

Yoga as Base of Human Health and Peace of Mind: an Indepth Observation into the Arena of Yoga

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Abstract

Yoga has always been a topic of discovery and research in past years for it has used for many diseases to cure, like the current epidemic diseases like tension, diabetes, respiratory problem, stress, heart related problems etc. Yoga can cure all these physical and mental problems easily without using any type of medicine. And it is highly effective on human body. The human being as a social creature so he is surrounded by so many physical and mental diseases, it is difficult to cure by medicines for these medicines react very badly to human body and brain so it is the best way to go for Yoga to relieve himself from day today's stress and health related problems. There are eight types of yoga, yoga includes Pranayama, Dharana, Yama, Asana, Niyama, Dhyana, and Samadhi, Pratyahara. If a person goes for regular practice of Yoga, he keeps himself away from all sort of health problem which he faces in his regular life. It is very important to do Yoga practice regularly to lead a healthy and peaceful life. The main purpose of Yoga reflects that it is the perfect and compact way to lead a life in its completeness whether that is social, mental, and physical. It brings total harmony between the two body and brain of human being.

Keywords: *yoga disease, heart disease, diabetes, tension, meditation, mental stress, asana*

Introduction

It is really a difficult period for all the human beings for their health is a matter of concern. The diseases as mental stress, hyper tension, diabetes and heart related problems etc are increasing due to epidemic^[1]. It is just because of the changing life style as well as adopting modernization. Yoga has emerged thousand years back or since the years immemorial, it came in close recognition to the western world in 19th century. Since it got recognized, it has always been a

Strain and Hypertension

The practice of yoga in regular mode, is discovered that it is an effective tool to control and balance blood pressure which occurs out of hypertension and strain. Yoga is also helpful to relax

topic of discovery and research as it really treats various diseases of the human beings, which take place in life due to the changing life style and advancement of the society and country^[3].

The therapeutic measures were taken in obesity, mental stress, hypertension, diabetes and coronary heart diseases. And it was found that yoga is really helpful to remove all the health-related problems^[2].

mentally and physically to the yoga practitioners. Yoga, psychotherapy, and transcendental meditation, is proved as an antihypertensive and anti-strain element. An observation has been made which has

clarified all the doubts regarding yoga practice that yoga, Sukha pranayama is very much effective in mental strain and hypertension, it reduces heart rate as well

Mental Stress, Depression, and Anxiety

Yoga works like a magic stick for it removes mental stress. And it also manages stress level of a person. It keeps a person relaxed, compact and compound. There are eight studies which were done in an orderly manner, they state that it really works and the results are authentic and positive one but on the other hand there is a scarcity of methodology and in the absence of that it stated that it is impossible to treat the mental stress or anxiety of a person with yoga. In spite of this one, there are many propitious outcomes, which has amazed all. A

Unstable Diabetes Mellitus

As it is discovered that the number of diabetic patients is huge in India in comparison of other countries. It can be stated that unstable diabetic mellitus cases are found in Indian at the largest scale. The continuous and regular practice of yoga asanas as well as pranayama are very helpful in controlling all types of diabetic patients whether they are normal or serious. They can also reduce the degree of the medication by practicing yoga regularly.

As it is states by yoga experts an appropriate training of yoga asanas and pranayama for three to four months regularly, an hour continuous every day early in the morning, results to decrease fasting, acetylated haemoglobin and level of postprandial blood glucose. There is another observation made in India that

Obesity and Corpulent

Corpulent and obesity both are most powerful elements of all the dangerous diseases like hypertension, heart problems and diabetes. Yoga keeps a full

as systolic blood pressure which is the result of hypertension within five minutes if the practice of six breaths is done.

systematic study has revealed the tremendous benefits of yoga on depression and mental stress.

A profound observation was made on patients who were undergoing medication to come out of depression and mental stress but on the other hand the patients who were in partial remission reflected remarkable and notable depletion in all the psychological related problems. The multiple observations have assisted the probability of yoga which treats all types of psychological depression and stress.

yoga asanas and pranayama practice for continuous forty days has declined fasting, acetylated haemoglobin and level of postprandial blood glucose in the unstable diabetic mellitus patients of those, who were non-insulin-dependent diabetes mellitus. These patients have enlarged a feeling of wellness within twelve days. And there was reduction in anti-diabetic drugs of them. Yoga can treat all types of diseases if proper practice is done.

Yoga is also helpful and highly essential in cognitive brain disorders for it can also make its contribution in conventional medical therapy for it can bring improvement in cognitive brain disorders to put it in proper functioning order in type two diabetic mellitus, so it really effective and beneficial in all types of diabetic patients.

control over obesity and fatness. It is highly helpful to manage these two easily. Yoga is really very helpful to maintain the entire body of the human beings in this

advanced, modern and uncertainty of the era. A proper exercise and training of yoga asanas as well as pranayamas for three months regularly, results decrease of body

Cardiovascular (Coronary heart) disease

The patients, suffering from cardiovascular disease, proven by angiography. These have practiced yoga continuously for one year. They reduced excess body fat, improved stamina of exercise, also decreased cardiac infraction, and became fit and healthy. Those, who are undergoing the yoga practice, they require the procedures of revascularization very less. When two groups of the people

Obstructive lung disease

The practice of yoga cure the acute lung disease. It gives strength to the lungs to work properly. It helps in inhalation and exhalation muscles in a tremendous way by which a patient can lead a normal life, avoiding excess use of medication.

There are great findings and discoveries, made by multiple researchers, and they came with the result that yoga patients are leading a normal life than those who live with the help of medication. Yoga postures asana, pranayama, and meditation improves all types of severe lung diseases. It also improves from mild to bronchial asthma. It

Coronary Risk Profile

Low-density lipoprotein, very low-density lipoprotein, elevated serum total cholesterol, and triglycerides are very high-risk elements to ischemic heart diseases. On the other hand, high-density lipoprotein is performing a role of a protector. There are multiple studies which proves that second sort of diabetes mellitus patients have reflected themselves that yoga asanas and pranayama have great effect on levels of serum lipid.

An observation has shown beneficial results in reducing or lowering

fat and other health related problems. A person can lead a peaceful and healthy life after following Yoga.

are compared together after one year, one who were undergoing the procedure of controlling the disease by medication to those who were practicing yoga regularly. After the angiography the second group was more improved than the previous one. In nutshell, it can be stated that the practice of yoga improves the severe heart diseases, if it is done systematically.

treats all over the complete respiratory system. Yoga keeps the body and mind healthy and fit to the yoga practitioners. The people also keep themselves away from the harmful effect of the medication, which is consumed during asthma. So conventional treatment is equally important along with medication to reduce and at the end to stop the medication.

Yoga is not only popular in India but in USA also, they have also found out that yoga is really helpful to lead a healthy and normal life to those who are suffering from multiple severe diseases. So, yoga provides a quality of life to the people.

down of total serum cholesterol after practicing yoga asanas and pranayama on regular basis. The Serum low-density lipoprotein, triglycerides as well as very low-density lipoprotein though has shown reduction or lowering down but for a short period of time, it is not so appropriate and helpful. Another observation has also shown an appropriate and ample reduction in serum total cholesterol, low-density lipoprotein level and triglycerides. Even then there was no alteration in the levels of high-density lipoprotein.

There are some other studies and keen observations are made which has proved that there is appropriate reduction in free fatty acids, Low-density lipoprotein, very low-density lipoprotein and an increase or development in high-density lipoprotein.

Boundaries/Limitations of the Studies

There are multiple discoveries and findings after profound studies, clarifies that yoga provides positive effectives on several severe diseases like anxiety, mental stress, treats pulmonary functions of the patients, who are suffering acute obstructive pulmonary disease. It also brings improvement, stamina and tolerance power among the heart patients to exercise regularly without facing any heart problem. Therefore, it reflects favourable and agreeable effects of yoga practice on asthma, anxiety, mental stress and heart disease^[5].

It can be stated that yoga is not mere yoga, it is beyond that term. Yoga can be understood in its factual term. 'Yoga' means union of our individual consciousness with the Universal Divine Consciousness in a superconscious state, which is known as Samadhi. It is explained that yoga sutras were being practiced as early as 3000 before common era. The oral tradition describes that the date may be before that. Earlier it is found that yoga sutras were passed on orally in ancient times by the learned practitioner or teachers to their students. The scholars have estimated that Patanjali, who would have lived between 400 BCE and 200 anno domini, he would have synchronized as well as collated these sutras.

As it is stated that according to Patanjali, yoga has eight steps, and all the steps are equally essential and they all are interconnected or can be stated that they all are attached as unimpaired. The prime

There are minute differences in the outcomes of these varied studies and observations because of variation in time of intervals as well as the diets of the patients for diet matter a lot due to this the results are varied.

target of all these eight steps is to bring self-awareness. On the other hand, here, the emphasis will be given on health But here the emphasis will be on health benefits and fitness. There are eight steps which provided in a following way:

1. Asana: The posture of meditation
2. Pranayama: Extension of breath and regulation, control, prana
3. Dharana: Concentration, focus
4. Dhyana: Meditation, contemplation
5. Samadhi: Profound Immersion or absorption, the position of perfect and complete focus and concentration, contemplation at the high level
6. Niyama: Self-guidance, observances, practices
7. Yama: Sobriety, self-regulations, self-control
8. Pratyahara: Control on the senses, enlighten inward self

Asana

The continuous practice of the body posture to sit for a longer period of time to meditate, it keeps body fit and healthy. There are various postures, which are used for meditation purpose, it keeps the body steady, constant, stable, motionless, and agreeable. It can be gained by comfortable and relaxing attention while sitting for meditation, which balances body and mind. This is the asana by which, a person, who follows it, acquires a flexible and stern body

Pranayama

Practice of breath control and breathing techniques with awareness,

making breathing slow and subtle. Exhalation is prolonged. The pause between inhalation and exhalation is eliminated. It helps in control of mind and concentration (dharana). There are other types of pranayama also. Pranayama provides strength to the lungs. If it is practiced continuously, the lungs work properly and remain away from all the factors related to age or infection^[4].

Pratyahara

It can be stated as withdrawal of the senses. It allows the practitioner of this process to remain connected to his inner self. It also helps to impart one with the gift that how much one has got influenced by one's sensory input. Pratyahara practice keeps all the senses of a person under his complete hold and control. He becomes the owner of his senses and there are no chances to get influenced from the outer world.

Dharana

It is a great source of concentration. It fixes a practitioner's attention on the particular object without any sort of distraction and unitability. Dharana practice makes a practitioner highly attentive and concentrated. He is

Conclusion

Therefore, it can be stated that it is a fact that yoga has got a worldwide acceptance from all so there is no doubt that yoga is the most effective treatment of all the severe diseases. It brings self-realization with peace of mind. It reduces the pressure of work load and relieves from all types of health-related problems. yoga has been viewed increasingly as an effective insulation against harmful effect of stress of modern living. Yoga has agreeable effects on physical and mental

able to fix his attention on any sort of the object or action without any type of distraction and disturbance. So it should be done continuously without any gap to improve his concentration level.

Dhyana

This process is connected to the concentration or fixity. A practitioner attains eternal concentration and removes all sort of mental problem. Dhyana is the most sublime level of concentration. It improves all over the cognitive problem with peacefulness. A practitioner attains an eternal tranquillity as well as concentration, following this practice. This is the best way to affix your attention with peaceful mind, getting rid of all sort of hindrance, nervousness and disturbance.

Samadhi

This process is used to bring the perfect absorption power among the practitioners. A practitioner learns to assimilate with all types of situations easily. A person attains profound immersion power and strength within himself, so it is the perfect way to deal with the difficulties and problems of life with ease and comfort.

fitness. It brings tremendous balance and coordination between body and brain. Yoga practitioner feels comfortable and relaxed, avoiding varied sort of health-related diseases and harmful effect of the medication. In this modernization and advance society only, yoga gives true peace of mind and a bliss to live a peaceful and healthy life style. The human beings lead a blessed life in this hustle and bustle world, imparting place to yoga practice in their day today lives continuously.

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