

Scope Of Yoga In Modern Trends

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Abstract— Yoga, a magnificent inheritance commands a strong and benevolent presence in this world. Yoga is a way of life an integrated system of education for mind, body and spirit. Yoga brings harmony of mind and body. The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to join or unite. Born in India, almost 26,000 years ago, Yoga is believed to have evolved during the period of the 'Sat Yuga', also called the Golden age. The goal of Yoga is to reach a quiet and peaceful mental state, which in a deeper level is called meditation. our physical posture is a reflex of our mental state; our muscle tone is also influenced by our emotional state. Yoga Way of Life, Yoga for All, Yoga is a part of Physical Education and much influenced in modern trends.

I. INTRODUCTION

The word Yoga is derived from the Sanskrit word 'Yuj' which essentially means to join or unite. Born in India, almost 26,000 years ago, Yoga is believed to have evolved during the period of the 'Sat Yuga', also called the Golden age.

II. YOGA AND ITS BENEFITS/IMPORTANCE

A. Yoga And Physical Fitness

Improvement in motor skills is due to the effects of yoga on improvement in dexterity, coordination, flexibility, improved steadiness, perception, improvement in muscle power (grip strength). Improved cardiorespiratory efficiency is well established as evidenced by lower heart rate response to exercise, reduced oxygen consumption per unit work, reduced minute volume, increase in breath holding time, improved respiratory endurance, increase in maximum breathing capacity.

B. Yoga And Education

There is need of yoga for teachers as the job is tiring, as one needs to keep students attentive, verbose because one has to be heard for long duration. Voice modulation, concentration are also essential. Yoga provides an opportunity to teacher to understand child's nature. The benefits of yoga for students is well established as there is improvement in attentivity which is essential learning and for memory.

C. Yoga And Interpersonal Relationship

Need has arisen due to increase in violence, fear and insecurity, family break ups, physical and sexual abuse, suspicion between people etc. We live in association with other people, friends, colleagues, family members which determines the quality of life. In Yoga, definition of healthy relation is "self development, trying to understand ourselves and to continually make efforts to change in order to reach highest potential as human beings".

D. Yoga And Rehabilitation

Rehabilitation is the process of restoring functional and mental abilities and attempt to reverse risk factors that contributed to the events wherever possible. In mentally handicapped role of pranayama, suryanamaskar, asanas and meditation have shown improved motor coordinations, improved social adjustment, improved mental ability. Restoration to some degree of functional ability has been shown in physically handicapped wherein role of asanas in causing repeated muscle stretching has been proved beneficial.

E. Yoga And Medical Application

The therapeutic benefits of yoga has been well established in hypertension asthma, obesity, diabetes, orthopedic problems, sleep loss related problem, coronary artery disease, psychiatric problems.

III. TYPES OF YOGA

Patanjaliyoga, Vashishtayoga, Kundaliniyoga, Tantrayoga, Layayoga, Naadayoga, Swarayoga, Kriyayoga, Mantra yoga.

IV. USE OF YOGA

A. Stimulate the Liver

Liver is the most important organ of the body that serves several functions, and the most important one is detoxification and cleansing of the body. It purifies the blood and flush out harmful chemicals and toxins. A healthy and strong liver can also eliminate bad fats from the body and put the good fats to use. It helps in providing energy to the body. Yoga poses help in enhancing the vital force of the liver for its better functioning. Liver can also be cleansed effectively by following a fruit and vegetable detox diet plan



B. Activate the Thyroid Gland

The Thyroid is an important hormone-secreting gland of the body that controls metabolism. Active and high metabolism helps in burning fat from the body at a faster pace. Yoga poses help in correcting Thyroid dysfunction.

C. Maintaining the Right pH of the Body

A body that has a too acidic pH has the tendency to store fat in order to protect itself from the acids. And this mechanism leads to the deposition of visceral fat that accumulates inside the organs and blood vessels. Yoga asana can help in maintaining the pH of the body at a safe alkaline level.

D. Striking the Perfect Balance between Sympathetic and Parasympathetic Nervous System

Stress is one of the major reasons for weight gain. But relaxing yoga poses can bring about the right balance between the sympathetic and parasympathetic nervous system that is essential to relieve stress and anxiety.

E. Active Internal Heat

Warmth can be created in the body itself by activating the nervous system that automatically makes a person feel warmer. Yoga poses activate the nerves through systematic stretching, and this heat helps in burning the deep-seated visceral fat, as well as the superficial subcutaneous fat.

F. Move the Muscles with Strength

Yoga poses that require the body to remain active along with successive stretching and compression of muscles aid in weight loss. The activity of the muscle tissues promotes them to use up fat as a fuel.

G. Get the Heart Rate Up

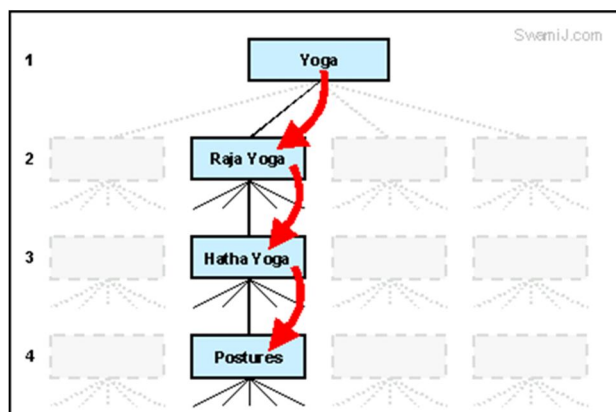
Although cardio and indoor aerobic exercises are the most popular way to increase the heart rate, but effective yoga exercise that gets the heart rate up for a short period of time and then drops it right down. Liver is the most important organ of the body that serves several functions, and the most important one is detoxification and cleansing of the body. It purifies the blood and flush out harmful chemicals and toxins. A healthy and strong liver can also eliminate bad fats from the body and put the good fats to use. It helps in providing energy to the body. Yoga poses help in enhancing the vital force of the liver for its better functioning. Liver can also be cleansed effectively by following a fruit and vegetable detox diet plan.

V. SURYANAMASKAR

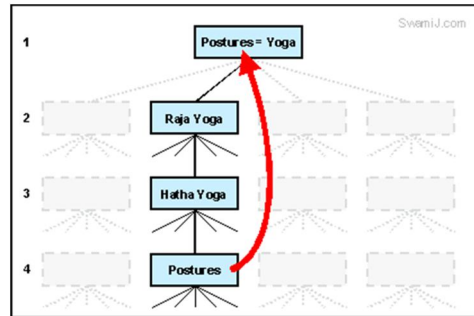


"Traditional yoga" has historically been taught orally, and there are subtle nuances among various lineages and teachers, rather than there being some one precisely agreed upon "yoga".

A. Traditional View Of Yoga And Postures (Asanas)

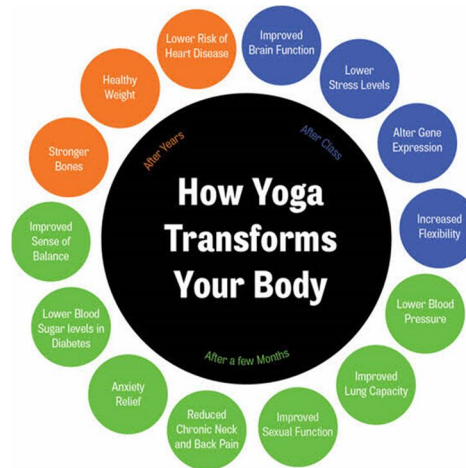


B. Modern View Of Yoga and Postures (Asanas)



Explanation

Yogaasanas build strength, flexibility and confidence. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle. Helps lose weight, Helps strengthen muscles and joints, Gives glowing skin, Improves Concentration and Memory, Ensures a better functioning digestive system, Helps cope with insomnia, Ensures regular menstrual cycle, Brings down blood sugar levels, Keeps anxiety at bay, Helps detox.



Observation

"Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.

VI. CONCLUSION

Yoga is not a religion; it is a way of living that aims towards 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being.

Yoga is good for overall health. It is a practice which controls an individual's Mind, Body and Soul.

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