

Role of Yoga in Present Time

Poonam Semwal¹ and Mrs. Savita Patil²

Student, Department of Yogic Science¹

Faculty, Department of Yogic Science²

Shri Guru Ram Rai University, Dehradun, Uttarakhand, India

Abstract: *Physically, psychologically, and socially, modern life patterns have an impact on our health. To manage the consequences of life patterns, people's awareness of the effects of modern living must be increased. Proper nutrition, physical activity, and improved communication and socialisation in the community are all part of promoting a healthy lifestyle. All of these have beneficial effects that we can readily obtain by practising yoga. Yoga will lower the risk of developing a variety of diseases as a result of our modern lifestyles. As a result, the focus of this study is on the importance of yoga in modern living. This paper is based on the practical lessons I learned while doing yoga in SGRRU's Yoga class. And I added what I saw in my personal scenario while training at the centre in this piece. Anyone's primary objective is to be healthy, and practising Yoga can help you attain that goal without spending a lot of money. As a result, this essay discusses the importance of Yoga in modern life in order to urge the reader to practise Yoga in order to maintain physical, social, and spiritual health.*

Keywords: Yoga, Modern Life, Health

I. INTRODUCTION

Nature's workings seem to always intervene in the bigger forms of human action, whether they pertain to our everyday fields of movement or seek those extraordinary spheres and fulfillments that look to us high and divine. Every such form aspires toward a higher complexity and totality, which then disintegrates into numerous channels of unique effort and inclination, only to recombine in a larger and more powerful synthesis. Second, development into forms is a necessary rule of effective manifestation; however, all truth and practise that is too strictly formulated becomes old and loses much, if not all, of its virtue; it must be constantly renewed by fresh streams of the spirit revivifying and changing the dead or dying vehicle if it is to gain new life. The condition of material immortality is to be reborn indefinitely. We live in a time when all kinds of thought and activity that have any powerful value or hidden virtue of perseverance are being put to the ultimate test and given a chance to rebirth are being put to the ultimate test. Today's world resembles a massive Medea cauldron in which everything is being cast, torn into pieces, experimented on, merged, and recombined, either to expire and give the dispersed material for new forms, or to emerge invigorated and transformed for a new term of existence. Indian Yoga, which is essentially a special action or formulation of certain vast energies of nature, which is itself specialised, divided, and widely formulated, could be one of these dynamic parts of humanity's future life. It is now rising from the secret schools and ascetic retreats where it had taken refuge, seeking its position in the future sum of living human powers and utilities, preserved by its vitality and truth into our modern times. But it must first rediscover itself, bringing to the surface the deepest reason for its existence in the universal truth and unending goal of Nature that it embodies, and finding its own regained and bigger synthesis through this new self-knowledge and self-appreciation. It will be able to penetrate the reorganised life of the race with greater ease and power, as its processes claim to lead inward into the most secret penetrably and upward to the highest heights of its own existence and individuality.

All life is either consciously or subconsciously a Yoga, according to the proper perspective on both life and Yoga. For we understand by this term a systematic effort toward self-perfection through the realisation of latent potentialities in the being, as well as a union of the human individual with the universal and transcendent Existence we witness partially represented in man and the Cosmos. When we go past the surface of things, however, all life is a great Yoga of Nature seeking to realise her perfection in an ever-increasing expression of her potentialities and link herself with her own divine reality. For the first time on Earth, she devises self-conscious ways and willed patterns of activity in man, her thinker, in order to achieve her enormous aim more quickly and powerfully. As Swami Vivekananda put it, yoga can be seen of as a way of condensing one's progress into a single life, a few years, or even a few months of physical existence. The general

methods that are already being used loosely, largely, in a leisurely movement, with a profuse apparent waste of material and energy, but with a more complete combination by the great Mother in her vast upward labour, can be no more than a selection or compression, into narrower but more energetic forms of intensity. This perspective on Yoga is the only one that can provide the foundation for a good and rational synthesis of Yogic practises. For then, Yoga ceases to appear as something mystic and abnormal, unrelated to the ordinary processes of the World-Energy or the purpose she keeps in mind in her two great movements of subjective and objective self-fulfillment; instead, it reveals itself as an intense and exceptional use of powers that she has already manifested or is gradually organising in her less exalted but more general operations.

II. ROLE OF YOGA

Yoga is a spiritual discipline with the primary purpose of accelerating spiritual growth. Rishis and mystics have discovered a way of life that not only accelerates spiritual progress but also promotes health throughout history. Some of them have documented the main aspects of this way of life for posterity's sake. These documents are the fundamental sources of our understanding of yoga. Yoga also encourages a healthy diet by removing the element of greed and, at the very least, diminishing the relevance of food's sensory enjoyment. Yoga is one of the most powerful and infallible medicines for long-term mental tranquility that is unaffected by external factors. As a result, not only is mental stress reduced, but it is also replaced with a pleasant sense of excitement and delight. Short yoga is a bundle that enhances all parts of a person's lifestyle when done at the proper time of night for the right duration and in good quality. Furthermore, the person adopts the lifestyle not out of dread of death or disease, but because he or she discovers the joy of life in it. Yoga is a powerful tool in mind-body medicine because of this. "Yoga for a healthy way of life" Yoga is also self-diagnosis, so any self-doctor will undoubtedly exaggerate how effective yoga is in the context of "self-diagnosis."

III. YOGA FOR HEALTHY LIFESTYLE

Yoga can be a great way to supplement your regular workouts. Yoga helps increase strength, flexibility, range of motion, concentration, cardiovascular health, and lowers stress, tension, and stiffness when added to a regular training regimen.

IV. HEALTH AND HAPPINESS THROUGH YOGA

2002 has not been a nice year on a wide scale, in terms of the geopolitical arena. The United States has likewise experienced a difficult economic year. The tension created by these two concerns together flowed down to the individual and their family on a small scale.

These non-toxic (no-voc) paint choices are sure to balance your dosha and lift your spirit, whether you want to recover your walls and furniture without harming your family's lungs and allergies, if you want to safeguard the environment, or simply want to feel more in harmony with nature. The two sides of the same coin are maintaining good health and treating sickness. Ayurveda prescribes similar foods, medications, and regimens for both. The ingredients are identical: they're all found in nature. The type of food to be consumed is given equal weight to the drugs recommended. Each encourages the other and works in a similar way to keep the doshas in the body in balance.

V. ROLE OF YOGIC PRACTICE IN HEALTH AND DISEASE

Yog, an ancient Indian philosophical system, has been discovered to play a significant impact in the prevention, maintenance, and promotion of health. According to yogic scriptures, practising it leads to inner evolution and comprehension of one's own inner self, which leads to total transformation in one's consciousness. Maharishi Patanjali explains how to achieve this condition of consciousness in eight steps. Yam, niyam, asana, pranayam, pratyahar, dharana, dhyana, and Samadhi are some of them. Some people frequently practise various sorts of asanas, pranayamas, and meditations from this list. Many Hatha Yog practitioners have recently proved the power of mind over body by controlling heart rate, remaining in an airtight cabin for days, and observing its importance in both preventive and therapeutic aspects of health. However, the value of yog has been slightly harmed in recent years due to the influence of alien systems of medicine. Several studies, both in India and elsewhere, are being carried out to prove the efficacy of yog. It has been shown to have an influence on the cardio-respiratory, central, and autonomic nervous systems, as well as a variety of

psychosomatic and behavioural diseases. However, no comprehensive investigations on the physiological benefits of asanas, pranayam, and meditation in older as well as naive people were available. Individuals and their utility on mentally ill people were investigated in order to better understand yogic effects and therapy options.

VI. CONCEPT OF HEALTH IN YOGA

From a yogic perspective, health entails more than just a body devoid of sickness. This ancient science takes a holistic approach to health, believing that the body, mind, and spirit are all interconnected. Even under tough situations, yoga is said to provide optimal physical, mental, and social wellbeing. As a result, the yogic concept of well-being encompasses more than just psychological factors. It denotes physical stamina, mental acuity, and spiritual vitality. This psychosomatic spiritual approach emphasises that good health cannot be achieved by focusing solely on one or two aspects of the body, mind, or spirit while disregarding the others. As a result of this imbalance, the person's personality equilibrium is compromised, and he or she develops psychological and psychosomatic issues. The neglect of the spiritual dimension of health and the pursuit of an autonomous lifestyle are largely to blame for the growth in mental health problems in affluent cultures around the world.

VII. CONCLUSION

As a result, we can conclude that the majority of issues in the present day are caused by a poor lifestyle. We have entirely modified our lives to conform to this modern tradition, and we have forgotten the moral ideals of life and peace, as well as many other fundamental components of our lives. In the absence of these, overall health continues to deteriorate. For recreation, individuals used to engage in a variety of physical and mental exercises such as horseback riding, swimming, and playing a variety of outdoor sports. People had time for other activities and social gatherings, however in recent times, the tests have changed and life has become increasingly hectic. Nobody has time for himself or for others. People used to live in communal housing. Family members talk about their experiences and emotions. Those were the days of joy and prosperity. People used to live in the midst of nature and appreciate it in a natural way. People used to live in a world where they were free of mental and physical issues. People were content with their lives back then since their desires and demands were limited. However, life has grown quite stressful and monotonous in recent years. Everyone is rushed and concerned. People created a living machine that is devoid of emotions and sensations. They became increasingly avaricious, self-centered, violent, jealous, and greedy. They have no desire for anything else.

VIII. SUGGESTION

- Everyone must follow some rules and regulations with a free mind in order to live a healthy and happy life free of all kinds of strain or issues, mental, physical, social, behavioural, and so on.
- Be honest in your thoughts, words, and feelings; try to spread love and peace to others.
- Make your feelings, thoughts, and emotions true for all people, known and unknown.
- Look for the divine spirit in all living things.
- Try to accept responsibility for your actions and to carry them out to the best of your ability, regardless of the outcome.
- Consider yourself a unique manifestation of God. You have God in your life. You are a conduit for God's abundant love, peace, joy, health, power, and knowledge to flow freely and continuously through you.

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