Significance of Yoga in the Modern Age

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ABSTRACT

The purpose of this study is to investigate the significance of yoga in the modern age. Yoga is basically a spiritual science. Moreover, it also shows the techniques for physical and emotional well-being. Yoga facilitates to incorporate the mental and the physical plane. Yoga helps to engaging or engages an entire body and mind, it also provides the activities that incorporate different learning techniques. Health is a vital psychosomatic in addition to a physical problem. Further, health wellness is amazing that people achieve by enthusiastically engaging in a healthy lifestyle fairly than something taken to be granted. The individual’s status of health is a complex interface of biological factors such as genetic tendency and social factors such as the quantity of social support one receives from society. The pressure of modern life can also lead to psychological suffering like the feeling of insufficiency, loneliness and helplessness. Yoga is primary coping practice for all these stressful actions. Yoga helps to generates immense powers. Mind is obviously active and dynamic, while the soul is luminous. Yoga gets rid of the lethargy from the body and brings it to the level of the active mind. Yoga releases the innovative potential in life.

INTRODUCTION

Modern age is the age of science. Now-a-days with the advancement of science and technology provides individual more comfort for his basic requirements, but with these comforts individual cope-up with lot of problems, which cannot be solved only by the above facilities. In a competitive world, individual is looking for solutions to solve the threatening problems of unhappiness restlessness, emotional, imbalance, hyper activity, tension, stress, etc (Anita, 2014). Additionally, people are fighting for endurance and suffer from more and more physical and psychological stress which cannot always control upon this problem but can learn how to cope-up and get off from this problem. In this context, yoga is a spiritual science for the incorporated and holistic development of our physical, mental as well as moral-spiritual aspects. Yoga is based on philosophy that is practical and for our day-to-day living. The origin of Yoga from Vedas and Upanishads. It is well recognised that yoga an ancient Indian philosophy. It is the gift of our rishi culture. The aim of yoga is attainment of physical, mental as well as spiritual health. Yoga is considered both science as well as art. It is the science of life and art of living. In addition to daily practice of asana, pranayama and meditation certain principles are to be adhered to in day to day life.

In modern world, every individual is conscious about health and wants to look handsome, like their role models heroes. Today youth spend a lot of time in the gymnasium to improve their muscles, to reduce fat and to maintain quality of life. In fact we know yoga exercises help to improve cardiovascular system and to reduce fat. The knowledge of yoga knowledge is essential and very much important for individuals before starting any program. With a sensible approach one can be benefited without any side effects. If one goes astray the wrong footsteps of yoga practices may leads to side effect on the human body. One should always remember to train under the guidance of a professional coach which gives him very fast results in a safe way. Yoga was first introduced in second century A.D by the father of yoga Patanjali. Yoga is a method by which one can remove ignorance and attain union with the supreme self (Iyengar, 1983). In other words, in a stressful life, yoga offers an individual a conscious process to solve his problems. Swami Kuvalayand who believed that yogic practices are more efficient for the improvement and maintenance of health and fitness as well as prevention of disorders. Further, he also designed the yoga courses in three parts, namely, Easy Course, Short Course and Full Course. The Easy Course is intended for beginners and very weak persons. The short course is framed for those people who cannot for want of time, strength of wish, follow the full course. The full course consists of 15 yogic practices (Bhujangasana, Shalabhasana, Dhanurasana, Halasana, Ardha-Matsyedrasana, Pachimotanasana, Mayurasana, Yoga-Mudra, Shrishasana, Sarvangasana, Matsyasana, Shavasana, Udityana, Noul, Ujjayi) for persons of average health (Anita, 2014). Thus, the aim of present study is to explore the significance of yoga in the modern age.

SIGNIFICANCE OF YOGA

Yoga is an important and valuable heritage of India. Before yoga, no one practices which attracted so much attention of the people all over the world. Today, the whole world is looking toward yoga for the answer to various problems. Besides this, yoga helps to improve posture, increase the intake of oxygen, improve the functioning of the respiratory, digestive, endocrine and reproductive and excretory systems. It helps to control the emotions of man by calming his mind, and also diminishing insomnia caused by mental restlessness. With the facilitate of yoga practices, improve the physical and mental conditions. It is immediate improve sense of well-being, concentration and calmness. As remarked “The rhythm of the body, the melody of the mind, and the harmony of the soul
create the symphony of life”. Because of the deep, mindful breathing that yoga involves, lung capacity often improves. This in turn can improve sports performance and endurance. Most forms of yoga emphasize deepening and lengthening your breath. Pranayama, the practice of breath awareness prominent in yoga, encourages parasympathetic drive, allowing the body to slow down and bring the mind and body back into balance. Transferring this skill of breath is key to handling stressful situations. It provides motivation, cultivate an internal locus of control, and facilitate deeper and more restful sleep. With yoga, energy is diffused from the brain to the other parts of the body. The brain and body then work together and energy is evenly balanced between the two. Yoga is termed as svaranga sadhana or holistic practice. Consumers today are bombarded by unhealthy food marketing, promoting processed foods, junk foods, and fast foods that fit into our fast-paced lives. Obesity is linked to such unhealthy eating habits. According to the National Association for Sport and Physical Education, yoga provides learning experiences in all major focus areas of a physically educated and active person. Thus, actively engaging in yoga on a regular basis is one way to help children remain within a healthy weight range. Long-term yoga practitioners in the United States have reported musculoskeletal and mental health improvements, as well as reduced symptoms of asthma in asthmatics. Scientific Culture in Physical Education and Sports.While the teenage years can typically be a time for disconnect, this age group can also vastly benefit from yoga. As Tummers (2009) states, “Practice allows for self-study and self-care as well as development of vital intrapersonal and interpersonal skills, such as improved communication skills, which are critically needed at this developmental stage”. Moreover, it is an art of controlling body, mind and breath and unlocking the hidden potential energies. It can be in meditation form and it could also be a form of physical exercise. Nowadays, human beings are so busy with their personal lives that they have even forgotten the correct way to breathe. Yoga is a way of life for good living and for the benefit of the body (Verma et al., 2015).

HEALTH AND HAPPINESS IN THE AGE OF STRESS

Yogic practices make possible not only physical and mental development but also intellectual and spiritual development. Yoga practices are known as ‘Non-Violent Activity’ (Sharma, 1984). The effect on the mind takes longer to register because yoga deals with the causes and not just the symptoms of stress. With regular practice the senses that divert the mind to the external environment are drawn inward, calming the restless mind. This safe and nurturing environment can also foster physical, intellectual, and spiritual development. Yoga offers a way for yogis to reconnect their bodies with their minds.

Literature review of the research on the use of yoga for treating depression said that preliminary research suggests that yoga may be effective in the management of depression. Both the exercise and the mindfulness meditation components may be helpful. Yoga cures attention deficit hyperactivity disorder. A 2010 Cochrane review concludes that there is insufficient evidence to assess the effectiveness of meditative practices such as yoga in the management or improvement of Attention Deficit Hyperactivity Disorder (ADHD). Yoga means less stress, more calm. Implementation of the Kundalini Yoga Lifestyle has shown to help substance abuse addicts increase their quality of life. Mindfulness has been a fundamental aspect of yoga since its early documentation in the Yoga Sutra. Mindfulness is attained through the practice of yoga in that one is able to maintain awareness of the present, releasing control and attachment of beliefs, thoughts and emotions. By letting go of one’s thoughts and mind, allowing the mind to be calm and at peace, one is able to attain a greater sense of emotional well-being and balance. Research has indicated that there are health benefits of applying mindfulness-based approaches to pain management, physical functioning, and ability to cope with stresses in everyday life.

During the past 80 years, health professionals in India and the West have begun to investigate the therapeutic potential of yoga. To date, thousands of research studies have been undertaken and have shown that with the practice of yoga a person can, indeed, learn to control such physiologic parameters as blood pressure, heart rate, respiratory function, metabolic rate, skin resistance, brain waves, body temperature, and many other bodily functions. Now-a-days researchers combine modern medicine with traditional solutions like yoga and ayurveda. The integration of modern science with yoga and music therapy can provide answers for chronic illnesses. Yoga experts are trying to standardize this ancient form as a therapeutic module. Yoga practitioners in Kerala have succeeded in treating ailments by integrating yoga with ayurveda. In Rishikesh, rejuvenation camps integrate yoga, ayurveda and naturopathy. Yoga is not just about the physical regime; it is the overall package that helps in reviving the system. Yoga has more takers in Hong Kong, Japan, Taiwan, Korea and Singapore than in its birthplace India. It is unfortunate that we Indians are yet to realize the significance of our tradition. Yoga works by engaging the whole body and mind, providing activities that incorporate learning styles such as visual, kinaesthetic, musical, intuitive, and naturalist. By providing people with inner resources such as calming, transforming and self-acceptance, yoga helps them feel connected and whole. Words fail to convey the total value of yoga. It has to be experienced. Yoga is the most valuable aspect for improving the health and attaining the happiness in an age of stress. No other exercise, except yoga which can deal with stressful life. Yoga manages all problems concurrently in a brilliant way. To compare with other games and exercises which provide only muscular and cardio-vascular fitness whereas yoga gives an all-round development (Verma et al., 2015).

CONCLUSION

In 21st century, Yoga is boon for modern and healthy life style. Yoga is attained most popularity in the world. As we all know, 21st June has declared as Yoga Day and it has celebrated in all over the world (Verma et al., 2015). Yoga is a part and parcel of ancient Hindu Culture, and it is a wondrous gift of God to procure the healthy life-style. The most vital advantage of yoga is the physical and mental therapy. It helps to improve the concentration power and a relaxed state of living. There are many health benefits from yoga such as it helps to relieve many common and life threatening illness that is arthritis, chronic fatigue, diabetes, AIDS, asthma high blood pressure, back pain, weight reduction, obesity, common cold, constipation, epilepsy, skin problems and respiration problems. Yoga also helps in a remedy of new and old injuries. Besides this, with the facilitate of yoga various psychological benefits include regular yoga practices helps to reduce stress and keep the mind calmness, increase body awareness and improve the concentration of an individual. Yogic breathing and stretching exercises have been seen to be a consequence in better mental and physical energy and improved mood. Doctors
also recommended that yoga can boost cognitive performance. In addition to this, yoga helps to improve spiritual benefits such as helps to raise self-confidence, self-esteem and self-knowledge. In the same line, Yoga can enhance physical and emotional well being (Singh et al., 2015). Moreover, Yoga practice means to select to growth spiritually in an accelerated aware way. Most of the human beings practice Yoga in a superficial way, believing that if they do a Hatha-Yoga posture it will be enough to produce transformations in their being, that they will quickly become healthy and purified because of the energies that pass through their body (Kumar, 2016). Further, Hatha-Yoga helps to reduce anxiety and depression, effective in the management of back-pain, cancer, blood pressure. In addition to this, Hatha Yoga is useful to sports related physical health - it is used to train sports-persons and athletes, to maximize performance, improve conditioning, and minimize injury. The ultimate outcome of Yoga in making the personality totally integrated and balanced, and relieves the distress. It is a powerful device in management of stress and stress-related distress. The major implication of this study is that organisation should conduct the mediation programme in order to feel less stress and exposed to healthy way of life. In short, modern yoga as a evidence of both personal and professional interest (Newcombe, 2009). Yoga-based activities produced superficial benefits in employees' mental well-being, social well-being, physical well-being, and daily behaviours. Besides this, the major limitation of this study is that it is conceptual in nature. In future research, empirical study should be done.

**REFERENCES**


