

NEED OF YOGA IN MODERN AGE

UPENDRA NAYAK , KEMPARAJ H.B. AND KRISHNA HEBBAR

Swimming Coach, Manipal University Manipal, Karnataka,
Director of Physical Education, KMC, Manipal University, Manipal, Karnataka.
Asst. Professor, Muniyal Ayurvedic College Manipal, Karnataka.

Abstract:

This paper highlights the importance of Yoga in improving our physical, mental, social and spiritual health, which are diminishing day by day in the modern age. Yoga is derived from the root word "Yuj" which means "Union" - basically it is the Union of Atma and paramathma. Yoga which is originated in India has become popular because of its impact on health. Yoga is defined as science that not only helps one to control one's mental state, but also to improve one's personality and behaviour. Yoga practice results in complete physical, mental, social and spiritual well being.

There are several types of Yoga. They are: Hatayoga, Rajayoga, Karmayoga, Kundaliniyoga, Bhakthiyoga, Dhyanyoga, Astangayoga etc. Among these, Astangayoga is the most practical for modern age. It comprises 1) Yama (social ethics). Yama has Ahimsa means non-violence, Sathya means Truth, Asteya means Non-stealing, Brahmachariya means celibacy, Aparigraha means non - Possession. 2) Niyama (personal ethics) It comprises (Shaucha means cleanliness, Santhosha means contentment, Tapas means Austerity, Svadhyaya means Self Study, Ishwarapranidhana means surrendering to God) 3) Asana, 4) Pranayama, 5) Pratyhara, 6) Dharana, 7) Dhyana, 8) Samadi. It is now a well known fact that people of modern age are suffering from disorders of stress. Stress has a very bad impact on the mind which generates Psychosomatic and Psychiatric disorders. Yoga is most needed for modern age.

KEYWORDS:

Yoga , Modern age , physical, mental , spiritual health.

INTRODUCTION

Mankind has always tried to attain peace and happiness through all available means. The urgency of getting an ideal method of attaining mental peace has become very significant in view of tremendous increase of stress and strain of life. The rapid industrialization & urbanization leading to excessive crowding, too much competition, excessive hurry and worry are some of the important factors which ultimately lead to mental and physical diseases. It is now well known that people of modern age suffer greatly from disorders of stress. It leads to the manifestation of psychosomatic changes one by one. At first gets psychic changes such as, irritability, nervousness, sleeplessness, etc and then to Psychosomatic changes. Hence in recent years there has been an intense search for non-medical measure not only have control over the these disease, but also to prevent development of these disorders. If we look into the ancient part of mankind, we can easily find out some of the methods described by the earlier Philosopher, sages and spiritual leader for maintaining tranquility of mind. Amongst these Yoga seems to be the earliest and most effective method for providing peace and Tranquility of mind.

Yoga has originated in India. It is one of the greatest contributions of India to the world for irradiation of physical, mental, social illness.

Yoga is derived from the root word "Yuj", which means. "Union" Basically it is the union of Atma & Pramatma (Atmano pramatmano sanyoge yoga uchyate) Now a days Yoga has become popular, because

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its impact on health. According to World Health Organization, health means “The complete state of physical, mental and social well being and not merely an absence of disease or infirmity” (in 1948). Afterwards dimensions like spiritual, and vocational, dimension also added. Yoga not only cure the disease but also helps in the preservation of health. Yoga unites mental, physical, social and spiritual health. In one word Yoga results total well being.

There are several types of Yoga. They are

1) Hata yoga 2) Rajayoga 3) Karmayoga 4) Kundalini yoga 5) Bhakthi yoga 6) Dhyna yoga 7) Astanga yoga etc. Among these Astanga yoga is the most practical yoga for modern age. Astanga yoga comprises 8 steps.

1) Yama: - It means Social ethics. It comprises Ahimsa means (non-violence) refraining from physical, mental and verbal violence. Now a days many countries are suffering from violence from inside and outside. If most of the people practice non-violence there will be peace in every country. (The Nation will be free from terrorism and war).

Sathya means Truthfulness in all the dealings of the life. If every one practices truth the legal burden of a country will be solved. Individually if one lies there will be manifestation of stress in conscious and sub conscious level which generate stress related physical or mental disorders like heart disease, anxiety neurosis etc.

Astheya means non-stealing of anything in life such as money, materials, ideas, speeches or writings. Stheya means stealing example stealing one's nation's wealth may results in a war.

Brahmacharya means Celibacy: - In a society pre-merital as well as extra merital relationship destroy the family relationship and social harmony. Practicing of Bramacharya before marriage & Grahasta Bramacharya (relationships with spouse only) after marriage maintenance of good relationship with family & social harmony.

Aparigraha:- (means non-possession) If one earns wealth and distribute to the needed people, there will be balance in the economic status. By practicing these steps which are meant for prevent a person from indulging in too many undesirable worldly activities injurious to his physical and mental health.

2) Niyama:- Niyamas are personal ethics. It comprises Shaucha means cleanliness of body, mind and word. One should have good control over the tongue while communicating. Communication should be free from vulgar irrelevant, harsh speech. So this way one can maintain good social relations and co-ordination. One should also keep mind clean by avoiding anger, greed, delusion, pride and Jealousy which may lead to development of abnormal behaviour.

Santhosha means Contentment: - The person should develop attitude of be happy with what he has. This is lacking now a days in the World.

Tapas:- It means austerity dedication towards a good work.

Svadhya: - Means self study. Now a days many social evils are because of ignorance. In order to make life healthy, happy and peaceful it is essential that we make an extensive study of the subjects in which we want to practice.

Ishwarapranidhana: - (Surrendering to God) In order to attain peace and a sense of humility it is always better to dedicate the actions and the fruits of our action to 'God Almighty'. This will help us to cultivate superior qualification of cultured human beings, such as love, kindness, affections, charity, etc. So this type of work in our emergence of every country.

3) Asana:- Asana or posture brings steadiness, health and lightness of the body. “Kuryat tat asanam sthairyam arogyum angalaghavam”. This is explained in Hata Yoga Pradeepika chapter II. A steady and pleasant posture produces mental equilibrium & prevents fickleness of mind. There are many Asana.

Few asanas and their benefits given below, they are:

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_VRUKSHASAN

Benefits: It strengthen the muscle of
Legs, Improves concentration
....etc



PARSWAKONASANA

Benefits: Beneficial for respiratory
Problems, backache, menstrual
Irregularities.....etc



PASCHIMOTTANASANA

Benefits: ideal for obesity, diabetes,
Indigestion and cures irregularities of
menstrual problems...etc



ARDHAMATSENDRASANA

Benefits: Beneficial for diabetes,
backache and bronchitis... etc



BHUJANGASANA

Benefits: It cures backache, diabetes,
obesity, etc



CHAKRASANA

Benefits: Good for obesity, mild
backache, bronchitis, etc

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SARVANGASANA

Benefits: Cures Hypo and Hyperthyroidism, good for mental concentration....etc



SHIRSHASANA

Benefits: It helps in brain function, restores the position of vital organ by reversing gravity ..etc

All Asanas improve not only stability of body but mind also by practicing Asanas one will be free from diseases and prevent many diseases.

Pranayama:- Pranayama is a breathing exercise which expands the pranik energy of a body. Prana means breathing; pranayama is an indirect method for mind control & emotional control. By practicing one can prevent and cure and especially psychiatric diseases. By controlling respiration one can control the emotion of mind.

Pratyahara:- It is practice of controlling the mind from its distraction. Every person should have good control over mind distraction to get progress in his life.

Dharana:- It is nothing but concentration. By practicing concentration on one object person will get tremendous mental energy which is very essential for the progress of Nation.

Dhyana:- Meditation decreases stress Harmonics of body. It also decreases mental stress. It has a therapeutic value on psychiatric, Physical and Psychosomatic disorders.

Samadhi:- is the end of the Sadhaka's quest. At the peak of his meditation, he passes into the state of Samadhi where his body and senses rest. It will occur because of deep meditation, which re-vitalizes person's body and mind.

Each person is unique because of physical and mental attitude. The person who is interested in social works can opt Karma Yoga. One who is emotional can opt Bhakti Yoga. He who has strong physically and mentally can practice Hata Yoga. He who feels enjoyment in knowledge can walk in Jnana Yoga. He who wants to live systemically happy and long life can practice Astanga Yoga.

CONCLUSION:-

In Yoga it is mentioned "Heyam dukham Anagatam". We can prevent many forthcoming miseries (problems). Yoga is a Science of mental control. It not only helps one to control one's mental state but also to improve one's personality and behavior. As modern age is suffering from social evils inside and outside. Yoga is a panacea for all evils. If every one follows the principles and practices techniques of Yoga there will be harmony and peace in every country and thus yoga is an emergency of modern age.

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