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The Beneficial Effect Of Yoga On Mental, Physical As Well As Spiritual Health On Human Being: A Brief Review

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ABSTRACT:

The key goals of *Yoga* are physical health, psychological wellbeing, social health, spiritual health, self-knowledge or the knowledge of the Divine within us. These goals are achieved through love and help for all living beings, respect for all times, protection of nature and therefore of the environment, a peaceful state of mind, a full vegetarian diet, pure thoughts and a positive lifestyle, physical, mental and spiritual practices, tolerance for all nations, cultures and religions. *Pranayama* is a vital, but little-known aspect of *Yoga*. Lifestyle *Yoga* can be a practice program consisting of eight stages of growth in the fields of physical, emotional, social and spiritual wellness. If the body is physically healthy, the mind is calm, concentrated, and tension is under control. This gives the opportunity to connect with loved ones and establish socially healthy relationships.

Key words: *Yoga*, Physical Health, Spiritual Health.

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INTRODUCTION

Yoga is a traditional meditation method developed by the *Saints* of ancient India. They practiced *Yoga* as an effective method of controlling their mental and physical activities. *Yoga* in lifestyle can be a system of practice which consists of eight levels of physical, mental, social and spiritual health development. If you are well, you are in harmony with your own self, others and your world on a deeper level that contributes to your spiritual wellbeing. *Yoga* increases the foldability of the spine, improves the fitness of the body and increases awareness of the importance of relaxation.¹. *Yoga* can help cure insomnia, as regular *Yoga* practice leads to better and deeper sleep. *Yoga* can help you fight fatigue and maintain your energy all day.

Harmony of Awareness, Perception and Emotion²

Living in consonance with oneself and therefore with the environment is the wish of every human being. At times, however, more physical and emotional demands are constantly being placed on many areas of life. It is systemic and selective, incorporating all aspects of life and giving something of interest to every step of life. Irrespective of age or physical nature, this method opens up the universal direction of *Yoga* to anyone or to some. In developing this technique to meet the needs of today's people, a great deal of consideration was given to the conditions of modern society, without losing the originality and effect of traditional teachings. *Yoga* assists us in dealing with everyday demands, problems and concerns. *Yoga* helps to develop a better understanding of our self,

the purpose of life, and our relationship with *God*. *Yoga* is the supreme, the cosmic principle. It's the light of life, the eternal artistic consciousness that's constantly up and never sleeps; it's always been, always is, and always is going to be. In a very *Ancient* time ago in Indian *Saints* explored nature and thus the cosmos in their meditations. They have discovered the rules of the world and the divine soul, and have acquired insight into the links within the universe. They studied the divine laws, the laws of nature and thus the elements, life on earth, and thus the forces and energy of the cosmos, both on the natural world and on the celestial level. The name itself indicates that *Yoga* are often and will be used "in Daily Life". The unity of matter and energy, the origin of the universe, and therefore the effects of the elementary powers, are described and explained in the *Vedas*.

AIM & OBJECTIVES

1. To evaluate the beneficial effect of *Yoga* on mental, physical as well as spiritual health on human being.

Collection of Data:

The collection of material of this review study is various Authentic text books like

Patanjali Yoga Sutra, *Swathyavritta* text books, *Yoga in Daily Life*, etc., some Journals of *Yoga*, *Patrika* and refer some *Yoga* related Articles etc.

The main goals of *Yoga* is:

1. Physical health;
2. Health of the mind
3. Universal health services
4. Spiritual health³

Recognition of the Divine within us;

These facts shall be accomplished by:

1. Love and help for all living creatures
2. Respect for all times, protection of nature and therefore of the environment
3. A peaceful state of mind;
4. Full vegetarian diet;
5. Pure thoughts and a positive lifestyle;
6. Physical, mental and spiritual practices;
7. Tolerance for all nations, cultures and religions;

Discussion on Benefits of *Yoga*

Physical Health⁴

"Health is not all, but without health it is nothing." *Asanas*, *Pranayama* and calming

techniques are used to protect and restore health. In *Yoga*, classic *Asanas* and *Pranayama's* are divided into eight-level systems,

The Deep Relaxation (*Yoga Nidra*), Concentration Exercises, as well as *Mudras* and *Bandhas*. In brief, the food we eat has an impact on our whole being. Balanced and healthy foods include: fruits, beans, peas, berries, nuts, milk and meat items, as well as sugar, sprouts, greens, seeds, herbs and spices, either raw or freshly baked.

Mental Health

In order to realize control of the mind, we must first place it under internal analysis and purify it. Negative thoughts and fears create an imbalance in our nervous system, and this is our physical function. This is often the explanation for many diseases and sorrows. Clarity in mind, inner security, contentment, and positive self-confidence are the values in mental well-being. That's why we are trying to gradually overcome our negative qualities and thoughts and to develop positive thoughts and behaviour.

A crucial tool in self-investigation and self-knowledge is the "Self-Meditation" technique, a step- by - step self-analysis meditation technique. During this meditation

practice, we inherit contact with our subconscious, the source of our desires, complexities, behavioural patterns and prejudices. Practice guides us to become acquainted with our own nature-as we are and why we are-then beyond self-acceptance to self-realization⁵

Social Health

The importance of maintaining a good, positive company has a great influence on our psyche, an inherent form of companionship, and it forms our personality and character. Good culture is of great significance for spiritual growth. Doing *Yoga* means to find out about oneself and for the good of others. Trying to do valuable and constructive work for our neighbour's and therefore for the community, to preserve nature and therefore the environment, and to work for peace in the world. Practicing *Yoga* means moving in the most positive sense and for the well-being of all mankind.

Spiritual Health

Prayer, meditation, Mantra, positive thinking and tolerance are the cause of spiritual health. Humans are meant to be protectors, not destroyers. Those attributes that make us alive are the capacity to

deliver, to learn and to forgive. Maintaining life and respecting the individuality and independence of all kinds of life can be the primary practice of the teachings of *Yoga*. By subsequent this precept, greater tolerance, understanding, mutual love, help and compassion develop-not only between individuals, but between all human beings.⁵

Understanding of the Healthy & Divinity within us⁶

Moksha is the summoned of life. It's freedom from birth and death. This isn't annihilation. This is the annihilation of this tiny 'I.' It is attained through the knowledge of the Self. You're going to need to learn truth through clear intuitive experience. You will need to cut the veil of ignorance through meditation on the Self. Then you shine in your pure purity and divine glory. You can't have substantial spiritual progress without perfect *Brahmacharya*. First, check the body. Then purify your thoughts with *Japa*, *Kirtana*, *Bhajan*, *Vichara* and meditation. Make a firm decision, and Pray to the *God* to offer you spiritual strength to resist the temptations of life and to kill lust.⁶

The Practices of *Pranayama*

Patanjali's Yoga Sutra defines

1. *Yama*

2. *Niyama*

3. *Asana*

4. *Pranayama*

5. *Pratyahara*

6. *Dharana*

7. *Dhyana*

8. *Samadhi*

As eight *Angas* in *Yoga*. Among them, in the present materialistic world, the third and fourth, *Pranayama* and *Asana* are considered essential parts and are often recommended by modern medicine. The beneficial effects of the various *Pranayama* are well documented and have a sound scientific basis. 2-3 Proofs of *Pranayama* have been reported to increase the volume of the chest wall and lung.

Ancient *Sages* have discovered that among the thousands of *Nadis* there are three which are the most powerful energy sources, and when pure enough, they will facilitate the event of a human on three planes: physical, mental and spiritual, helping us to achieve in higher levels of consciousness. These sources are called *Ida*, *Pingala* and *Shushumna Nadis*.⁶

Pranayama techniques are used to purify the *Nadis*, including these three main energy channels. *Yogis* discovered a long time ago that breathing through the left nostril stimulates the *Ida Nadi* or the "Moon

canal" and breathing. It stimulates the *Pingala Nadi* or the "Sun canal" through the proper nostril. By balancing the functioning of both *Nadis*, we will stimulate the most Energy channel called *Shushumna* and harmonize the activity of the nervous system as a whole.

CONCLUSIONS

The ultimate goal of *Yoga* is Self-Realization, the unification of the human soul with Heaven. The belief that we are all

one in our common roots and in our relationship with *God* is that this is an initiative. *Yoga* in Daily Life offers spiritual guidance on the path of life through the practice of *Mantra Yoga* and *Kriya Yoga*. Since the most highly evolved creatures on earth are capable of understanding their true existence and their inner selves, Heaven. Well-being and a free, happy life are in your hands. Practice on a regular basis with firm determination and success will be certain.

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