



SCIENTIFIC BENEFITS AND EFFECT OF YOGA ON HUMAN LIFE

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ABSTRACT

The main purpose of yoga has to keep good health and positively in human life. Since Ancient times yoga have played major role in human society. The practice of yoga in believed to have started with the vary down of civilization yoga on a long history of human culture and has been preserved for thousands of years. Today, yoga in practiced worldwide by millions of people in many forms and variations. Yoga prefaces a complete system of physical. Mental, social and spiritual development and improves strength, balance and flexibility. It also helps in keeping our mental and physical health and maintained good relation with nature. Every should be take benefits form yoga for in peace of mind.

Keywords: - Human, Society, Mental, Health, Yoga, Benefits

1. INTRODUCTION

Man is social animal he cannot live without society; he has to develop by living in society. Good health is essential for living a good life and yoga is very important for achieving that. The mind is always wondering and being rebellious never focusing on the moment stress builds up in our daily lives, endangering our health and it affects your health as well as your family. **(Gharote, 2008)**. The art of practicing yoga helps in controlling an individual's mind, body and soul; It helps manage stress and anxiety and keeps you relaxing. Yoga is not a religion, it's you relaxing. Yoga is not a religion its way to life that purpose towards a healthy mind and a healthy body.

1.1 History of Yoga:

Yoga is a five thousand year old style of knowledge in India. It is mentioned in the Rig-Veda and still used today by people for their mental and physical health. In origin of the word yoga is found in Sanskrit word. The word yoga was first mentioned in the oldest sacred text, the **revved (Singh, 2010)**. Mahatma Patanjali, who developed yoga, is said to be the father of yoga. In modern times, yoga has gained a lot of importance and is accepted globally. If a person wants to have a mental and physical well being and a stress free life. He has no choice but to practice yoga **(Burley, 2000)**.

1.2 Scientific Benefits of Yoga:

The scientific of yoga is a psychology of a philosophical nature. The very introduction of the system of yoga by Patanjali in by way of an insurrection that the mind has to be controlled yoga has child vation niordhan. **(Singh SP. Healthy 2010)**. Yoga is an experimental science. The most important benefit of yoga is it balances our physical and mental conditions. The aim of yoga has facilitating the development and integration of body, mind and breath to produce structural, physiological and psychological effects. The science of yoga in the scientific basis of modern yoga as exercise in human sciences such as anatomy, physiology, and psychology yoga's effects are to some extent shared other form of exercise **(Shrivastav & Chavan 2009)**. Yoga has been studied scientifically since 19th century physiology experiments of N.C Paul. Yoga helps to maintain bone strength, joint mobility, and joint stability to improve posture muscle strength coordination and confidence in turn reducing the risk of injury and bone fracture.

Now in modern times yoga is also used directly as therapy especially for psychological conditions such as post traumatic stress disorder, but the evidence for their remains weak early in the 20th century, two pioneers of yoga an exercise in India, Yogendra and Kuvalayahanda, worked to make healthy yoga acceptable, seeking scientific evidence for the health benefits of yoga postures (asanas) and yoga breathing (Pranayama). **(Galore, 2003)** Yoga is a great scientific gift to human society & everyone should take advantage of it.

2. EFFECT OF YOGA ON HUMAN BODY:

Yoga has been very important in human society since ancient times today yoga has a special place in the world and has been accepted at the scientific level. Yoga's incorporation of meditation and breathing can help improve a person's mental well being. Every day yoga practice creates mental clarity and calmness, increases body awareness, relaxes the mind and sharpens concentration **(Yogeshwar, 2004)**. The goal of yoga is unity of the body, mind and spirit with the focus on body posture, breathing and meditation. Several forms of yoga exist to meet the needs of varying lifestyle and personalities each yoga style emphasized there or believes. Doing yoga offer many benefits for the body and spirit and overall wellbeing.

2.1 Yoga for all:

Yoga is useful for everyone. Yoga children adults Old people sick people can all benefit from it and can led a batter life everyone should take advantage of this (Bhatt Krishna 2008).

2.2 Yoga Promotes mental Health:-

Yoga practices suggest they can reduce the impact of exaggerated stress sponges and may be helpful for both anxiety and depression in their respect yoga functions life other self soothing technique, such as meditation relaxation exercise or exam so ionizing with friends there, in turn, decreases physiological carousal for example segueing the heart rate, lowering blood pressure, and easing respiration (Sechdva IP. 1978).

2.3 Health benefits of Yoga:-

Doing yoga everyday helps a pension of stay healthy and lives a stress free life without and mental or physical problems. Today, globally many people in our daily lives suffer from versionailments like diabetes, high blood pressure etc. yoga can helps improve flexibility and strength yoga stretchy your muscles and stand up straighter many pons in yoga can strengthen the core muscle in your stomach and back (Blind Mice. 1969).

2.4 Improve Heart Health;-

For pumping blood throughout the body to supplying issued with importantnutrients, the health of your heart in an essential component of overall health. High blood pressure is one of the major causes of heart problems, such as heart attacks and stroke. Lowering your Blood pressure can Helps reduce the risk of these problems (Disgusts SN 1974)

2.5 Improves Duality of tube:-

Yoga Bring peace to a person and at the same time he does everything well and improves his way of life. He creates a different place in society. Yoga in becoming increasingly common as an adjust therapy to improve quality of life for many in indiciduals practicing yoga significantly improved quality of life (Pandy Raj Kumar 2008).

3. CONCLUSION

Since the ancient time, Yoga has been physiological or psychosocial variable that has a key impact on health or quality of life. In modern times man has been orbited with many diseases has which has made it difficult for him to live he has no choice but to do yoga to get rid to all these stress and live a drug free life.

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