

## ROLE OF YOGA IN DEVELOPING HUMAN MIND AND BODY

DR SHAZIA HAMID BABA

Srinagar Jammu and Kashmir

### Abstract

This have a look at is all approximately the wholesome advantages of practicing yoga .Yoga practice is defined because the hyperlink among the character and the universe. Yoga can play an important position in our existence as it facilitates in controlling the feature of our mind i.e. ego, choice and intellect. Yoga is a widely recognized bodily, mental and religious practice since the historical time and nonetheless reaping benefits human beings globally.

**Keywords:** Yoga, Human Body, Human mind.

### INTRODUCTION

According to Deepak Kumar Semwal, yoga varies by means of way of life e.g. the exercise of Hatha originated from India. Yoga changed into formally brought to the west by means of Hindu yogis at the end of the 19th century .People within the west in most cases exercise Hatha yoga, although it is stated by way of many special names. Yoga is a form of rest and workout that incorporates meditation and the information of the frame's complete potential .It enables in relieving anxiety and stress and enables to boom the power and energy. In historic Indian medicinal machine, Yoga is defined because the hyperlink between the individual and the universe (Parmatma). It can play a crucial function in our existence by means of controlling the characteristic of our mind i.e. ego, desire and mind. Yoga is a widely recognized bodily, intellectual and non-secular exercise for the reason that historical time and time reaping rewards humans globally. The developing recognition of yoga and its increasing socialization attracted many workers for scientific enquiry within the technology of yoga .It is interesting to know that within the beyond few many years, the interest of yoga has improved fantastically, particularly in western international locations. Yoga as a way of existence is extra true to its historical tenets. It constitutes aasanas, regulated respiratory (pranayama) and cognizance of yoga sutras (ideas) that govern the thoughts. Regular practice of yoga enhances consciousness of mind and body which is needed inside the self-control of food plan and exercising plan in diabetes .According to Patanjali yoga includes 8 steps or limbs which might be equally crucial and are associated as parts of a whole.

### EIGHT STEPS OR LIMBS OF YOGA.

- Yama:Codes of restraint, abstinences, self regulations.

- Niyama:Observances, practice, self training.
- Asana:Meditation posture
- Pranayama:Expansion of breath and regulation control.
- Pratyahare:Withdrawal of the senses,bringing inward.
- Dharana:Concentration, focussing mind.
- Dhyana:Meditation, alertness, awakesness.
- Samadhi:Transcending consciousness.

### **YOGA AS MEDICINE**

Complementary medicine is a various set of treatments that has drastically expanded among people over the past few a long time .The approach of complementary medicinal drug has been implemented to a selection of physical and intellectual disorders which includes post annoying pressure and other trauma associated problems with varying ranges of efficacy. Such strategies are notably powerful in reducing mindfulness primarily based pressure in cancer associated fatigue and fatigue related signs and symptoms. Yoga has been the challenge of studies in the beyond few many years for healing functions for current epidemic illnesses like intellectual stress, obesity, diabetes, high blood pressure, coronary coronary heart disease and persistent obstructive pulmonary sickness.

### **POSITIVE ASPECTS OF THE PRACTICE OF YOGA.**

#### **PHYSICALLY**

##### **ASSISTS IN**

- Weight loss
- Increased muscle strength including lung musculature.

#### **PHYSIOLOGICALLY.**

##### **IMPROVES**

- Cardiovascular system
- Immune system
- Sleep quality and length
- Blood pressure
- Breathing control

### **INCREASES**

- Melatonin levels
- Natural killer cells which fight to the growth of cancer cells.

### **PSYCHOLOGICALLY**

#### **DECREASES**

- Depression
- Anxiety
- Stress

### **EMOTIONALLY**

#### **AIDS IN**

- Control over negative thoughts
- Increased positive affect
- Management of difficult situations
- Healthy expression of negative emotions

### **SPIRITUALLY**

- Assists a practitioner in becoming one with god.
- De-embedding one's self from thoughts feeling and actions
- Identifying one's self as independent of thoughts feelings and actions puts practitioners in a state.
- Similar to sleep
- Unaware of space time or body sense brings a practitioners mind to peace.

### **NEED OF THE STUDY**

In current times as we know many health issues are rising so it's very important to learn yoga without any harmful side effects.

### **SCOPE OF THE STUDY**

Yoga education should be started in schools from the beginning.

### **CONCLUSION**

The public interest towards yoga is increasing day by day to their beneficial effect in mental and physical health .since the ancient time yoga has been used as a holistic relaxation practice which is effective against hypertension ,obesity, anxiety, insomnia

and aging .Although various researches confirmed a complimentary role of yoga in many life threatening diseases including diabetes and cancer.

## REFERENCES

- Jyotsna VP. Prediabetes and type 2 Diabetes Mellitus: Evidence for Effect Of Yoga Indian J EndocrinolMetab .2011 -18:745-749p
- Kitamura, M.Harvard Yoga Scientists Find ProofOf Meditation Benefits 2013.online available at:<http://www.bloomberg.com/News/articles/2013-11-22/harvard-Yoga-Scientists-find-proof-of-meditation-benefit>.
- Kumar SB,Yadav R ,yadavRK et al.TelomeraseActivity and cellular aging might be positively modified by a yoga based life style intervention J Alterncomplemat Med 2015;370-372p.
- Mishra Sp .Yoga And Ayurveda New Delhi: Chaukhmbaorientalua; 2004, 187p.
- BeheraM, priyadarsini N, Mohapatea D ,et al .Alleviating Method -yoga .int J pharm sci Rev Res .2015;32:250 \_253p.Art .no .41.
- Pandya Dr pranav (2005) Science and spirituality Awaken the hidden powers of hearing by nada yoga Akhandjyoti, vol 3 .
- Jonathan linman Hally conversation spirituality for worship. Minneapolis fortress, 2010, p.66.
- Khalso MK, Greiner Ferris JM Hofmann SG, et. al., Yoga Enhanced cognitive behavioral therapy (y-cbt) for Anxiety management:Al pilot study .clinpsychother. 2015; 22: 365-371p.