

# Impact of yoga - everyone for personality development food health and well-being

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## Abstract

The purpose of the study to find out of the role of yoga in the life of a many. To live happily with oneself is wish to every human. But most of the people are not leading a happy and productive life. Because modern age is the age of stress tension and anxiety. More and more people suffering from physical and mental tension and there is an inactivity in the life of a man. At the point yoga can be beneficial in the life of a man. Yoga help to get ride of physical, mental and stress related problems. Yogic exercises in our daily life it moves us forward the quality life, healthy life concentrative life happy and peaceful life which is real aim of life.

**Keyword:** Health life yoga human well being.

## Introduction:

Yoga helps in maintaining and improving the physical mental emotional and spiritual health of an individual . The regular practices of yoga helps in making our muscles strong and regulating other systems such as respiratory, excretory, circulatory and digestive system. It increases the efficiency of these system. Nothing can be said firmly about origin of yoga except that it was originated in India. At that time, people use to do yoga. Yoga is also mentioned in Mahabharata and Ramayana. Yoga is a large part of Indian culture. Most of the people considered that yoga is a significance means of achieve a healthy and positive lifestyle. Lifestyle is modern age is full of problems with no or zero physical workouts. As a result various Lifestyle diseases life obesity, diabetes, asthma, hypertension, migraine and depression people are facing. The daily practicing of yoga benefits in curing many disease like diabetes, high blood pressure, physical injuries, asthma etc. Yoga has become increasingly popular outside of India. Yoga day has celebrated on 21st June in all over the world. Most of the people from other countries participating in yoga in there daily schedule because they understand the importance of yoga in humans life and multinational companies has started yoga classes for their employees and workers in order to get ride of physical and mental stress of workload. The average person needs regular physical exercise because human body was designed to move. To keep your body healthy, you need to exercise or practicing yoga daily. There are lots of things which India has given to world from ancient times. India taught the world and the way of living a healthy and happy life through the practice of Yoga. The importance of yoga in modern life is unbelievable. Yoga teaches us how to lead a healthy living. To maintain a positive physical and mental healthy. Yoga is must, yoga play and important role in students, male, female, sports person, soldier, politicians, doctors, lawyers, business and trade man's life to relax the body and soothes the mind. Yoga improves interpersonal relationships and enhance confidence level. Yoga is natural way to remain healthy throughout the life.

## Objectives of Yoga for well-being

**Physical purity:** Internal Organs like lungs, heart, kidney, stomach can be cleaned with the help of various yogic exercises. There are three substances in our body i.e. vata, Pitta, and kapha. If these substances have proper balance in our body then we remain physically healthy. Neti, dhouti, nauli, basti, kapalabhati, tratak etc. are yogic exercises which keep our internal organs clean.

**Improves health:** Yogic exercise helps in maintaining and improving health by increasing the efficiency of internal systems such as respiratory, excretory, circulatory, and nervous systems. Various asanas like padmasana, gomukhasana, sidhasana, sarvangasana, tadasana etc. help in improving the health of individual.

### Reduce mental stress:

Yoga plays an important role in reducing mental tension. It is a well-known fact that modern age is the age of stress and tension. Most of the people feel upset and disturbed in the present day of life. To get rid of these mental stresses, we attend parties and take suffer with more tension and stress. Pratyahar, dhyan and dharna play an important role in the peace of mind. Makarasana, shavasana, shalabhana and bhujangasana are important for releasing stress and tension.

### Spiritual development:

Yoga helps in attaining spiritual development in the life of a man. Regular practices of yogic exercises help in good control on our mind. Padmasana and Siddhasana are the best asana for spiritual development.

### Reduce obesity:

In modern age obesity is a worldwide problem. Obesity people fall prey to various diseases like diabetes, asthma, heart problem, migraine, hypertension etc. Yogic exercises are very beneficial in reducing obesity.

### Help in maintain the correct posture of body:

Most of the people are suffering from posture deformities because of their unhealthy lifestyle. Good posture is necessary to do their work efficiently. Without good posture individual is not able to enjoy their life. If we perform yogic exercises regularly, we can maintain the correct posture.

### How Yoga improves our health and well-being yoga can help our heart:

Yoga improves the qualities of the life to remain the heart healthy. The person who does yogic exercises in regular intervals decreased their heart rate and blood pressure. Researchers from Europe have discovered that yoga may reduce the risk of heart-related problems.

### Yoga can benefit your lungs:

Yoga may have a positive effect on quality of life in people with asthma and other respiratory problems. People who practice yoga can promote their lungs function. Yogic exercises improve the lungs capacity, reduce the inflammation in blood vessel and increase the efficiency of respiratory system.

### Yoga reduce the physical pain:

Yoga helps to reduce physical pain in people with birth defects. In recent studies scientific proved that yoga can be safe for people with the arthritis.

## Yoga can help you loss weight:

Regular yoga practices help in reduction our wight. Overweight is the most serious problem in modern life, because there is inactivity in the life of an individual. As we discussed above Overweight invites various diseases which is sometimes causes death. Different yogic posture gives opportunities to reduce your weight without dieting.

## Yoga can have a positive effect on your mood:

According to a recent studies people who suffer from depression and other mental disorder should participate in yoga. These people should practice breathing. Yoga exercises at least twice weekly to overcome symptoms of mental disorder. Different scientists and doctor suggest that yoga may be better than other kind of exercise in its positive impact in mood and anxiety.

## Discussion

As we discussed above yoga has become more and more popular in the life of male, female students, sports person, soldier, politicians, Doctors, Business man. Yoga has eight elements which helps a human to remain healthy throughout life. These eight elements are yoga, Niyama, Asana, Parnayaam, Pratyahar, Dhara, Dhyana and Samadhi. All these eight elements of yoga helps a human to achieve his life's goal.

Health and well-being is the ultimate benefits of regular yogic exercises. Regular practice yoga effects human body totally. Yoga improve each and every organ and system of the body. Yoga helps in strengthen the body and creates the felling of well-being. Psychological yoga sharpness the intellect and make creative mind it balance our emotionals and encourages caring for other growth and development of our body depends upon the secretion on hormones. Yoga help in hormonal balance in the human body, regular yoga practices strength our immune system, which is the most important defensive mechanism in our body. Nervous systems is also affected by regular yoga practices and many problems related to brain like headaches, insomnia, migraine, stress,depression are cured our reproductive system is strengthen and the menstrual disorder are cured problem related to digestive system like constipation, gas, acidity are remove by practicing yoga. Muscular and skeletal system become strengthen by regular yoga practices, regular practices of yoga cure addiction in people like smoking, drinking and drugstics.

## Conclusion

It is concluded that yoga teaches us how to become physically, mentally and spiritual fit, throught yoga practices we can understand our self better on all levels,including our physical and mental well-being, our actions, throught, process, emotional and desires. The regular practices of yoga helps in creating balance in the body by developing strength and flexibility in the body. So the main aim of yoga is control our the mind and all round development of the body. If an individual practices yoga regularly then there is no need to visit doctors.

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