

# The Art of Living Healthy Through Yoga: A Way Forward

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## Abstract

Yoga is the science and art of living healthily. Yoga seeks inner perfection as it helps unite the body, mind, and spirit, creating amazing life harmony. Yoga can improve health and happiness in many ways. Yoga is one of many strategies to live a healthy and peaceful life, but it may be most effective when combined with a nutritious diet, regular exercise, and great relationships. This practice is suitable for many religions, races, and nationalities because it emphasises overall wellness in the individual and community.

**Keywords:** Yoga; healthy; body; mind; peaceful life

## Introduction

The art and science of living a healthy life is what yoga is all about. It is thought that by participating in physical exercises and meditating, people might achieve a state of calmer composure and a closer spiritual union with God. Yoga is a philosophical practice that originated in India. It is thought that people began engaging in the activity of yoga at the very beginning of human civilisation. The practice of yoga as a scientific discipline has its roots in a time that predates the establishment of the world's first religions and belief systems by many thousands of years. In yogic mythology, Shiva is regarded as both the first yogi, also known as an adiyogi, and the first guru, also known as an adiguru.

The pre-Vedic period, which began around 2700 B.C. and continued on until Patanjali's time, was when historical evidence of the practice of yoga was first discovered. The Vedas (4), the Upanishads (108), the Smritis, the teachings of Buddhism and Jainism, Panini, the Epics (2), and the Puranas (18) are among the most important sources of information regarding yoga practices and the literature that is associated with them.

## Conceptual Clarity

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. The practice of yoga, as described in yogic scriptures, ultimately results in the union of one's own consciousness with the awareness of the universe. This indicates a state of perfect harmony between the mind and the body, as well as between man and nature.

The word yoga comes from the Sanskrit word yuj, which translates to “union,” or being one with the supreme force. It is the spiritual unity of the individual with the universal that constitutes this state. It is a transition from a lack of information to an increased awareness of oneself. The goal of yoga is to achieve perfection within oneself. It helps the union of the body and the mind, and then it helps the union of the mind and the soul, which results in an astonishing symphony of life.

The ancient Indian sage Maharshi Patanjali described yoga as the control of one’s mental processes. One cannot excel in performance without first developing the ability to self-regulate. Because of this, another benefit of practicing yoga is the enhancement of one’s capacity to carry out tasks effectively. In a broader sense, one could also consider yoga to be an integrated individual lifestyle practice.

### ***Yoga for Peaceful and Healthy Life***

The practice of yoga has never been viewed as an expression of any particular faith, set of beliefs, or group; rather, it has always been regarded as a method for achieving psychological well-being. No matter one’s religion, nationality, or cultural background, one can experience the benefits of yoga as long as they actively participate in its practice.

Yoga is frequently regarded as a comprehensive practice that can make a positive contribution to living a life that is both healthy and pleasant. It is believed to have originated in ancient India and has since acquired popularity across the globe for the many positive effects it has on one’s body, mind, and spirit. Practicing yoga can help one live a healthier and more serene life in a number of different ways, including the following:

#### ***Condition of one’s body***

Asanas, which are the postures practiced in yoga, help practitioners become more flexible by stretching and lengthening their muscles. This, in turn, lowers the chance of injury and increases overall mobility. Since several yoga postures involve the use of different muscle groups, doing yoga can be an effective way to strengthen and tone muscles.

As a practice that promotes balance and stability, yoga can be very useful for reducing the risk of falls experienced by senior citizens. The muscles that support the spine can be strengthened through consistent practice, which can lead to improvements in posture.

#### ***The state of one’s mind***

Deep breathing and other relaxation techniques are incorporated into yoga and have been shown to be effective in reducing stress and anxiety and fostering an overall sense of mental peace. The practice of yoga encourages being present in the moment, fostering mindfulness and increased self-awareness.

Concentration and mental clarity can be improved by paying attention to one’s breath and one’s physical movements.

The practice of yoga has been shown to have beneficial effects on one’s mental health. Because it can assist in regulating emotions and improving mood, it is an effective tool for the management of depression as well as other mental health issues.

#### ***Life of Tranquilly***

Meditation is an integral part of many styles of yoga and is thought to foster a sense of serenity, self-awareness, and inner peace. The practice of yoga provides individuals with the resources necessary to effectively manage the pressures of day-to-day living, improving their general sense of well-being (also known as stress management). Some schools of thought within yoga place an emphasis on the sense of connectivity one has with others and with the wider universe. This helps to cultivate a sense of serenity and oneness.

#### ***To Sum Up***

The practice of yoga has been beneficial to the lives of millions of people all over the world. The yogic discipline is flourishing and gaining a stronger sense of vitality on a daily basis. Individuals should check with a certified instructor or healthcare provider before

beginning a new yoga practice, particularly if they have preexisting medical concerns or physical restrictions. It is crucial to highlight that the advantages of yoga may differ from person to person, and individuals should make this point clear before beginning a new yoga practice. In addition, yoga is just one of many ways to live a healthy and tranquil life; nevertheless, it may be most beneficial when incorporated into a holistic approach to well-being, which also includes maintaining a good diet, engaging in regular exercise, and cultivating positive relationships with other people. Because of its focus on holistic health in both the person and the community, it is appropriate for people of all different religions, races, and nationalities to engage in this practice.

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