



AWARENESS ABOUT YOGA FOR THE WELL-BEING OF INDIAN POPULATION: A HOLISTIC APPROACH

Yoga

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ABSTRACT

Yoga helps to become more aware of the body, mind, breath and emotions by watching the processes in the body and mind as a witness. Meditation is an important yoga practice and one of the most powerful tools to help one find the inner Self, to calm and silence the mind, and to attain self-awareness. Transformation: Yoga offers a holistic approach to personal transformation. It aims to harmonize and integrate the different layers of our being—body, mind, and spirit. Regular practice can lead to positive changes in physical fitness, mental clarity, emotional well-being, and spiritual awareness.¹

KEYWORDS

Yoga, Health condition, Holistic approach, Awareness

INTRODUCTION

The Vice President of India, Shri M. Venkaiah Naidu has said that Yoga is a holistic approach towards health and well-being with physical, emotional and spiritual dimensions to it. Addressing the gathering while participating in the International Day of Yoga 2018 celebrations in Mumbai, he said that the ancient science of Yoga is India's invaluable gift to the modern world. The Chief Minister of Maharashtra, Shri Devendra Fadnis and other dignitaries were present on occasion²Quoting Sage Patanjali, who compiled the first yoga philosophy, the Vice President said that Yoga helps a person to control his or her own random thoughts and allows achieving stillness, a calmness that creates inner harmony.

Yoga For Holistic Health

This also benefits the connections between nerve cells in the brain, helping prevent the onset of disease. Yoga promotes healthy ageing as it improves balance, body awareness and concentration, thus reducing the risk of falls and fractures that can come with old age.

Importance

Yoga's incorporation of meditation and breathing can help improve a person's mental wellbeing. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens concentration.

Yoga is A Holistic Therapy

The discipline of Yoga offers individuals a timeless and holistic model of health and healing, and although it may not result in the complete elimination of the physical diseases or adverse conditions from the body, it offers a holistic path of healing.

Holistic Approach

A holistic approach means providing support that looks at the whole person, not just their mental health needs. The support should also consider their physical, emotional, social and spiritual wellbeing.

Holistic Health Is Yoga

Yoga is a holistic science embodying the basic principle of organic interconnectedness of different facets of life. It is not a mere set of exercises. It goes beyond physical exercises and connects the body with thought processes. It seeks to build a lifestyle that values calmness, harmony and positive thinking.

Yoga Benefits

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. Try it: Tree Pose. Balance on one foot while holding the other foot to your calf or above the knee (but never on the knee) at a right angle.

2. Yoga helps with back pain relief:

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends Yoga as a first-line treatment for chronic low back pain.³

Yoga can ease arthritis symptoms:

Gentle Yoga has been shown to ease some of the discomforts of tender, swollen joints for people with arthritis.⁴

Yoga benefits heart health:

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through Yoga.³

Main Principle of Yoga

Along with being a way of life, it is also considered a practical science with five principles forming its core: Proper Exercises (Asanas) Proper Breathing (Pranayama) Proper Relaxation. Proper Diet and Nutrition. Meditation and Positive thinking.

The Four Branch of Yoga

They are broadly classified into four streams.:

1. Karma Yoga:

This involves doing action with an attitude of detachment to the fruits of action. This makes man release himself from the strong attachments and thereby brings in him a steadiness of mind which verily is Yoga "Samatvam yoga uchyate" [4] (Geeta 2.48). Instruments of action and understanding (karmendriyās and jñanendriyās) get cleansed.

2. The Bhakti Yoga:

This control of emotions is the key to the path of worship. In this modern world, man is tossed up and down due to emotional onslaughts. The path of Bhakti is a boon to gain control over emotional instabilities by properly harnessing the energy involved in it.

3. The Gyan Yoga:

The age of science has made man a rational being. Intellectual sharpness is imminent. Analysis forms the tool. The path of philosophy is apt for keen intellectuals and is centred on the analysis of 'happiness', the vital contribution of Upaniṣads. Also, many other fundamental questions regarding the mind, the outside and inside world and reality are taken up.

4. The Raja Yoga:

Culturing of mind is the key to success in almost all endeavours in our lives. The Yoga of mind culture or psychic control gives a practical and easy approach to reaching higher states of consciousness. It is based on the Mustang Yoga of Patanjali's Yoga system.⁴

Austang Marg

Yoga, The major contribution of Patanjali's Yoga Sutrās, is popularly known as 'Austang Yoga' [2,29] [5], which gives a comprehensive and systematic approach to developing the mind⁵ The eight limbs are: 1. Yama - the disciplines. 2. Niyama - the injunctions. 3. Asana - the posture of the body. 4. Pranayama - the control of Prana, the life force. 5. Pratyahara- restraint of senses from their objects of enjoyment. 6. Dharana - focusing on the mind. 7. Dhyana – concentration. 8. Samadhi - super consciousness.⁶



Austanga Yoga

DISCUSSION

Yoga is a systematic set of practices carried through a meditative way. Through this, one can expand consciousness and awareness to a greater extent, which helps to focus only on the essentials of life with inner peace and salvation by overcoming the sufferings caused by dysfunctional perception and cognition. It is the way to the enlightened and omniscient consciousness to understand the actual and the perceived reality. It is a technique for entering into other bodies, generating multiple bodies and the attainment of other supernatural accomplishments. Yoga does not simply exercise or a type of gymnastics. The entire aim of Yoga is to understand what the body, mind and soul is. Also, it has a lot of benefits on the human body and systems. It rejuvenates and strengthens our muscles, nerves, bones, and all our body systems to function well for a longer time.⁵

CONCLUSION

The Yogic and the Meditative practices are the ones which originated in India and they have proved to be of immense importance for the overall wellbeing of any individual. Hence we as Indians have been blessed with such a gem of knowledge and should make use of it in the right way. The health benefits presented by Yoga have attracted many people to adopt it to enable them to lead healthy lifestyles. The exercise combines physical postures, breathing exercises, and relaxation episodes to tune the mind and body of a person. Breathing is an automatic process, but we can anytime interfere with and voluntarily control it.

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