
YOGA AND MEDITATION : BENEFITS FOR HUMAN BEING MENTAL AND PHYSICAL HEALTH

Radhamani T R

Research scholar, Department of tribal studies, Kannada University, Hampi, Karnataka.

Abstract:-Today's human being without proper rest, a continuously working with machines making himself a machine and thus leads a mechanical life. Due to physical and mental stress he is prone to many diseases. Therefore in order to decrease mental stress and lead a healthy life. On yoga and meditation has become increasingly necessary since 75% to 90% of today's diseases are psycho somatic in nature. Treatment only through medicines is not possible. In these circumstances meditation has become a super tonic for such psycho somatic illnesses.

Keywords: Yoga and Meditation , mental and physical health.

INTRODUCTION

Many studies have tried to determine effectiveness of yoga as a complimentary intervention for cancer schizophrenia, asthma and heart disease.

OBJECTIVES OF THE RESEARCH PAPER:

- Meaning of yoga and meditation uses and types.
- Various stages of yoga and meditation and methods.
- Effects benefits to human health.

Methodology:-secondary data collection method using and internet information also added.

MEANING OF YOGA:

According to Das Gupta, the term yoga can be derived from either of two roots 'yujir' yoga (to yoke) or yuj samadhau (to concentrate) someone who practices yoga are follows the yoga philosophy with a high levels of commitment is called a yogi (may be applied to a male or a female) or yogini (traditionally denoting a female).

MEDITATION:

It is said about mind "it is a jumping buck mind runs faster than the wind" when thousands of thoughts come to one's mind. It becomes fickle controlling and making such a mind stable is called meditation. In other words meditation means that a the mind thinks or concentrates only on one thought or substance so one can say that meditation means calmness concentration or readiness of mind.

GOAL OF YOGA:

The ultimate goal of yoga is moksha. Though the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated.

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According to Jacobsen “yoga has five principle meanings”:

- ❖ Yoga as a disciplined method for attaining a goal.
- ❖ Yoga as techniques of controlling the body and the mind.
- ❖ Yoga as a name of one of the schools or systems of philosophy.
- ❖ Yoga in connection with other words such as hatha-mantra and laya. Referring to traditions specializing in particular techniques of yoga.
- ❖ Yoga as a goal of yoga practice.

The word meditation carries different meanings in different contexts meditation has been practiced since antiquity as a component of homeruns religious tradition and beliefs meditation after involves an internal efforts to self-regulate the mind and ease many health issues such as high blood pressure depression and anxiety. It may be done sitting or in an active way.

ETYMOLOGY :

The English meditation is derived from the Latin meditation from a verb meditari meaning “to think contemplate device ponder.

HISTORY:

Yoga as an as were first prescribed by the ancient Vedic texts thousands of years ago and are said to directly enliven the body’s inner intelligence.

The term yoga first appears in the Hindu scripture katha Upanishads. Where it is defined as the steady lord roll of the senses which along with cessation of mental activity. Leads to the supreme state katha Upanishad integrates the monism of early Upanishads with concepts of yoga.

It defines various levels of existence according to their proximity to the innermost being atman yoga is these fore seen as a process of exteriorization or ascent literally work that highlights the fundamentals as yoga the history of meditation is intimately bound up with the religious is context with in which it was meditation may have contributed to the final phase of human biological evolution some of the earliest. References to meditation are found in the Hindu Vedas.

Wilson translates the most famous Vedic mantra Gayathri thus “we meditate on that desirable light of the divine Savithri who influence our pious rites. Around the 6th to 5th centuries BCE other forms of meditation development in Chin and Buddhist India” .

TYPES OF YOGA AND MEDITATION :

The Bhagavad Githa (cong of lard) uses the term yoga extensively in a variety of ways .in addition to an entire chapter dedicated to traditional yoga practice including mediation.

It introduces three prominent types of yoga

- Karmayoga : the yoga of action
- Bhakti yoga: the yoga of devotion
- Jnana yoga : the yoga of knowledge

TYPES OF MEDITATION

Commonly meditation can be classified into three types

1)Sthoola dhyana (material meditation) in this types the meditation is based on a particular thing patanjali has also called this dharana (retention). He has described sthoola meditation as that of daily meditating on the eyes and pleasant form decoration and the transporting medium of the almighty

2)Jyothir dhyana (luminous meditation) this is also called thejo dhyana. Contemplating on brahma on the serpent shaped kundalini which is situated on the base of the linga is called jyothir dhyana Another type of this meditation is by doing this meditation yoga sidhi is received and you get the power of seeing the soul

3) Sukshma dhyana (subtle meditation) the power at the base of the spine (kumdalini) is released and joins with the soul risen up through the eyeballs and spreads in the sthoola dhyana is greater than jyothir dhyana and jyothir dhyana is better than sukshma dhyana.

MEDITATION DEFINITION AND SCOPE

Meditation refer to family of self regulation practices that focus on training attention and awareness in order to bring mental processes under grates voluntary control and there by faster general mental well being and development and or specific capacities such as calm clarity and concentration Wals & Shapro 2006 meditation is used to describe practices that self regulate the body and mind these by affecting mental events by engaging a specific attention set regulation of attention is the central commonality across the many divergent methods.

“we define meditation as a stylized mental technique repetitively practiced for the purpose of attaining a subjective experience that is frequently described as very restful silent and of height rid alertness often characterized as blushful”

VARIOUS STAGES OF MEDITATION :

- ❖ The thoughts that come to mind should be received initially many thoughts come to the mind
- ❖ Slowly change the direction of thoughts and guide them towards a central thought.
- ❖ Slow down the rate of thoughts coming to the mind
- ❖ The intensity of thoughts decreases and calmness pervades
- ❖ This results in a single resolution to meditation upon

IMPORTANCE AND USES OF YOGA & MEDITATION :

Body is the basic course of performance of religion for man to man his life's goal it is important for him to have a healthy body just as the saying “health is wealth” goes it is better to life a short but healthy life rather than live as life of sickness therefore we should [assess good health thoughts out our lives in recent years due to increased comforts caused by industrialization and automotization participation in physical activities has deinceased mental stress sleeplessness worries luxurious life intake of processed food has increased leading to a decrease in immunity leading to an increased in deceases questions like as these a solution for this ? how to arise in once mind the solution to this is yoga or regular practice of yoga and meditation.

Since yoga and meditation has got enough beneficial effects to cause all round development in man. Yoga has affects the mind and body with more beneficial than any other form of exercise or sports activities.

The word meditation has been derived from the root word Medicare the meaning of this word is heal by meditating the psychological illnesses and the physically illness caused by such psychological factors are healed the mind will dissolve in the sea of its basic nature such as peace calmness joy holiness and will be ever joyful.

Gives rest to the body and mind reduces mental anxiety press and there by helps relive the psycho somatic diseases such as blood pressure cardio vascular diseasesetc

- The digestive process improves considerably
- Since the respiratory rate reduces the oxygen consumption is reduced
- The heart rate is reduced resulting in less stress on the heart and occurrence of cardio vascular.
- Reduces the acidity in the blood and there by eliminates diseases related to anxiety fear and restlessness
- The mediator is not affected by any problem of the external world
- The mind is joyful and elated
- The mediator gains lightness in his body mental stability and clarity of thought

Beneficial effects of yoga and meditation :

- Leads to total health of the body

- Calms the mind
- Improves mental strength and perception
- Increases concentration
- Several asana increase the strength of many muscles and improve the efficiency of all the organs and brain.
- The blood vessels get cleansed through prana yama mental stability increases it plays an important role in keeping the respiratory system healthy
- Relaxing kriyas relax the body and mind and help to keep them calm
- Helps in making good thoughts and taking good decisions
- Practice of meditation helps the body and taking good decisions.
- Practice of meditation helps us to reach the peak of spirituality and also has a positive influence
- Better the immunity system and keeps the body healthy
- Helps in the all round development by leaving its stop of influence on the physical mental emotional spiritual and spiritual aspects of man.

This way practice of yoga creates a fountain of knowledge in us .it makes the development of personality an interesting aspect. It a child has to grow here intelligence is required twice as much as education.

Like the saying knowledge is food knowledge is the food for mind practice of yoga makes us knowledgeable persons and there by makes us intelligent human beings. To gain intelligence increase immunity avoid diseases to have presence of mind and to live as good citizens in the society it is important to make yoga and meditation a part of our life

Asana in the standing posture :

1-Trikonasana : Trikona (triangle) means a figure having three angles the performer will achieve the shape of a triangle in the final position of this asana therefore this asana is named as trikonasana .

Health benefits :

- Makes the leg and hip muscles supple
- Relieves the stiffness of the hands legs and the trunk
- The deformities of the legs would be rectified and the arms strengthened
- Back pain and neck stiffness will reduce
- The chest will expand these by strengthening the chest muscles.

2-Veera bhadrasana : stand straight in tadasana posture.

- ❖ In hole and spread your feet 2-3 feet apart depending on the height both the hands should be placed on the hips
- ❖ Bend the right knee to 90 and

Health benefits : Strengthens the thigh and arm muscles.

3-Padahastasana: hasta means hands 'pada' means (feet) this posture is so called because the hands (feet) are placed next to the feet.

- ★ This asana will relax the thigh trunk and back muscles
- ★ It increases the digestive power

4-Vikshasana : vriksha means plant treeetc the performer seems to look like a tree upon coming to the final position therefore this asana is called vrikshasana.

Health benefits :

- This is a good asana to improve balance
- This asana will strengthen the legs and the hip muscles

- This asana will improve the physical and mental co ordination.

5-Uthitha padmasana: The performer gets into a padmasana posture places his palms on the floor at the side and lifts himself gives this asana the presents name.

HEALTH BENEFITS :

- Since this asana puts stress on the intestines the digestion improves
- Constipation will be relieved
- Since his asana puts stress on the arms. The performer will develop strong arms and shoulders
- It strengthens the abdominal muscles.

6-badda padmasana : sit in a long sitting position as shown in the picture.

- Bend the right knee and place the feet on the left thigh
- Now bend the left knee and place the left feet on the right thigh
- Take the right hand around the body from the back and hold the big toe of the right foot.

Health Benefits :

- This asana will reduce kyphosit and make walking easies
- It will make the abdomen lean and make it easies to breathe
- The asana is beneficial to persons with gastric problems.

7-Parvatasana:

- Bent the right knee and place the feet on the left thigh
- Now bend the left knee and place the left feet on the right thigh
- Inhaling raise the arms straight on the sides till they are at level with the shoulders and parallel to the floor

Health benefit :

- This asana will reduce knee pain and pain of thigh muscles
- It gives relief from respiratory problems
- It strengthens the muscles of the abdomen should arms and hands
- The abdomen muscles are strengthened
- The functioning of the lives is improved
- It gives relief from back pain
- It strengthens the buttocks region
- It strengthens the hip and the lower back muscles
- Defects in the knee thigh and the lower back region will be rectified

CONCLUSION :

This article mainly focuses in meditation in the broad sense of a type of discipline found in various forms in many cultures by which the reflexive attempts to get beyond the reflexive thinking mind (some times called discursive thinking) or logic into a deeper more devout or more relaxed state the terms meditative practice and meditation are mostly used here in this broad sense.

However usage may very some what by context readers should be aware that in quotations or in discussions of particular traditions more specialized meanings of meditation may some times be used.

So we understand so many mental and physical benefits are available in daily needs for human being from yoga and meditation.

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