

Importance of Yoga for Better Living

Today the whole world is suffering from various kinds of problems. Our present day life is so chaotic and stressful that even thinking of ancient days soothes our heart and brain. The life style of human beings with the passage of time has gradually changed. Science and technology has dominated the present age and the modern man fully depends on it. Physical labour has reduced and ultimately the health of modern man has weakened due to lack of workout. In this age of competition, life is so hard and stressful that man is unable to cope up and hence suffering from various psychological and mental disorders. Yoga provides the best solution of these problems to which modern man is the sufferer. No other exercise, except Yoga, can deal with these problems all together. Yoga manages all problems simultaneously in a brilliant way. To compare with other games and exercises which provide only muscular and cardio-vascular fitness, Yoga gives an all-round development for living a healthy social life. The aim of yoga is achievement of physical, mental and spiritual harmony. Yoga is committed to the cause of moral and spiritual uplift of mankind to bring the peace and happiness in the modern world.

Meaning of Yoga

The word 'Yoga' is derived from Sanskrit root “yuj” which means 'join' or 'unite'. This may be taken as the union of body, mind and soul and is used in the literature both as an end as well as means. As an end, yoga signifies 'integration of personality' at the highest level. As means, yoga includes various practices and techniques which are employed to achieve the development of such integration. These practices and techniques are means in the yogic literature and are also referred collectively as 'Yoga'. The term ‘Yoga’ means a systematic practice and implementation of mind and body in the living process of man to keep harmony with in self, within the society and with nature. Yoga is the science of life and the art of living. It is the common sense answer to overall physical and mental fitness. Basically yoga is a system of physical and mental self improvement and final liberation, that people have been using for thousands of years. Yoga arose in the age of the Vedas and Upanishads. It is India’s oldest scientific, perfect spiritual discipline. Yoga is a method of training the mind and developing its power of subtle perceptions so that man may discover for himself the spiritual truths on which religion, beliefs and moral values finally rest. It is realization of our hidden powers. Yoga is a science of life, it offers us simple,

easy remedies and techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense.

Yoga is one of the most ancient metaphysical sciences, which investigates the nature of soul and through its discipline, awakens the super-conscious mind of the man which unites the moral being with the immortal supreme spirit. Yoga leads to balance and also provides both a philosophy and a religion. The real joy of life appears when we can unify nature and culture, wealth and poverty, movement and stillness, attachment and detachment. Yoga can serve both the individual and society. Yoga is neither a sect nor an ideology but a practical training of mind and body. Broadly speaking, it has three main outcomes: First, it makes us more aware of our natural wisdom; Second, it strengthens the body's ability to recover from illness or injury; and Third, it teaches us how to co-operate with others. Yoga teaches us truth through mind and body rather than theory; it brings about deep change of attitude. The entire thrust of our life is to devote total attention to every action and at the same time, to trust in the power of sacred.

Need of Yoga

All of us know that yoga improves posture, increase the intake of oxygen enhances the functioning of the respiratory, digestive, endocrine and reproductive and excretory systems. Its effects on the emotions are equally beneficial by calming the mind, tuning us to the environment and diminishing insomnia caused by mental restlessness. Yoga is highly recommended for people in competitive, stressful working environments, for those who suffer from headaches, back and shoulder aches, allergies and asthma. Yoga also cure behavioral disorder, nervous breakdown and manic depression. The regular practice of yoga help us to accept whatever physical or mental conditions we might be suffering from, by increasing our immediate sense of well being, concentration and calmness. Much healing can be done, but it takes practice and consistency. We all have the capacity to self-destruct, particularly if things go wrong. The yogic mentality is that life is a tremendous gift and we have to take responsibility for it. Yoga gives us the capacity to face up to life's challenges. Similarly, when you respect your body, you tend to do things that will enhance its vitality. Thus, from the physical body, Yoga moves on the mental and emotional levels. Many people suffer from phobias and neuroses as a result of the stress and interactions of everybody living. Yogic practice like Suryanamaskar,

Asanas, Pranayama, Mudras, Bandhas and Shat Kriyas will help to come out from all problems and lead him to a happy life.

Significance of Yoga

Yoga is an ancient discipline. It is recognized as one of the most important and valuable gifts of our culture. Yoga is a spiritual science for the integrated and holistic development of our physical, mental as well as moral-spiritual aspects. Yoga is based on philosophy that is practical and for our day-to-day living. It has gained tremendous popularity in the last few years, It is the most rapidly growing health movement despite it was developed thousands of years' ago. Age, religion, caste, sex is no bar with breathing and meditation techniques. There are many types of yoga and it may be hard for the beginners which yoga type he or she wants to do. The most important benefit of yoga is the physical and mental therapy, the very essence of yoga lies in attaining mental peace, improved concentration power and a relaxed state of living.

There are three important **benefits of yoga** i.e. physical benefit, psychological benefit and spiritual benefit.

Physical benefits: There are many health benefits from yoga, studies have shown that yoga can relieve many common and life threatening illness such as arthritis, chronic fatigue, diabetes, AIDS, asthma, high blood pressure, back pain weight reduction, obesity, common cold, constipation, epilepsy skin problems and respiration problems. Yoga also helps in rehabilitation of new and old injuries.

Psychological benefits: Regular yoga practice creates mental clarity and calmness, increase body awareness, relives stress patterns, relaxes the minds and sharpens concentration. Yoga provides tools through which one can cope with the pain and helps counter with the feeling of helplessness and depression. Yogic breathing and stretching exercises have been seen to result in better mental and physical energy and improved mood. The mental performance also increases with yoga and doctors suggest that yoga can enhance cognitive performance.

Spiritual benefits: When you achieve that yogic spirit you can begin knowing yourself at peace. If one succeeds in achieving skills which provide health and self confidence, one can justly raise

his self esteem simply by observing himself living the improved result as an achieved fact. Yogic therapy leads to increase self knowledge pertaining to grasping something.

Yoga and Modern Society

Today yoga is thoroughly globalised phenomenon, yoga has taken the world by storm and is gaining popularity day by day. Many of problems for modern life like alcohol and drug abuse, Obesity, Hypertension, depression, suicide and shootouts, etc. can be solve very easily and people can achieve better living through implementing the character of the yoga in their life. Some of the characters for **better living** are:

- Ailment free living.
- Desired preventive measure towards the physical, mental and emotional factors.
- Perception with realities.
- Co-operative attitude and Co-operative behavior.
- Adjustment with the changed circumstances.
- Sensibility.
- Awareness of realities. Desired social and spiritual characters.
- Balanced emotional control are reconstitutions.
- Lack of jealousy, complexity and hatred.
- Unified personality.
- A proper co-ordination over the psychic stage, psychosomatic stage and organic stage towards the available health.

In fact, Yoga is a bridge between body, mind and spirit. Since its practices smoothly coordinate the functions of the bones, muscles, blood, brain etc., which help to improve health, and as they train human mind, which is immaterial and intangible, for modifying proper attitude, behavior and values may establish mental peace. Thus, investigation in this direction has significant relevance to our society.

Since, along with mental and spiritual peace Yoga opens various **jobs** in several field such as research, management, hospital, academic, administrative consultation, etc. The youth can get the opportunity in such field. There are numerous jobs options available both in the

government as well as the private sectors for the Yoga professionals. Yoga professionals are getting employment not only in India but also all over the world along with handsome remuneration.

Yoga is a multidimensional aspect and its scope has increased in the modern life of the world. It is clear that yoga is a boon for the modern society which has become a victim of everyday stress. Yoga is science of life, it offers us simple, easy remedies, techniques and methods of health and hygiene to assure physical and mental fitness with a minimum of time, effort and expense. It makes us stress free and provides true happiness. It is also a method of training the mind and body for discovering spiritual truths. Realization of consciousness is the only one perfect and higher knowledge by which one can know everything in the universe, that can help to solve any types of problems for living a better and healthy social life. Yoga is also reliable with our ethnicity and harmonizing to science, so, it is our primary duty to endorse it further.

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