

THE HEALTH BENEFITS OF YOGA

¹Dr. Bavikar Samir,
²Dr. Santosh Wangujare,
³Dr. B.A. Sarpate,
¹ HOD. Sports
 V. Mahajan College Osmanabad,
 Dist. Osmanabad,
²Hod. Sports & Phy. Edu
 Arts Commerce & Science College
 Ashti Tq. Ashti Dist. Beed.
³Hod. Sports & Phy-Edu.
 Arts & Science College Gadhi. Dist Beed

Yoga enhances the mind and body connection, which can improve your mood and physical health and even lighten various psychological disorders. Improved depression, body image struggles, eating disorders and even physical problems such as back pain and asthma are some of the health benefits of yoga practice and meditation.

The health benefits of yoga are initiated because one is focusing on inner peace, self realization, relaxation; focus and harmony are the corner stones of yoga. Research shows that the health benefits of yoga include improvements of all sorts of elements, from back pain and fatigue.

The health benefits of yoga :

Depression yoga can lift your mood and disposition especially when combined with traditional treatments by focusing your attention on the way your emotions are expressed in your body. It is believed that negative feelings that are blocked or suppressed may come to the surface during certain Hatha yoga poses, which moves negative energy from “stuck” places in the body.

Physiotherapist Mr. Stephen Cope wrote and the quest for the true self. In this book that reveals many health benefits of yoga. Mr. Cope states that yoga creates regular feelings of wellbeing. The National Institute for Mental health in India found a 73% success rate in treating depression with Sudarshan Kriya technique. The relationship between yoga and depression is still undergoing scientific scrutiny but whether you are depressed or not, yoga can't heal your mind. The health benefits of yoga surpass your mood to how you see yourself.

How does yoga work :

Yoga uses asanas (postures), focused concentration on specific body parts and pranayama (breathing techniques) to integrate that body with mind and mind with soul.

The body aspects :

In yoga asanas (poses) health condition your body there are so many yoga poses and in Sanskrit these poses are called Kriyas (actions), Mudras (seals) and Bandhas (locks). A Kriya focuses on the efforts necessary to move energy up and down the spine, yoga mudra is a

gesture or movement to hold energy or concentrate awareness and a Bandhas uses the techniques of holding muscular concentration to focus awareness.

The mind aspects :

Yoga focuses on the mind by teaching you to concentrate on specific parts of the body. For instance, one may focus deeply on the spine, or let your mind go and have your body sink into the floor. This awareness keeps the mind-body connection sharp and does not allow a lot of time for external chatter. In the focus is internal, between head and the body. An example Savasana (the corpse pose), which is practiced by virtually on schools of yoga. During Savasana one lies on back with eyes closed and just let your entire body sink into the floor. The idea is not fight any thoughts you have, but to let them come and go while the instructor leads you through visible imagery to help you focus on how your muscle feel. The result is to drift into a peaceful, calm and relaxing state. Savasana is generally final pose of yoga session before final chanting and breathing exercises.

Improved body image :

Women who practice yoga report more body satisfaction, less self-objectification, and greater satisfaction with physical appearance (compared to women who do not do yoga) fewer symptoms of eating disorders are also reported by women who practice yoga, perhaps because yoga encourages one to listen to the body's feedback and learned to the bodily sensations. This in turn makes one less preoccupied with ones appearance, gives more positive views of body and helps.

Yoga is a preventive tool :

Yoga is considered as a gift by many due its immense benefits and ability to provide cure for wide range of diseases without having to intake medications. But a side from providing cure, yoga can also be used as a preventive tool. With regular yoga practice, it is believed that one can improve health and wellbeing such that body is better able to fight off diseases. The discipline of yoga makes one thing differently about ones mind and body by enhancing mind-body bond. People of any age and gender can benefit from the practice of yoga. Its restorative mechanism is what makes yoga unique from other medical approaches or exercise trends that are currently practiced by various individuals. It emphasizes the promotion of a healthy wellbeing more than it focuses on trying to cure diseases. Indeed, prevention is still several ways better than cure and any one who has tried yoga can attest to this.

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