

Daily Practical Yoga for Better Health

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Abstract

Practical yoga is the practice of twisting traditional yoga and using yoga in a limited sense to help with the necessities of life. According to the World Health Organization, it is important to have good health at the physical, mental, social and spiritual levels. The practice of Yama-Niyama in Yoga promotes social health. The practice of asana pranayama promotes physical health. The practice of Pranayama, Pratyahara, Dharana, Dhyana promotes mental health. The practice of Dharana, Dhyana, Samadhi promotes spiritual health. In the present research, using practical yoga for better health and reviewing the relevant literature. The research presented is of applied practical research type and the findings are recorded through observation and conjecture using philosophy and descriptive method. The research tool is a literature study on the best health of a person and practical yoga training. Findings and solutions are suggested by analyzing the collected information.

KEYWORDS-Yama-Niyam means restraint, asana-steady state of the body, pranayama-specific type of breathing process, pratyahara-sense restraint, meditation-concentrated state of mind.

Introduction

Daily Practical yoga is the use of assisted yoga in the necessities of life in a modest sense by twisting traditional yoga. Yoga is a very ancient science. One has to look back five thousand years to see its historical appearance. It is difficult to say who created yoga. Traditional yoga is a long-running yoga practice.

In the modern age, increasing mechanization, speed, rush, stress, pollution, excessive use of e-media have made human health issues critical. To find a way out of this, human beings are relying on material things in search of happiness, peace, contentment and happiness. That is why addiction is on the rise. Man has forgotten morality and has been attracted to crime. The alternative is to increase stress. He is looking for a solution as his health problems have become serious. He began to experience many medical systems but was not satisfied with them and eventually became attracted to yoga. According to the study of expert guides, if yoga touches a person's body and mind, it becomes the gold of his life, so it is important to understand the meaning of practical yoga.

The use of practical yoga is expected mainly for a balanced personality. Keeping in mind the main meaning of balance, the main consideration in practical yoga is how to use various yoga tools from the point of view of holistic health in daily practice. Practical yoga aims at how to achieve happiness through various yoga tools.

Objectives of the present research -

- 1) To know what is practical yoga.
- 2) Learn to use practical yoga for good health.

Review of reference material

Bhamgara. (2006), according to a study of the principles of the Yogic Yama-Niyama, the observance of Yama instils moral discipline in man. Self-discipline is created by following the rules. Ahimsa, Satya, Asteya, Aparigrah and Brahmacharya observance in Yama increase the qualities of animosity and acceptance of love. Following the rules creates self-discipline. With the increase in personal health and moral attitude, the individual becomes successful at the social level.

Bodhe. (1997) conducted a detailed study on impurity according to Patanjali Yoga. Impurity affects Sattva, Raj and Tama. As a result, health and personality deteriorate, affecting psychological and physical functioning and behaviour. Practical yoga is considered important to get out of impurity. It has a positive effect on health.

Research methods

The research presented comes in the form of applied practical research. The findings are based on observations and conjectures, using philosophy and descriptive methods.

Variable

Independent Variable - Practical Yoga

Dependent Variable- good health

Research Tools - A study of the individual's best health and practical yoga training programs

The study presents the study of the factors that affect the overall health of a person in physical, mental, social and spiritual health.

Practical Yoga- In the present research, practical yoga training is practiced for a period of one hour daily on selected aspects of Yama-Niyama, Asana, Pranayama, Dharana, Meditation, Purification, Mudra, Bandha, Relaxation.

Data Analysis

Everyone's health should be good. Health depends on proper behaviour in a person's daily life. Good habits in daily life e.g., good health depends on getting up early every morning, brushing your teeth, taking regular baths, exercising and practicing yoga, and eating right at the right time. Good health is mainly about being positive on a physical, mental, social and spiritual level. Here is how practical yoga is useful for this

- 1) **Yama-Niyam Social Health**- Since the social problems created in the society are the cause of deteriorating social health, those social problems are as follows e.g. Co-operation, tolerance, socialization, social awareness, national integration in social health, such as speed, movement, pollution, air, sound, water, heat, increasing use of e-media, addiction, crime, global unrest, epidemics, suicidal thoughts, etc. As national pride, honesty, Yama-Ahimsa, Satya, Asteya, Aparigraha, Niyam-Shouch, Santosh, Tap, Swadhyay and Ishwarpranidhan etc. are the basic places of social health, their observance is important. This is what practical yoga teaches you. Yama-niyam means restraint, restraint. These constraints are useful for the purposeful control of the human fickle mind. Sleep, fear, hunger, sex, greed, anger, hatred are the basic urchins of human beings. Conscious restraint on the body, mind and body.

Obeying the rules of Yama raises the moral standard of the people. Faith in life is strong. Social health remains great.

- 2) **Asana Pranayama Physical Health** - Physical fitness is the best function. The ability that is used to perform a specific task is called efficiency. The efficiency of a person is determined by what he does. People who are physically fit are always enthusiastic, happy, contented, well-mannered, patient and strong. Such people work tirelessly and enthusiastically. From a health point of view, strength, endurance, speed, agility, flexibility, direction, perseverance are important in physical fitness. Symptoms of poor physical health include weakness, dizziness, nausea, dark circles under the eyes, nausea, shortness of breath, shortness of breath, tremors in the limbs, restlessness, dry mouth, and similar urination. The yogic remedy for this is asana and pranayama. Daily practice of asanas gives stability to mind and body.

Angamejayatva- Gaining control over flesh cells by stopping the body from working.

Asanjay- Asanas are dominated.

Samatva - Balance or equality can be achieved.

Asanrajyohanti- dominates the internal organs of the body.

Used to maintain vata-pitta-kapha balance. The body gains flexibility. Gain control over work, anger, greed, jealousy. Daily practice of pranayama increases the efficiency of respiratory system and improves circulatory, excretory, digestive, nervous system function. Concentration increases. Increases sensory function. Stress is relieved and stability is achieved.

- 3) **Pranayama Pratyahara Dharana Dhyana - Mental Health Promotion** - Mental health means mental health, anxiety, failure, sadness, emotional imbalance, restlessness, anger, hatred, jealousy, irritability, restlessness, mental stress, mental weakness, lack of confidence, fear, Depression can lead to high blood pressure, heart problems, diabetes, asthma, headaches, etc. But in daily life, if you do pranayama according to the Guru's teachings, if you practice pratyahara, dharana, dhyana, the concentration of the mind, the memory of the brain increases, the mind becomes happy, enthusiastic, happy. There is an increase in positive thinking. Confidence grows. Fear of the mind, oppression is removed and emotions are controlled. Mental stress is relieved and performance is achieved and mental health is improved.
- 4) **Samadhi, Ishwar Pranidhan, Pranav Omkarsadhana, Swadhyaya, Abhyasya - Spiritual Health** - According to the World Health Organization, spirituality is an integral part of health. Patanjali Yoga has carefully considered the spirituality of the individual. In the first step, study, asceticism is considered important for mood control. The importance of Swadhyay and Ishwar Pranidhan is stated in the rules. Pranav Omkar Sadhana, the types and stages of Samadhi and finally the state of Kaivalya are all measures of the highest order of spiritual upliftment. But for the common man to keep his spiritual health in good condition, by practicing Ishwar Pranidhan, Pranav Omkar Sadhana, Swadhyay, Bhakti etc., the mind becomes happy and faith in life is created.

Conclusion- In the present research, to maintain good physical, mental, emotional, social and spiritual health, the quality and height of health can be increased by using

the practical yoga rules - Yama-Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. That is why yoga is accepted by the world today. Yogashastra has become popular because of the practical yoga as a whole. It is an integral part of everyday life.

Presented research recommendations

- Since the yoga training presented is useful for the entire human race, if it is taught as a curriculum to school students and college students, it will be widely disseminated.
- The training presented can be given to players, mentors, staff, administrative officers, teachers, general enthusiastic social workers.

Contributed research presented

According to the research presented, yoga can be used as a medical system. This research material will be useful to researchers and yoga guides in the field of health.

References

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