

## Painless Life.....The Way to Wellbeing

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### Abstract

This paper deals with ambition and longing of each and every individual to attain happiness in life. To achieve this target he wants to escape pain and to gain joy and thereby peace of mind and containment. The concept of pain is explain with the help of quotation from holy books like 'The Bhagvadgeeta'. The advantages and functions of yoga are described. How it helps to alleviate pain and adds to human happiness is mentioned. The relationship that exists between the mind, body and ultimately the sprit is discussed. The role and the purpose of breath and its effect on the mind, body and the soul of human being is dealt with in detail. After a detail analysis it was fond that the reason for all sorts of physical, psychological and emotional imbalances lies in tress or tension which has captivated the life of modern man. Certain suggestions and solutions to get rid of pain and to make one's life purposeful and happy are provided with.

**KEYWORDS:** Ultimate, aspiration, wellbeing, righteousness, metabolism, enlightenment.

### Introduction

The ultimate aspiration of every human being is to achieve happiness. That means to get rid of pain from life and to substitute it with pleasure. Human life is a mixture of both pain and joy. Every human being is struggling from dawn to dusk to overcome his painful experiences so that in the end he will be happy and relaxed. In this attempt to escape pain he depends on different methods like adopting certain hobby listening music doing exercise etc. But yoga is the best means which will enable him to achieve well being.

The word 'pain' reminds us of disease, loss or old age. Pain is subjective, as the reaction or response to pain differs from person to person. We suffer and react differently at the Physical, Mental, emotional and spiritual levels, because of the involvement of our mind. The body is the vessel of the mind; it is closely governed by the conscious and subconscious mind through action, emotions and feelings. The Bhagwad Gita says that thea body is the dharmakshetra or field of dharma and also the karmaskshetra or land of your karma and mind is the kurukshetra of field or righteousness. It is mind power which makes us strong enough to deal with a situation, and the mind is what decides if the pain will remain with us or travel out of the body. Our thinking power and intellect to discriminate and decide, makes us different than other beings. The individual is a composition of body, mind and soul.

### The Present Scenario

In the modern era of cut throat competition and globalization, if an individual has to survive, he has to adopt to the conditions of the times. Though he is neither interested nor it is against his will and wish, if he has to live and rise up to the expectations of his friends, relatives and family members he is forced to comply with

the conditions available in front of him. Just because of the result of his inability to fulfill the extreme expectations of one and all either he is not prepared to take part in this frenzied competition or he has to quit the stage as he is deemed unfit to run this race for success. Many a times, as he finds it highly difficult to continue in this rat race, he gets frustrated, depressed and takes the extreme state to commit suicide. It has become a recent trend that the new generation can not cope up with the high degree of stress coming out of this frenzied competitiveness and without a second thought or ignoring the aftermath they resort to suicide. In ancient times the number of suicides were far less. Now even the brilliant and the best students of IITs, engineering and medical colleges, professional courses etc. along with the average students prefer to end their life than to stand and fight. They prefer to surrender easily than to face the challenge. The major factor that drives people to the brink of suicide is stress or tension that is the result of fast paced life.

### **Ways to Combat Stress**

There are different ways to combat stress. Yoga, physical exercises of various type, meditation, techniques of relaxation are some of these. In ancient times there was no need to do any special exercises as there was lot of physical activity automatically taking place in the life of every individual. As there were no vehicles or means of transport available then like that of present, people had to walk a longer distances on foot. Now people have no time to walk as they are always on the move with the different sorts of vehicles ready at their disposal. Now modern man has to do morning and evening walks, or he has to enroll himself at gyms or dance classes, wellness clinics etc. for giving physical exercise to his body. Previously woman had to do all household works. Now with the development of technology there are multiple instrument to help them perform all the household chores and hence as a result of this lack of physical activity they suffer from obesity and all high profile diseases like hypertension hypothyroidism , diabetics etc. They have to seek the advice of the physician to do physical exercise. Thus it is seen that modern man has no way to other than to turn to exercise to keep himself healthy and disease free. Now a days, fitness centres and yoga gurus are sprouting of as if from no where and it is common side that the highly obese men and women flock to these centres in search of an escape from their life of inactivity and boredom. In these places offering physical and mental well being and solace the mind, body and soul of the individual gets refreshed and rejuvenated. They offer him the energy to survive in this stressful world and the life it offers. The different links this has with human being's life is discussed below.

### **Mind-body Link**

All components of yoga, including asanas, mudras, kriyas, pranayamas and dhyana, help us understand the physical, mental and spiritual dimensions of our being. The common constituent of all yoga components is breath, which is the key to unlock doors within. Every breath that we inhale and exhale during pranyama affects the brain's hemispheres, cerebrum and cerebellum. The switch gear of the brain is the cerebral cortex and it regulates the limbic system; here, intellectual activities take place. All thoughts, images, memories, perceptions, integration and interpretation arise from here. According to decisions made in the cortex, the limbic, endocrine and the autonomic nervous systems get activated. Pain and wellbeing are in direct response of mind-body, breath-body, and spirit-body links.

In yoga, the mind is called samapatti and has been classified according to its function; kashipata, hankering mind; vikshipta, uncontrolled mind; mudha, foolish mind; ekagra, attentive mind; buddhi and ahamkara are restrained and chit or consciousness becomes one.

### **Breath-body Link**

Cultural, meditative and dynamic asanas help restrain the mind through holistic body awareness. During any occurrence of pain at the Physical level, the mind is able to endure pain gracefully without letting the residual effect set into the body as disease. Concentration and meditation through chanting or reflection clears the mind to act rightly during any kind of emotional pain. It makes the hearts and mind strong to remain in equilibrium and balance.

The sole purpose of breath is to give energy to stimulate the body. Experiencing pain alters our behavior. We might act on impulse and show irritability, anger and get into fights and unnecessary arguments. Because of all this, we may not be able to fulfill our responsibilities. This, in turn, might lead to low self-esteem.

Breath is the vehicle of the mind. When breath wanders the mind wanders, too. Even when in pain, the mind may keep wandering in the past and cause harm to bodily functions. So the best way to still the mind is to keep clam and tame breath through pranayama. According to the Hatha Yoga Pradipika there are 108 pranayamas, out of which eight chosen pranayamas are considered most beneficial for today's living conditions and challenges.

Breathing is correlated with thoughts and emotions. Strength of mind comes through the power of breath. By controlled, harmonious breathing, You can bring mental equilibrium and quieten the mind to relax the nervous system to face life's challenges.

### **Spirit-body Link**

Yoga is the art and science of balancing in everyday living. It is union of mind body-soul. All asana regulate metabolism the immune system, and pranayamas clam the nerves and ease tensions. Dharana and dhyana teach one to relax and reduce stress at all levels. Pratyahara, control or mastery of the senses, helps the practitioner to remain detached from the fruits of actions. The yamas and niyamas teach the social and personal rules that a seeker needs to know for the inner journey culminating in spiritual enlightenment.

### **How To Avoid Pain**

Life is all about cause and effect and how you react to a particular situation and perceive it. According to Patanjali's Yoga Sutras, "Heyam duhkham anagatam"– "The pain which is yet to come can be and is to be avoided."

Pain we experienced in the past and what we are experiencing in the process of daily life, cannot be avoided, but might be controlled by yogic practice and discriminative knowledge. All unknown pains that are yet to come could also be prevented by adhering to yogic discipline and culture to build robust health, a balanced mind, harmonious spirit and become a responsive, happy being. To experience the glory of life, we need to stabilize our body and mind so that we know to deal with pain. You'll never feel pain as pain, if you look at it skillfully through the prism of yoga.

### **Conclusion**

In the modern era, man is so stressed out after all his busy pursuit of material pleasures and riches. All these efforts, instead of providing pleasure drown him in to more and more painful experiences. Hence the regular practice of Yoga can definitely free him from all the stress and strain of his daily life and guarantee him a fit body and a sound mind to face the challenges of life boldly and with a relaxed mind which will be very beneficial for the well being of the human being physically, mentally, emotionally and spiritually.

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