

Yoga for Health, Happiness & Harmony



Editors

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First Edition

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YOGA AND ITS IMPORTANCE IN HUMAN LIFE

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1. Introduction

Over the last few decades, there has been an upsurge in the prevalence of yoga. Medical professionals and celebrities are also adopting and recommending the regular practice of yoga due its various benefits. While some regard yoga as simply one more prevailing fashion and associate it with the new age mysticism, others vouch for how astonishing this form of exercise feels. What they don't understand is that what they see as simply just another form of exercise will profit them in ways they never envisioned. Before we get into the benefits of Yoga, it is essential to understand what exactly Yoga really is. Yoga is not a religion, it's a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; Yoga helps in developing the balance between all the three as stated in Ayurveda in India. Other forms of exercise, like aerobics, only assure physical wellbeing. These exercises have very little to do with the improvement of spiritual or astral body.

Yoga is not just about bending or twisting the body and holding the breath. It is a technique to bring you into a state where you see and experience reality simply the way it is. If you enable your energies to become exuberant and ecstatic, your sensory body expands. This enables you to experience the whole universe as a part of yourself, making everything one, this is the union that yoga creates. The founder of Yoga, Patanjali stated, "Sthiram sukham asanam." It implies that a posture that appears to be firm and agreeable is your asana. You may be astounded to know that an asana is just a preliminary step into the act of yoga. It is a way that encourages you to achieve the greater good. Yoga focusses on idealizing concordance between your mind, body, and soul. When you adjust yourself so everything functions brilliantly within you, you will draw out the best of your capabilities.

2. Benefits of Yoga In Human Life

1. Yoga helps you in all-around fitness

Some very discernible ones are:

- Improves health
- Gives mental strength
- Improves physical strength
- Protects from injury
- Detoxifies the body

2. Yoga benefits in weight loss

Suryanamaskar and kapalbhatti pranayama are highly useful for losing weight. Moreover, with regular practice of yoga, we tend to become more sensitive to our body and its needs. This, in turn, helps keep a check on our food intake and body weight.

3. Yoga is one of the best solutions for stress relief

A few minutes of yoga daily can be a great way to get rid of stress, both in body and mind. Asana, pranayama, and meditation are effective techniques to release stress.

4. Yoga helps for inner peace

We all love to visit peaceful, serene spots that are rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini vacation to experience this any time of the day. Yoga is also one of the best ways to calm the disturb mind and body.

5. Yoga Improves Immunity

Our system is a seamless blend of the body, mind, and spirit. An irregularity in the body affects the mind and similarly, unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga asana help massage organs and strengthens muscles while breathing techniques and meditation release stress and improve immunity.

6. Yoga improves relationships

Yoga can even help improve your relationship with your loved ones. A mind that is relaxed, happy and content is better able to deal with sensitive relationship matters. Yoga and meditation aids in keeping the mind happy and peaceful. Gradually, you will also notice an improvement in your relations with those around you.

7. Yoga Increases Energy

Do you feel completely drained by the end of the day? Shuttling through chores and multitasking continuously can be quite exhausting. A few minutes of yoga every day boosts our energy level and keeps us fresh.

8. Yoga Gives you Better Flexibility and Posture

Yoga must become a part of your daily routine to get a body that is strong and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieve you of body ache due to incorrect posture.

3. Best Time to Do Yoga

Understanding what is the best time to do yoga can significantly impact the effectiveness of your practice. Many practitioners believe that the early morning, just before sunrise, is ideal as it prepares the mind and body for the day ahead. Practicing yoga in the morning helps to kickstart metabolism, increase energy levels, and promote mental clarity. However, some prefer evening sessions to unwind and relieve the day's stress. Ultimately, the best time to do yoga is when it fits seamlessly into your schedule and allows for consistent practice.

4. Benefits of Yoga

Physical Health Benefits

1.Improved Flexibility and Balance: Yoga **asanas** move the body in different directions, enhancing flexibility and balance.

2.Strengthens Muscles: Regular practice builds core and muscle strength, increasing endurance.

3.Better Heart and Lung Function: Yoga improves heart health, oxygenation, and reduces the risk of cardiovascular diseases.

4.Boosts Blood Circulation: Improved circulation enhances the physical health of organs and gives skin a healthy glow.

5.Corrects Posture: Yoga increases body awareness, leading to better posture and confidence.

6.Increases Immunity: Consistent yoga practice strengthens the immune system, keeping diseases at bay.

Mental Health Benefits:

1.Reduces Stress: Yoga reduces cortisol levels and increases serotonin, promoting relaxation.

2.Improves Sleep Quality: Yoga aids in the release of melatonin, helping in falling asleep and getting quality sleep.

3.Increases Focus and Awareness: Yoga enhances concentration and mindfulness, boosting productivity.

4.Promotes Self-Acceptance and Self-Love: Yoga fosters self-awareness, increasing self-esteem and confidence.

5.Boosts Energy Levels: Yoga energizes the body, reducing fatigue and lethargy.

6.Enhances Calmness: Yoga helps in anger management, making individuals more empathetic and understanding.

5. Types of Yoga

There are many different varieties of yoga, each with a slightly different slant. The most popular are Hatha, Bikram, Iyengar, Yin and Vinyasa yoga.

Asanas or yoga postures

Each yoga posture, or asana, is held for a period of time and linked with controlled breathing. Generally, a yoga session begins with gentle asanas and works up to more vigorous or challenging postures. A full yoga session should move every part of your body and should include pranayama (breath control practices), relaxation and meditation.

The different postures or asanas include:

- Lying postures (supine and prone)

- Sitting postures
- Standing postures
- Inverted or upside-down postures.

6. The Importance of Yoga

Mental benefits

Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage mental health. Most importantly, yoga helps anyone deal with stress, which is known to have devastating effects on the body and mind. According to Dr. Nevins, “Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate”. Yoga can be very effective in developing coping skills. This practice helps people to reach a more positive outlook on their life.

Heightened Concentration

The improved concentration is one of the many benefits of a calm mind. The survivors of modern life know the importance of concentration because they often find themselves juggling numerous tasks. Meditation is one potent practice for sharpening the focus. In meditation, you bring your attention either to the breath, mantra, or any visual every time your mind wanders.

Strength & Flexibility

The sedentary lifestyle is the begetting of many physical health problems like limited flexibility, low strength, poor posture, stiffness, and many more. The performance of yoga asanas encourages body movement in different directions, assisting in opening that reduces stiffness, increases joint mobility, and releases pent-up emotions leading to strength and flexibility. Greater strength and flexibility are crucial for the healthy maintenance of muscles, tissues, and ligaments.

Discipline and Mindfulness in Life

By implementing the Yamas and Niyamas written in the Yoga Sutras of Patanjali, you invite more discipline and mindfulness into your living. The five Yamas and Niyamas are the ethical codes of living a virtuous life. To honor these ethics during the span of life means – being mindful in every action, performing acts with compassion, and living life in the present moment.

7. Conclusion

Yoga is an experiential science, and regular practice is key to gaining its optimum benefits. By learning how to do yoga, you can witness transformations on all levels and experience overall development. Understanding what is the best time to do yoga can further enhance your practice. Embrace yoga to create a balanced life, improve physical and mental health, and foster positive relationships. With dedication, you will benefit from the advantages of Yoga and see significant improvements in your well-being and lead a happier, more disciplined life. The advantages of yoga are vast, and by incorporating it into your life, you can truly experience how yoga helps us in countless ways.

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