

Scope of Yoga in Modern Trends

Santhosha .C¹ and Prof. Mohamed Mustafa²

¹⁻²Director of Physical Education, Presidency University-560089, Cell : 09620166608.
Email ID: santhoshgowda66608@gmail.com santhosha@presidencyuniversity.in

Abstract—For the past few years Yoga has gained more popularity and nowadays millions of people practice Yoga regularly. The existence of Yoga goes back to thousands of years, but it is the most rapidly growing health segment today. Attainment of physical, mental and spiritual health is the main aim of Yoga. The main credit of systematizing yoga goes to ‘Patanjali’ who wrote the "Yoga suthra" two thousand years ago. This presentation focus on the "Scope of yoga in modern trends".

Index Terms— Word of Yoga, Good health.

I. INTRODUCTION

The word Yoga comes from a Sanskrit root which means "to go to trance, to meditate." Others however derive it from a root which means to join; and Yoke in English is said to be the same word as Yoga. Both roots are feasible-in the case of the root to join, Yoga would means the science that teaches the method of joining the human soul with God. The philosophy of Patanjali is essentially Dualistic. The Jivas or Purusas or human egos are separate individual entities and exist from eternity; so is also Prakrti, and so also Isvara or God. It thus believes in three Eternal co-existent principles, the God, the Man and the Matter.

A. *There are seven types of yoga*

1, Bhakthi yoga. 2, Hatha yoga. 3, Jnana yoga. 4, Karma yoga. 5, kundslini yoga. 6, Raja yoga. 7, Tantric yoga.

II. HISTORY OF YOGA

According to one fiction, the organize of Yoga is from Veda the oldest scripture of Indian and it is presented by sage Patanjali in ‘Yoga suthra’ long ago.

Indus-Saraswathi civilization in Northern India is having the credit of beginning the Yoga practice. In Rig veda The word yoga was first mentioned in the oldest sacred texts, the Rig-Veda. The ‘Upanishads’ and ‘Puranas’ composed by Indian Aryan in the later Vedic and post Vedic period contain references to yoga.

III. SCOPE OF YOGA

In this modern world our environment is fighting for survival and we humans suffer from more and more physical and psychological stress. The modern life lures us with comfort and convenience, in the form of modern technology that have become vital to our daily lives. But it comes with a big price tag and we pay for it with lifestyle diseases like obesity, diabetics and cardiac problems. Because of these health problems people look forward for yoga as solution.

IV. COMMON RISKS OF THE MODERN LIFESTYLE

Radiation from cell phones and some electronic goods are known to affect the brain cells and also reduces sperm count in men. Lack of physical activity decreases bone mineral density and lowers immunity. Sedentary lifestyle amplifies loneliness, depression, anxiety, and panic disorders. Increased screen time leads to blurred vision, red eyes, difficulty on focusing and weak eyesight. Use of earphones can lead to hearing loss and headaches. Physical inactivity for a longer period increases the risk of heart disease.

V. PHYSICAL BENEFITS

There are many health benefits from yoga, studies reveal that Yogic practices may relieve many common and life-threatening illnesses such as arthritis, chronic fatigue, diabetes, asthma, high blood pressure, back pain, weight reduction, obesity etc.

VI. PSYCHOLOGICAL BENEFITS

By practicing Yoga regularly we can develop mental clarity and calmness, increase body awareness, relieve stress patterns, relax the mind and sharpen the concentration. Yoga provides a tool through which one can get rid of pain and depression.

VII. SPIRITUAL BENEFITS

Yogic practices will help us to know ourselves.

When we achieve yogic spirit we can begin knowing our selves at peace. If one succeeds in achieving skills which provide health and self confidence.

VIII. CONCLUSION

Yoga is a universally accepted art. It doesn't matter how old you are, how strong or flexible. Yoga is for anyone. Yoga is one of the ways through which we can keep our body fit.

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