

# ROLE OF YOGA IN MAINTAINING GOOD HEALTH

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## ABSTRACT

Yoga is also one of the six orthodox schools in Hindu philosophy. It is based on the Yoga Sutras of Patanjali and aims to use meditation to attain spiritual insight and tranquility. The Sanskrit word yoga has the literal meaning of "yoke", from a root yuj meaning 'to join', 'to unite', or 'to attach'. As a term for a system of abstract meditation or mental abstraction it was introduced by Patañjali in the 2nd century BC. Someone who practices yoga or follows the yoga philosophy with a high level of commitment is called a yogi or yogini. Within Hindu philosophy, the word yoga is used to refer to one of the six orthodox (āstika) schools of Hindu philosophy. Yoga in this sense is based on the Yoga Sutras of Patanjali, and is also known as Rāja Yoga to distinguish it from later schools. The aim of yoga is varied and range from improving health to achieving moksha. Within the Hindu monist schools of Advaita Vedanta, Shaivism and Jainism, the aim of yoga takes the form of moksha, which is liberation from all worldly identification and the cycle of birth and death (samsara), at which point there is a realization of identity with the Supreme Brahman. Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. The benefits of yoga are very far reaching indeed. Daily exercises are a great way to help relieve the stress of your day and can bring a sense of well-being to your life. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships.

**Key word:** Yoga, Importance, Aim, Benefits, Health.

## Introduction

Yoga is commonly known as a generic term for a physical, mental, and spiritual discipline originating in ancient India and found in Hinduism, Buddhism, Jainism and Sikhism. Specifically, Yoga is also one of the six orthodox schools in Hindu philosophy. It is based on the Yoga Sutras of Patanjali and aims to use meditation to attain spiritual insight and tranquility. The Sanskrit word

yoga has the literal meaning of "yoke", from a root yuj meaning 'to join', 'to unite', or 'to attach'. As a term for a system of abstract meditation or mental abstraction it was introduced by Patañjali in the 2nd century BC. Someone who practices yoga or follows the yoga philosophy with a high level of commitment is called a yogi or yogini. Within Hindu philosophy, the word yoga is used to refer to one of the six orthodox (āstika) schools of Hindu philosophy. Yoga in this sense is based on the Yoga Sutras of

Patanjali, and is also known as Rāja Yoga to distinguish it from later schools. Patanjali's system is discussed and elaborated upon in many classical Hindu texts, and has also been influential in Buddhism and Jainism. The Bhagavad Gita introduces distinctions such as Jnana Yoga ("yoga based on knowledge") vs. Karma Yoga ("yoga based on action").

### **The Aim of Yoga**

The aim of yoga is varied and range from improving health to achieving moksha. Within the Hindu monist schools of Advaita Vedanta, Shaivism and Jainism, the aim of yoga takes the form of moksha, which is liberation from all worldly identification and the cycle of birth and death (samsara), at which point there is a realization of identity with the Supreme Brahman. In the Mahabharata, the aim of yoga is variously described as entering the world of Brahma, as Brahman, or as perceiving the Brahman or Ātman that pervades all things. For the bhakti schools of Vaishnavism, bhakti or service to Svayam Bhagavan itself may be the ultimate aim of the yoga process, where the aim is to enjoy an eternal relationship with Vishnu. The aim of yoga, or of the person practicing yoga, is the attainment of a state of perfect spiritual insight and tranquility through meditating on the Hindu concept of divinity or Brahman.

### **Benefits of Yoga for Maintaining Mental Health**

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration. Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because

it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness.

## Yoga and Fitness

Yoga is like any other fitness program except that it creates flexibility as a core element that most other exercise regimens omit. Like any other fitness program, it has to be done regularly. For instance, if you want to get fit by running, it's fairly obvious that once a week is not good enough. The same thing is true of yoga. So how many times a week is it necessary to do yoga to stay physically fit? The answer – at least three times a week. Combining yoga with other exercise programs or pursuits creates a fantastic foundation because of the increased flexibility and core strength that is developed within one's practice.

Flexibility from yoga also dramatically reduces the risk of injury — if you bend you don't break.

## Conclusion

Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships.

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