



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

BENEFITS OF YOGA IN DAILY LIFE

Dr. Shirish D. Chavan¹, Dr. Girish S. Benare²

Associate Professor, Dept. of T.B. & Respiratory Medicine

Associate Professor, Dept. of Orthopedics

Prakash Institute of Medical Sciences, Islampur. Tal- Walwa, Dist-Sangli. 415409

Corresponding Author' Mail ID- 58shirish@gmail.com

ABSTRACT:

To maintain a balance between oneself and environment is necessary for every human. Despite nowadays greater emotional as well as physical needs are given more priority. This is a reason why people suffer more stress, anxiety and also insomnia which is mainly due to improper lifestyle and physical exercise. Therefore, we need methods and techniques for the attainment of health and harmony; in this respect, yoga acts as an aid to one's health.

Keywords: Yoga, Exercise, Lifestyle

MULTIDISCIPLINARY HEALTH SCIENCES

INTRODUCTION:

The word 'yoga' is derived from Sanskrit and means 'to join'/to unite'. Yoga exercises have a physical effect and bring a balance between body, soul and mind. Yoga helps us to deal with our problems, worries and everyday demands. It also influences us to understand ourselves, the purpose of life and develops our relationship with God. Yoga leads a spiritual path to knowledge and eternal bliss in the union of eternal self with universal self. Yoga is that supreme and infinite principle. Yoga is that ray of life that is universal cognizant that is awake. Many years ago, sages analyzed nature and cosmos through meditation. They explored the principles of the material and spiritual branch, the laws of nature, energy-that works in external as well as spiritual level.¹

The main aims of yoga in our daily life:

Develops our Physical health
 Develops our mental health
 Develops our social health
 Develops our spiritual health
 helps in our self-realization

1. Yoga improves strength, balance and flexibility.

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

2. Yoga can ease arthritis symptoms.

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns Hopkins review of 11 recent studies.

3. Yoga benefits heart health.

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga

4. Yoga helps you manage stress.

According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep

Physical benefits

“The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome,” explains Dr. Nevins. “Yoga can also lower blood pressure and reduce insomnia.”

Other physical benefits of yoga include:

increased flexibility
 increased muscle strength and tone
 improved respiration, energy and vitality
 maintaining a balanced metabolism
 weight reduction
 cardio and circulatory health
 improved athletic performance
 protection from injury

Mental benefits

Aside from the physical benefits, one of the best benefits of yoga is how it helps a

person manage stress, which is known to have devastating effects on the body and mind. “Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate,” says Dr. Nevins. “Yoga can be very effective in developing coping skills and reaching a more positive outlook on life.”

Yoga’s incorporation of meditation and breathing can help improve a person’s mental well-being. “Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration,” says Dr. Nevins. Body- and self-awareness are particularly beneficial, she adds, “because they can help with early detection of physical problems and allow for early preventive action.”²

CONCLUSION:

Yoga is a spiritual, mental and physical practice that has been around since ages. With time, people have discovered a number of health benefits associated with yoga. Yoga does more than burning calories and strengthening muscles, it is a workout which involves both body and mind.

ACKNOWLEDGEMENT:

We are grateful to Hon’ble Trustees of PIMS, Islampur, for supporting us. We are thankful to the departmental staff for cooperation in completion of our work.

REFERENCES:

1. <https://www.oceanicyoga.com/importance-of-yoga-in-our-daily-life/>
2. <https://timesofindia.indiatimes.com/life-style/health-fitness/fitness/10-health-benefits-of-yoga/articleshow/64678825.cms>