

## Science of Yoga and Health “Yoga adds years to life and life to years”

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The man has stepped into the twenty-first century. Medical science and men are working with many modern technologies for better health care. World health organization is engaged in taking necessary steps to raise the health standards of human being. Hi-tech medical facilities and advances have made life more comfortable and the life expectancy is increased. But the expected quality of life, with harmony and peace seems to be far away from reality. Problems of stress, stress related diseases, unrest, breaking up families, are all rising. Several research publications on the value of positive thinking, prayer, spiritual healing, mind-body medicine, yoga and acupuncture are being published in medical journals. Yoga is a conscious process and we can gain mastery over the mind. Thus, Yoga is a systematic process for increasing the growth of a man. The man learns to live at higher states of consciousness with this growth. Yoga helps in all-round personality development.

With the help of yoga we can control our mind. It consists of two aspects - a power to concentrate on any desired subject or object and a capacity to remain quiet any time. Yoga is a skilful science of gaining mastery over the mind. Yoga is popularly known as a technique to reach the ultimate state of perfection. Yoga is also described as the power of all creative efforts and creation of oneself. Emotions can be easily controlled by doing regular yoga Practice. It makes balance between concentration and detachment at mental level and regulates the process at body level. It integrates the personality by bringing body-mind co-ordination in a well

balanced way. Hence yoga is the states of higher stage of mind. Yoga is considered as a creative power in man [1].

Some studies showed a significant improvement in yoga group on all the four domains of WHO Quality of Life scale such as physical health, psychological domain, social relationship domain and environmental domain. Yoga is simple and easy to practice. Regular Yoga technique helps in improving the quality of life. Yoga is considered a mind body practice of Indian origin. It confirms its benefits on the functional ability of neurocognitive aspects. There are studies on the effect of yoga and the improvement of neuropsychological functions [2-3].

Yoga is becoming very much popular in the world since the inception on 21<sup>st</sup> June 2015. For the restless mind it gives comfort and for the sick, it is a beneficial. For the common man it keeps him fit and beautiful. Some practice yoga for developing memory, intelligence and creativity. As many benefits are there it should become part of education. By regular practice one can achieve perfection. In different parts of the globe the modern medical system has replaced almost all the traditional systems of medicine. It has proved itself most effective in saving life of man from infectious diseases. However, new psychosomatic diseases and psychiatric problems are a great challenge to the modern medical system. It is here that yoga is making a vital contribution to the modern medical system. Extensive research on Yoga therapy

over the last few decades showed the usefulness of Yoga in dealing with these problems as an effective supplementary to medical management. Prevention is always better than cure. Yoga could play a vital role in preventing diseases.

The power of imagination Creativity and Will-power are the two aspects of mind. Regular yogic practices enhance the creative power of man. Many of the professionals have been attracted to Yoga. Will power is an essential requirement for all persons to achieve any work, however great the task is. Yoga by its systematic and conscious process of calming down the mind removes the weakness in the mind and builds will power into it. In such a mind each obstacle is considered as a challenge and gives energy to deal with the situation. Bravery becomes a part of the personality. Such a person takes up the challenges of life and converts them into opportunities for accomplishing his mission [1].

The practices of Yoga are relevant in the modern life and they play significant role in the prevention of disease and health promotion through sustainable approach. Many people think that yoga as only with asana which is the physical practice. However asanas is just one of many tools. The other aspects of yoga include conscious breathing, meditation, lifestyle and diet changes, visualization, the use of sound etc. They address all dimensions of the human system: body, breath, mind, personality, and emotions [4].

The principles and practices of Yoga have been practiced since several thousand years and have been subjected for the investigation in areas like psychology and allied sciences. They stood the test of all the time and are of great help in the

achievement of best possible holistic health through their regular practice. Yoga supports the modern health care system to prevent many of the modern psychosomatic diseases [5]. The three aspects in the practice of yoga include Asanas (gentle stretching and postures), Pranayama (exercises for breath control) and Meditation (as a mind-body intervention) [6].

Young people take up yoga for flexibility, stress relief, overall health and physical fitness and health professionals consider it for skeletal symptoms, followed by psychological and physical ailments. Exposure to regular yoga will not only help medical students and professionals to become better practitioners of yoga, but also influence them to refer their future patients to yoga [7].

Pranayama is the practice of breath control and breathing techniques with awareness, making breathing slow and subtle. Exhalation is long. In a daily routine life we breathe superficially and use only upto 30% of our lung capacity. If we practice regular pranayama, then it is possible to utilise more than 90% of our lung capacity. Deep breathing helps in carrying the oxygen to each and every tissues and cells of our body. When we control our breath it helps in controlling of mind, emotions, concentration as well as balances the hormone secretion in the body.

**Yoga is the journey of the self, through the self, to the self. Let's do regular yoga daily for one hour and achieve maintain all the domains of health.**

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