera and Rajapurkar (1993) have announced that Yoga preparing brings about critical improvement in cardiovascular perseverance and anaerobic edge. This is reliable with the discoveries of Muralidhara and Ranganathan (1982) World Health Organization have announced an improvement in cardiovascular recuperation record following multi week Yoga preparing program as shown by Harvard step test.

## REVIEW OF LITERATURE

Gharote, 1976; Gharote, Ganguly and Moorthy, 1976; Moorthy, 1982), adaptability (Moorthy, 1982; Govindarajulu, Gannadeepam and Bera, 2003), expanding engine control and execution (Telles et al 1994, Sahu RJ and Bhole MV, 1983b), change digestion and autonomic capacity (Telles et al 1994) and work on ventilatory elements of the lungs including a prolongation of breath holding time. Studies on training of single asanas have displayed to increment diastolic pressing factor, beat pressure following 5 minutes practice of sarvangasana, matsyasana and shiradasana (Kavalayananda, Swami 1926, Bhole MV and Lobo 1981). The acts of specific asanas are likewise displayed to increment intra-gastric pressing factor which helps in further developing the blood flow (Bhole MV, Karambelkar 1969).

Raju et al (1994) have discovered that subjects World Health Organization rehearsed pranayama could accomplish higher work rates with diminished oxygen utilization per unit work and without expansion in blood lactate levels. Madanmohan et al (2004) have shown that following 2 months of Yoga preparing, a given degree of activity prompts a milder cardiovascular reaction, proposing better exercise resilience. These discoveries are steady with discoveries of Ray et al (2001) that Yoga preparing increments solid perseverance, defers beginning of exhaustion and empowers one to perform work at lesser VO<sub>2</sub> max. Yogasanas are actual stances drilled with mindfulness will in general settle the brain.

Yogasanas are psycho-physical in nature and are not simple actual activities. Maharshi Patanjali depicts asana as "sthiram sukham Asanam" signifies asana ought to be steady, agreeable and easy. Examination considers completed assessing the advantages of asanas have likewise explained them as not the same as activities as proven by decreased strong electrical action during the

support of asanas in a casual way though a similar solid electrical movement expanded when a similar asana was acted in an isotonic style as in practice (Karambelkar PV, Bhole MV and Gharote ML, 2006) and decrease of basal pace of energy use (BMR) (Santhanam R, 2006).

A positive psychological wellness would be accomplished by honing of view of data showing up to the mind through the entirety of our unique detects, better logical workforce (IQ), more keen memory and on the general improvement in character qualities. Studies show that act of Yogic methods cause improvement in parts of discernment, thinking, thinking, and recalling the assignment. Yogic procedures further develop mindfulness and this thusly diminishes reaction time or response time, a basic method for deciding tactile engine execution. Madanmohan et al (1992) announced that Yoga practice for 12 weeks brings about critical decrease in visual and hear-able response times in the ordinary grown-up male volunteers.

## 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.

## RESULTS AND DISCUSSION

### ROLE OF MEDITATION AND YOGA IN DAILY LIFE

Meditation has these days grown in popularity, and as greater humans see the blessings of it, greater coaches, running shoes and athletes are starting to contain it into their schooling plans. Novak Djokovic, Olympian and expert tennis participant claims he practices 15 mins of conscious meditation a day. Other athletes like Lebron James, Kobe Bryant, and Derek Jeter, to call a few, additionally use meditation.

## HEALTH

Health is the level of functional and metabolic efficiency of a living organism. In its 19<sup>th</sup> 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.

### CONCLUSION

This kind of yoga practice can be taken on in day by day life to keep up with great wellbeing and furthermore helps in avoidance of numerous psychosomatic issues where mental pressure is accepted to assume a part. These practices primarily decrease psycho physiological excitement yet additionally upgrade various parts of consideration, like the capacity to support; center and shift consideration in this manner ingrains a more noteworthy sum unwinding and significant serenity.

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