

YOGA BENEFITS BEYOND THE MAT

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ABSTRACT

Yoga has gained a lot of importance in today's world. Yoga helps the mind to relax for some time from the chaos of our daily routine. The general understanding of yoga is that it makes our body more flexible, due to which a lot of people who have stiffer bodies tend to stay away from it as they feel pain in their muscles while practicing yoga. In reality, Yoga benefits beyond the mat will blow you away. It works at a much deeper level than most of us understand. It has many benefits which are experienced with time as you practice yoga regularly. Yoga provides physical and mental benefits. Some of the benefits even extend to our daily lives. Yoga develops inner awareness. It focuses your attention on your body ability at the present moment. It helps develop breath and strength of mind and body. It is not about physical appearance. Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body. It's not about physical appearance. Yoga is an extraordinary spiritual science of self-development and self-realization that shows us how to develop our full potential in our many-sided lives. It was first devised by the rishis and sages of ancient India and has been maintained by a stream of living teachers ever since, who have continually adapted this science to every generation. Yoga's integrative approach brings deep harmony and unshakable balance to body and mind in order to awaken our latent capacity for a higher consciousness that is the true purpose of human evolution. The many methods of yoga spans a vast range from physical postures to breathing practices and meditation, all based upon a philosophy of consciousness and natural way of life.

Keywords: Yoga, Physical, Self-realization, Inner awareness.

INTRODUCTION

Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. Yoga, an age-old practice and meditative technique, has become increasingly popular in today's busy society. For many people, yoga provides a retreat from their chaotic and busy lives. It provides mental and physical benefits as well. In yoga, "asana" is spoken as the first part of Hatha Yoga, which is referred to as postures. Hatha Yoga, which is the more popular kind of yoga, is a branch of yoga which is primarily concerned with the mastery of the body, and it is arguably traditional and most familiar to Western culture. The term is derived from the Sanskrit words Ha, meaning "Sun," and Tha, meaning "Moon," leading to the common interpretation that Hatha practices are designed to unite and balance the two energies existing within us. Having practiced asana, one attains steadiness of body and mind, freedom from disease and lightness of the limbs. These postures draw the focus of the body to attain the

higher states of awareness in Meditation. The word “yoga” comes from the root word “yuj,” which means “to yoke” or “to bind.” The word itself has numerous meanings, from an astrological conjunction to matrimony, with the underlying theme being connection. Yoga asana is the physical practice and postures of yoga. The scientific research into yoga’s benefits is still somewhat preliminary, but much of the evidence so far supports what practitioners seem to have known for millennia: Yoga is incredibly beneficial to our overall well-being.

TYPES OF YOGA

There are many types of yoga. Hatha (a combination of many styles) is one of the most popular styles. It is a more physical type of yoga rather than a still, meditative form. Hatha yoga focuses on pranayama (breath-controlled exercises). These are followed by a series of asanas (yoga postures), which end with savasana (a resting period).The goal during yoga practice is to challenge yourself physically, but not to feel overwhelmed. At this "edge," the focus is on your breath while your mind is accepting and calm.

A BETTER BODY IMAGE

Yoga develops inner awareness. It focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body. It's not about physical appearance.

PHYSICAL, EMOTIONAL, PSYCHOLOGICAL BENEFITS OF YOGA

Physical Benefits

- Improves bone health
- Improves the circulatory system
- Boosts metabolism
- Improves digestion and enhances immunity

Emotional Benefits

- Brings you to a state of tranquility
- Reduces stress and anxiety
- Helps you fight depression

Psychological Benefits

- Increases willpower and confidence
- Enhances memory power
- Cultivates the power of determination
- Aids in cultivating the power to take decisions
- Cultivates clairvoyance and telepathy

YOGA FOR SUCCESSFUL PERSONAL AND PROFESSIONAL LIFE

For a successful professional and personal Life, the physical, mental and energy layers within a human must remain in balance. Currently, the power to take decisions, willpower, power of determination, clairvoyance, telepathy, etc. is hidden beneath our emotions because our emotions cloud our nature. Negative emotion within us leads to build up of toxins within the

body. Regular practice of yoga helps us break through these emotions and tap into our mystical powers. Once these powers are available to us, we can take the right decisions in our life, which generates success in our professional and personal Life.

HOW DO WE ACQUIRE THESE POWERS?

A very common one liner which is used in a yoga class is 'listen to your body'. Once a practitioner of yoga has become comfortable with their body through the asana, they should gravitate towards higher practices of managing the mind through pranayama and meditation. The idea here is to move from one layer to another - from Asana to pranayama to meditation to tranquility to blissfulness.

YOGA IS MORE THAN JUST ASANAS

In the modern world, people identify themselves with their body. Bodily identification means attachment towards the body. This attachment leads one to lean more on asanas. The danger in this is that it may lead to more injuries if the asanas are not performed properly. As a result of the injuries, people may eliminate yoga from their life and move over to other physical activity.

THE RIGHT WAY TO PRACTICE YOGA

To possess a flexible and disease-free physical body, practice asanas. To bring in the balance of a logical and creative mind, practice pranayama. To cultivate a calm and relaxed state of mind which will help in meeting the challenges of day today life, practice meditation.

A BOOST TO WEIGHT LOSS AND MAINTENANCE

People who practice yoga and are mindful eaters are more in tune with their bodies. They may be more sensitive to hunger cues and feelings of fullness. Researchers found that people who practiced yoga for at least 30 minutes once a week for at least four years, gained less weight during middle adulthood. People who were overweight actually lost weight. Overall, those who practiced yoga had lower body mass indexes (BMIs) compared with those who did not practice yoga. Researchers attributed this to mindfulness. Mindful eating can lead to a more positive relationship with food and eating.

ENHANCING FITNESS

Yoga is known for its ability to soothe tension and anxiety in the mind and body. But it can also have an impact on a person's exercise capacity. Researchers studied a small group of sedentary individuals who had not practiced yoga before. After eight weeks of practicing yoga at least twice a week for a total of 180 minutes, participants had greater muscle strength and endurance, flexibility and cardio-respiratory fitness.

CARDIOVASCULAR BENEFITS

Several small studies have found yoga to have a positive effect on cardiovascular risk factors: It helped lower blood pressure in people who have hypertension. It's likely that the yoga restores "baroreceptor sensitivity." This helps the body senses imbalances in blood pressure

and maintain balance .Another study found that practicing yoga improved lipid profiles in healthy patients as well as patients with known coronary artery disease. It also lowered excessive blood sugar levels in people with non-insulin dependent diabetes and reduced their need for medications. Yoga is now being included in many cardiac rehabilitation programs due to its cardiovascular and stress-relieving benefits. Researchers are also studying if yoga can help people with depression and arthritis, and improve survival from cancer.

YOGA AS A WAY OF LIFE

Cohen says that while the yoga in Australia study uncovered that many people with existing conditions like back pain, anxiety and depression were getting good results from there yoga practice, it was meant to be a preventive measure rather than a treatment. Yoga was never meant to be a treatment for disease. Yoga is designed to be something you do every day so you don't get sick in the first place. Yoga is a whole series of practice that include: lifestyle, attitude, code of ethics, karma the selfless service, and breathing exercise. People often refer to yoga as physical posture or what they do at a class, but that can be limiting. Yoga as the way you live your life and the attitudes you have. The thought you have, and the way you treat other people, or the way you treat the environment and your service and devotion, singing and community work. So yoga is really multifaceted, and just to think about yoga as what you do on a mat and in yoga class is limiting.

YOGA TO IMPROVE HEALTH AND LIFESTYLE CHOICES

Yoga develops inner awareness and it helps develop breath and strength of mind and body. When you have a good relationship between your mind and body other things can go right. Yoga sets you on this virtuous spiral so you have got a better outlook on life, you are less anxious, your body feel better, you have got more flexibility so than you have got more bounce in your step and people relate to you differently. That's positive reinforcement, so you sleep better and you wake up and you have got more focus. Yoga helps create this virtuous spiral that the propels your life into a union. Your mind, your body and your environment all becomes one.

YOGA IMPROVES YOUR BALANCE

Balance is the ability to maintain your body's center of gravity over its base of support. This means that good balance allows you to remain upright and steady, even on uneven or slippery surfaces. When you practice yoga regularly, your muscles become stronger, giving you more control over your movements. This increased muscle strength leads to improved stability and balance. Strong core muscles also help with other types of physical activity, such as running and dancing.

YOGA CAN INCREASE YOUR CONFIDENCE

Many people struggle with low self-esteem. Research shows that yoga can boost confidence, due to the effect it has on the brain. The amygdala is a part of the brain responsible for our fight-or-flight response. Amygdala activity decreases when we meditate. Therefore, the more often you practice yoga, the less likely it is that you will experience negative emotions.

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