



Stay Young with Anti-Aging through Yoga

**Dr.NALLURI
SRINIVASA RAO**

Head, Department of Physical Education, P.B.Siddhartha College of Arts & Science, Vijayawada-520010

KEYWORDS :

Everybody wants to look good, and cosmetics ensure that they give you what you need. However, this bargain comes with its share of problems. Modern-day cosmetics are full of chemicals and compounds that have been known to cause headaches, allergies, skin reaction, hair fall, ageing and even cancer. It is common knowledge that women more commonly use cosmetics than men do. Consequently, they face a greater risk of being exposed to its side effects too. According to a study done by an online finance web portal, women spend a whopping \$15,000 on makeup in their lifetime.

In modern times, very few people retain their strength and vitality till the middle age. More and more people, we come across look much older than they actually are. There are several factors that leads to ageing- misuse of the body, over exaggeration of the mind, non nutritious foods, poor posture while working, sedentary life style and so on.

Yoga acts positively in maintaining the health of the human body. One of the most prominent benefits of Yoga is the ability to be young once again.

Practicing Yoga = Fit Body = Active Mind = Glowing Skin = Anti ageing

But looking good doesn't necessarily have to come at such an exorbitant price tag and with so many unwanted ill effects. In ancient India, yoga and ayurveda took care of almost every physical well-being aspect you could think of. Although thousands of years old, yoga and ayurveda are still as much valid today as they were back then. And for the icing on the cake, both yoga and ayurveda are natural, side effect free and relatively inexpensive.

Ageing is a natural phenomenon and there's no escape from it. Luckily enough, you do have the option of aging slowly and gracefully by following these tips:

Kapal Bhati pranayama

Also known as the Skull Shining breathing technique, this pranayama improves blood circulation and adds radiance to the face. It also improves the flow of prana (energy) in the body.

Simhasana

This face yoga asana specifically affects the facial muscles by relaxing them and thus alleviating any stress.

Neck stretching

Stretching the neck helps get rid of those scary wrinkles while eliminating excess fats on the neckline. It also helps keep the skin from sagging.

Face clenching & relaxing

This simple yet effective facial exercise helps relieve any tension in the face.

Meditation

The face is but a reflection of what goes on in the mind. An angry mind will result in a tensed or furrowed face, while a happy mind will

beam with a calm and serene face. Meditation helps keep the mind focused, calm and free from tension even when you are working on a tight deadline.

Several studies conducted around the world have showed that meditation helps slow down the aging process. One such study says that practicing meditation on a regular basis protects our chromosomes from degenerating and thus puts a leash on the age clock.

Eat Right & Stay Young

Ancient Indian scriptures say that the type of food you eat directly affects your mind. Eating a bowl of fresh fruits will have completely different effect on your mind and body than eating a pizza loaded with extra cheese. Similarly, eating junk food cannot give the body what a whole ayurvedic diet can provide. Making wise lifestyle choices will ensure that you stay healthy and live longer.

Ayurvedic cooking offers a complete diet that is rich in nutrients and keeps the body functioning smoothly while raising the immunity level. Ayurvedic food is high in prana or life force. In addition, it is healthy and easy for the body to digest.

Eating green leafy vegetables like spinach and fenugreek that are rich in fiber, aids in better digestion. In addition, including water-rich vegetables like broccoli, radish, and cucumber help your skin stay hydrated. Drinking a concoction of neem and basil leaves boosts immunity, purifies the blood, and keeps the skin clean and clear.

Overhaul Your Lifestyle

As you grow up, certain things come to be part of your routine lifestyle. While some of these may be good for your body, there is a fair amount of chance that many of them may actually be doing more harm than good. If you are intent on fighting aging with all your might, the first step is to reconsider your current lifestyle and its effects.

To achieve a good lifestyle pattern, it is important to strike a balance between good food habits, adequate hours of sleep, physical exercises and mental relaxation. Any physical or mental stress will eventually affect the body. Dark circles, premature skin aging, sagging of skin, and others are but an example of stress taking its toll on the body.

Moving From Outer To Inner Beauty

While looking gorgeous has its own charm, beauty is not just skin-deep. A healthy body, a calm mind and an everlasting smile are the real beauty products that will boost your confidence and enhance your personality.

We cannot defy aging forever but certainly, we can slow down its progress by taking precautions and adopting a better lifestyle.

References

1. McCartney, James, Yoga: The Key to Life, Bombay: Jaico Publishing House, 1970, p.6
2. Sharma, P.D. (1999), Yogasana and Pranayama for health, Bombay, India, Navaneet publication, PP.10-11
3. Yoga-Mimamsa A Quarterly Journal devoted to Scientific and Philosophical-Literary Research in Yoga