



Academic Sports Scholars

IMPACT OF YOGA IN HUMAN LIFE: A STUDY

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ABSTRACT

Yoga increases body awareness, relieves stress, reduces muscle tension, strain, and inflammation, sharpens attention and concentration, and calms and centers the nervous system. Yoga's positive benefits on mental health have made it an important practice tool of psychotherapy. It has been shown to enhance social well being through a sense of belonging to others, and improve the symptoms of depression, attention deficit and hyperactivity, and sleep disorders. Also, yoga can improve symptoms of schizophrenia when it is done alongside drug therapy. Also, yoga has been shown to increase the level of gamma-amino butyric acid, or GABA, a chemical in the brain that helps to regulate nerve activity. This is especially relevant to people who have anxiety disorders in which GABA activity is low. Yoga also improves the mood, behavior, and mindfulness of college students taking yoga classes in addition to Physical Education than students taking Physical Education alone (yoga classes helps college students). It has been shown to improve workplace well being and resilience.

KEYWORDS :attention and concentration, symptom, Physical Education, etc.

INTRODUCTION :

Yoga is a science not less than 5000 years old which can help a human life to move towards higher states of harmony and peace both as an



individual and a social being. Yoga is done through several breathing exercises, postures and meditation. Although mankind has entered an era of well advanced hi-tech medical facilities which makes life more comfortable, the expected quality of life still seems to be far from reality. Problems like stress, anxiety, restlessness, nervous breakdown, other stress related ailments, fatigue breaking up of families, suicides are all on an exponential rise. The frustrated patients are now moving towards

alternative non-scientific therapies for a better living. Yoga with its multifold advantages, is gaining popularity in all parts of the world. For a common man yoga is a fashion for keeping himself healthy and fit. While for some others it's a boon for developing their concentration, memory and creativity.

Yoga is the most favourable method to connect to the nature by balancing the mind-body connection. It is a type of exercise which performed through the balanced body and need to get control over diet, breathing, and physical postures. It is associated with the meditation of body and mind through the relaxation of body. It is very useful to control over mind and body as well as getting proper health of body and mind by reducing the stress and anxiety. Yoga can be practiced by anyone as an exercise on daily basis to fulfill the need of very active and demanding life especially teenagers and adults. It helps in coping with the hard times of the life and pressure of school, friends, family and neighbours. Through yoga practice one can disappear his/her problems and stress given by others. It helps in easily accomplishing the connection between body, mind and nature.

2. OBJECTIVES OF THE STUDY

- 1.To study the Benefits of Yoga in Daily Life.
- 2.To study the Impact of Yoga on Mental Health.
- 3.To study the types of Yoga.

3. METHODOLOGY OF THE STUDY

The present study has been descriptive; the data for this study were obtained from secondary sources. The secondary data has been collected from various references which already existed in published form; part of the paper is based on literature review the method comprising of collecting all the available papers relating to the theme and selecting relevant papers/books for the review purpose. Selection of the paper is done on the basis of their relevance and contribution to the body of knowledge. The author has made an attempt to do primary reading of the selected papers which will constitute the core of this review study.

4. BENEFITS OF YOGA IN DAILY LIFE

- + The benefits of yoga are numerous. It has both preventive and therapeutic benefits. And the most important benefits of yoga are physical and mental benefits to the body and the mind.
- + The health benefits of yoga with a regular practice of yoga poses, breathing exercises, and meditation are:
- + Yoga today helps in combating illnesses, and there are some reliable researches proving that yoga aids in controlling certain illnesses such as headaches, arthritis, stress, anxiety, blood pressure, asthma and many more.
- + Yoga today also helps in reducing the stress and tensions. After getting out of a busy day, your muscles are tensed and may feel that your self-esteem will increase with a regular yoga practices.
- + This type of confidence boosting is very essential as it helps people as a means of reducing the stress in their routine busy lives.
- + Yoga today also helps to improve muscle tone and increases your energy, stamina, strength and flexibility. It also helps those people who feel themselves as out of shape by a regular practice of yoga. Practicing yoga can burn up your body's excess fat and provides you a much-improved body shape or figure.
- + Yoga today also helps people to improve their concentration and enhances a person's creativities particularly when they are in a need of relaxation and stop thinking about the stressful effects in

life such as self-responsibilities.

- + So, practicing yoga regularly makes yoga practitioners to feel that it is easier to think more positively and there will be a much fresher outlook on life. A sense of calmness and well being can be obtained through practicing yoga.
- + The yoga exercises can improve the blood circulation in the body. By yoga practices, the immune systems can be stimulated to help prevent us from diseases. A good immune system will help us to avoid getting sickness and diseases.
- + Many people are practicing yoga today in order to be progressive. Some people consider that yoga helps in bringing their spirit and keep them relieved.
- + Most of the people consider yoga as a practice only for spiritual people. However, it is not true. Yoga today can be practiced by all groups of people irrelevant to their caste, age or gender.

5. IMPACT OF YOGA ON MENTAL HEALTH

I. YOGA IMPROVES YOUR PSYCHOLOGICAL/MENTAL WELL-BEING.

Yoga involves concentration on the breath and body, which makes it a great way to soothe a person's mind and relieve worries. By helping discharge tension and stress, yoga poses and breathing exercises keep a person free from such negative elements. As a result, a person who does yoga is better able to achieve the pink of psychological health.

II. YOGA HELPS WITH ANXIETY AND DEPRESSION.

Yoga is able to accomplish this by helping regulate a person's stress response system. With its ability to lower blood pressure and heart rate as well as improve respiration, yoga provides you with the means to deal with and resolve anxiety and depression without resorting to expensive medications.

III. YOGA BOOSTS MEMORY AND IMPROVES CONCENTRATION.

There may come certain instances in your life when you find it difficult to concentrate on your day-to-day tasks. Thankfully, you now have an idea on how to address this issue. Yoga has been proven effective at improving your memory and concentration

IV. YOGA PREVENTS THE ONSET OF MENTAL HEALTH CONDITIONS, WHICH ARE PREVALENT DURING ADOLESCENCE.

Adolescence is a stage in one's life when a variety of mental health problems are more likely to develop. With the many cases of psychological disorders diagnosed in teenagers, it has become imperative to find ways to prevent the onset of such mental health conditions. Yoga, among others, has been seen as a helpful method that can be used to protect adolescents from mental illnesses.

V. YOGA REDUCES THE EFFECTS OF TRAUMATIC EXPERIENCES.

Women who have been abused, as well as enlisted military personnel who have gone into battle with enemy combatants, usually develop a condition known as Post Traumatic Stress Disorder (PTSD). Patients who suffer from this mental illness frequently experience nightmares and flashbacks, to name a few of the symptoms. While some mental treatments can address the underlying factors of PTSD, there are some patients who prove to be 'immune' to these approaches. Particularly in cases where contemporary mental and pharmacological treatments have failed, Hatha Yoga has been shown to be effective in reducing PTSD symptoms, according to the American Psychological Association. As such, Yoga might just be a great counterattack against the ravages of traumatic experiences.

6. DIFFERENT TYPES OF YOGA

I. HATHA YOGA

This Yoga helps you'll find a slower-paced class with little-to-no "flow" between poses. It's a gentle class that's perfect for beginners or the after-work yogi looking to wind-down. Here, you'll learn basic postures, breath work, relaxation techniques, and meditation.

II. VINYASA YOGA

This style of yoga links movement with the breath, creating flowing postures that smoothly transition from one to the next.

III. IYENGAR YOGA

Iyengar is an alignment-based style of yoga. These classes don't flow like vinyasa classes. Poses are held longer, as you breathe into a pose to find more expansion. Practicing Iyengar will help build strength, mobility, and stability.

IV. BIKRAM YOGA

Bikram yoga is best known for hot rooms and sweat dripping postures. Bikram chose these specific postures because he believes they systematically challenge the entire body—the organs, veins, ligaments, and muscles.

V. ASHTANGA YOGA

Ashtanga yoga is considered a modern-day form of classical Indian yoga. It's also known as "Power" yoga. Like vinyasa, movement and breath are linked. However, in Ashtanga, the movements are predefined. You move through four phases—an opening phase, one of six "series", back bending, and inversions.

VI. JIVAMUKTI YOGA

It is a physical, spiritual, and ethical practice that emphasizes animal rights, environmentalism, and veganism. There are five central tenets to the Jivamukti: shastra (scripture), bhakti (devotion), ahimsa (non-harming), nada (music), and dhyana (meditation).

VII. KUNDALINI YOGA

Kundalini focuses on the breath (pranayama) and core work. Kundalini strives to develop the mind, awareness, and consciousness. Each pose is associated with a different breathing technique that is believed to intensify the effects of the posture.

VIII. YIN YOGA

This style is believed to improve the flow of life energy and was created to complement more rigorous forms of activity.

7. CONCLUSION

"Yoga in Daily Life" offers the spiritual aspirant guidance on life's path through the practices of Mantra Yoga and Kriya Yoga. As the most highly developed beings upon earth, humans are capable of realizing their real nature and inner Self, God. The spiritual goal of Yoga is God-Realization, the union of the individual soul with God. The realization that we are all one in our common root and connection to

God is the first step. Decisions regarding your health and wellbeing and a free, happy life, are in your hands. Practice regularly with firm determination and success will be certain.

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