



Email:editorijless@gmail.com

Volume: 4, Issue 2, 2017 (April-June.)

**INTERNATIONAL JOURNAL OF LAW, EDUCATION,
SOCIAL AND SPORTS STUDIES
(IJLESS)**

<http://www.ijless.kypublications.com/>

ISSN:2455-0418 (Print), 2394-9724 (online)

2013©KY PUBLICATIONS, INDIA

www.kypublications.com

Editor-in-Chief

Dr M BOSU BABU

(Education-Sports-Social Studies)

Editor-in-Chief

DONIPATI BABJI

(Law)

©KY PUBLICATIONS

International Journal of Law, Education, Social and Sports Studies (IJLESS)

Volume: 4, Issue 2, 2017 (April-June.); Page 28-31

ISSN: 2455-0418 (Print), 2394-9724 (online)

Review Article



Yoga in Human Life

Dr. G. Venkata Lal

Lecturer in Telugu, VSR & NVR College, Tenali, Guntur (Dt)



ABSTRACT

Role of Yoga in human Life is a system of practice consisting of lot of 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. The main goals of “Yoga in human Life” are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment, a peaceful state of mind. In these days Yoga needs in human life is essential and it’s continuous. But I explain below that only introduction of the yoga, role of yoga and use of yoga in human

1. Introduction

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Raja yoga.

Yoga is the Sanskrit word. Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It claims to improve health and happiness.

The origins of yoga have been speculated to date back to pre-Vedic Indian traditions, it is mentioned in the Rigveda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and sramaṇa movements. The chronology of earliest texts describing yoga practices is unclear, varyingly credited to Hindu Upanishads. The yoga sutras of patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century Hatha yoga texts emerged around the 11th century with origins in tantra.

Yoga gurus from India later introduced yoga to the west, following the success of Swami Vivekananda in the late 19th and early 20th century. In the 1980s, yoga became popular as a system of physical exercise across the Western world. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology and metaphysics, and is closely related to Hindu Samkhya philosophy.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patient's psychological healing process. On December 1, 2016, Yoga was listed as UNESCO’s Intangible cultural heritage.

2. Role of Yoga: The ultimate goal of Yoga is moksha (liberation), although the exact definition of what form this takes depends on the philosophical or theological system with which it is conjugated.

According to Jacobsen, Yoga has five principal meanings. 1. Yoga, as a disciplined method for attaining a goal. 2. Yoga, as techniques of controlling the body and the mind. 3. Yoga, as a name of one of the schools or systems of philosophy (darsana). 4. Yoga, in connection with other words, such as "hatha, mantra and laya" referring to traditions specialising in particular techniques of yoga. 5. Yoga, as the goal of Yoga practice.

According to David Gordon White, from the 5th century CE onward, the core principles of "yoga" were more or less in place, and variations of these principles developed in various forms over time.

1. Yoga is a meditative means of discovering dysfunctional perception and cognition, as well as overcoming it for release from suffering, inner peace and salvation; illustration of this principle is found in Hindu texts such as the Bhagavad Gita and Yoga sutras, in a number of Buddhist Mahayana works, as well as Jain texts.
2. Yoga, as the raising and expansion of consciousness from one self to being coextensive with everyone and everything; these are discussed in sources such as in Hinduism Vedic literature and its Epic Mahabharata, Jainism Prasamaratiprakarana, and Buddhist Nikaya texts.
3. Yoga, as a path to omniscience and enlightened consciousness enabling one to comprehend the impermanent (illusory, delusive) and permanent (true, transcendent) reality; examples are found in Hinduism Nyaya and Vaisheshika school texts as well as Buddhism Madhyamika texts, but in different ways;
4. Yoga, as a technique for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments; these are, states White, described in Tantric literature of Hinduism and Buddhism, as well as the Buddhist Samannaphalasutta, James Mallinson, however, disagrees and suggests that such fringe practices are far removed from the mainstream Yoga's goal as meditation-driven means to liberation in Indian religions.

White clarifies that the last principle relates to legendary goals of "yogi practice", different from practical goals of "yoga practice," as they are viewed in South Asian thought and practice since the beginning of the Common Era, in the various Hindu, Buddhist, and Jain philosophical schools.

2. Yoga in Human Life: Human beings are made up of three components body, mind and soul corresponding these there are three needs health, knowledge and inner peace. Health is physical need, knowledge is our psychological needs and inner peace is spiritual need when all three are present then there is harmony.

Yoga gives us relief from countless ailments at the physical level. The practice of the postures (asanas) strengthens the body and creates a feeling of wellbeing. From the psychological view point, yoga sharpens the intellect and aid in concentration; it steadies the emotions and encourages a caring for others.

The practice of breathing techniques (pranayama) calms the mind. In the realm of the spiritual yoga brings awareness and the ability to be still. Through meditation inner peace is experienced. Thus, yoga is a practical philosophy involving every aspect of a person's being. It teaches the evolution of the individual by the development of self-discipline and self-awareness. Anyone irrespective of age, health circumstances of life and religion can practice yoga. Yoga helps to discipline our sense of power with the power of our own.

If we peep into the benefits of yoga, they are numerous. It improves physical fitness, stress, controls general wellbeing, mental clarity and greater self-understanding. People of all ages can do yoga and it can also be adapted for people with disabilities or special needs. The asanas enhance muscle strength, coordination, flexibility and can help to keep our body fit control cholesterol level, reduces weight, normalises blood pressure and improves cardiovascular performance.

Apart from these when people actively seek to reduce the stress in their lives by consoling the mind. The body often works to heal itself. In this sense yoga can be seen not only as a way to get into shape on several levels, but also as a tool for self-healing.

In today's world of information and inter planetary voyages most of the people find it difficult to devote time towards their health and fitness. This has led to drastic increase in health problems and health's related stress the number one killer in modern days. Unlike the early part of the century when infectious diseases were the leading killers, today's health problems are mostly related to life style.

Cardiovascular, heart disease, stroke, and arteriosclerosis, chronic lung disease, diabetes, cirrhosis of liver, suicide and several forms of cancer are all related to unhealthy lifestyle and behavior. At one point of time or the other, a doctor comes into the scene in every individual's life. Yoga is also self-diagnosis, healing prevention and maintenance. Although it is not replacement of one's doctor, yet it has been practiced safely and successfully by millions of people who never had doctors, for thousands of years. With the help of yoga the doctor and the individual can both monitor the progress and the doctor will definitely learn from individual how beneficial yoga really is.

In the context of self-diagnosis yoga postures and exercises can be easily done and that too with minimal possible effort. The magic of yoga is that as we begin the basic stretches we can immediately discover where our deficiencies are. If we are really up to, then we should not be discouraged by this.

We can do yoga, as perfectly as possible with a modest amount of care and patience, yoga triggers our body's natural adaptive and rejuvenating powers. Unless we use it we will lose it and if we start using it again we can get most of it back. Some people even claim that yoga gave them more vitality than they ever had in their lives. Even those who began later in life also benefited from its practice.

As for athletes or sports persons, yoga can be a powerful enhancement in regular training exercises. Adding yoga in a routine training programme helps develop strength, flexibility, range of motion, concentration, and cardiovascular health and reduces stress, tension and tightness. The most significant benefit of adding yoga to a training programme is its effect on performance. It allows an athlete to train harder and a higher level because of motion is greater and the fear of injury lessons.

Some people think it is divine others find it positively addictive and a powerfully effective substitute for negative habits. Whether borne of inspiration or by trial and error, yoga techniques substitute for the kinds of activities our early human ancestors must have done in the course of just living out in their arboreal lives. It is pretty to say that if we still hung around trees all our lives like other primates, then 70% to 90% of us would not end up suffering from chronic back, neck and head pain.

Obviously it takes time for our body to tuck itself in here and fill out there. Tissues have to grow. Others need to shrink. This is why it is important to drink lots of water and eats amount of wholesome food along with regular moderate exercise. In challenging those muscles to remodel themselves, we are literally clearing out lots of junks from our tissues.

The essence of yoga is to make the process of life as efficient and enjoyable as possible. In the beginning it is essential that we learn not only what the stretches are, but how to stretch, how to relax and how to breathe etc. Then we will be ready to work out safely, yoga does not bring away the qualities of genuinity, wholesomeness, compassion, but rather instills them within us. It teaches us that love heals the giver at least as much as it does the recipient. In addition therein dwells the sacred power of community, union, harmony, yoga and free and fair civilization. It is our birth right to have access to this information. It is a sign of our wisdom if we use it, our enlightenment if we share it.

As we start practicing simple asanas we will immediately find out what needs attention the most while giving it the attention it calls for. The effects are immediate and the results keep becoming more apparent. The longer and more often we engage in the pure self-indulgent healing art of yoga.

The more it will have a healing effect on us. Yoga is no less magical than the power of life itself. It unlocks life's wonder and unleashes hidden energies.

Through this art everyone can experience the Divine and enjoy the ecstasy of freedom from pain and ignorance apart from other gracious rewards like longevity and happiness. It has taken time for us to wind ourselves up in a knot. Naturally it takes time to unravel. If we are still breathing, it is never too soon or late to start yoga.

4. Conclusion

Yoga is the essence of a healthy human lifestyle. The importance of yoga in contemporary daily lifestyle is just incredible. A modern day human doesn't really need any motivation to understand about the fact. Yoga helps in fixing a lot of things, so yoga is very important for our human life. Here are some important facts of yoga in our daily life. Yoga relieves stress, anxiety, and the whole mental issue. Yoga keeps your weight in check. Yoga removes threats of diabetes, High Blood Pressure. Yoga relieves joint pain and back pain. Yoga removes threats of cancer. Yoga removes negativity in life. Yoga corrects your relationship. Ultimately, yoga makes you feel accomplished and happy.

Remember, yoga is a continuous process. So keep practicing! The deeper you move into your yoga practice, the more profound are its benefits.

Web Reference

1. www.yoga.wikipedia
 2. www.yogaindailylife.org
 3. [e-pao.net>education>healthissue](http://e-pao.net/education/healthissue).
 4. [http://www.researchgate.net>publication](http://www.researchgate.net/publication).
 5. [www.importanceofstuff.com>yoga](http://www.importanceofstuff.com/yoga).
 6. [www.medindia.net>yoga.lifestyle>yoga](http://www.medindia.net/yoga.lifestyle/yoga).
 7. [www.idayofyoga.org>information](http://www.idayofyoga.org/information).
 8. [www.artofliving.org>in-en>yoga](http://www.artofliving.org/in-en/yoga).
 9. www.yoga.encyclopedia.in
 10. [www.roleofyogainhumanlife.org>essay](http://www.roleofyogainhumanlife.org/essay).
-