



Scientia Research Library

ISSN 2348-0416

USA CODEN: JASRHB

Journal of Applied Science And Research, 2018, 6 (5):1-10

<http://www.scientiaresearchlibrary.com/archive.php>

WHAT YOGA CAN DO TO US

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ABSTRACT

(1) Who am I? (2) Why am I born? (3) Where am I going after death? (4) What is the purpose of life? (5) How to deal with the mind? (6) How to be happy and peaceful? Indian philosophers provide answers for all these questions in the form of YOGA.

What is Yoga?

There are several answers to this key question:

(1) Yoga is the restraint of mental operation (process). (2) Yoga is the disconnection of connection with suffering. (3) Yoga is balance (equanimity). (4) Yoga is said to be the unification of the web of dualities. (5) Yoga is the union of Individual self (through mind restraining process) with the Universal Self. In the light of these various definitions, yoga can be described in different forms as below. However, these forms are inter-related. Bhakti yoga (through devotion), (2) Karma yoga (through self-less action), (3) Jnana yoga (through self-enquiry and knowing), (4) Mantra yoga (through mantra), (5) Naada yoga (through transcendental sacred vibrations), (6) Raja yoga or Ashtanga yoga (through eight-limb approach), etc. From this constituent description of a human being, an important question arises: how does perception occur? The answer is: The internal instrument (antahkarana) operates in the process of perception in a four-fold manner:

(1) First, the mind (manas) gathers information through the senses. (2) Second, the information is examined by the individual's intellect (buddhi), which is discriminating and is decisive. (3) Third, a decision is made and is identified and related to self through egosense (Ahamakara). (4) Finally, the resulting impressions are retained and recorded in consciousness (chitta). It is also important to note that Maharishi Patanjali has given the various obstacles that a seeker could face in one's own all-round development and the final realization through yoga. The nine primary obstacles are:

(1) Disease (Vyaadhi), (2) Mental laziness (Styana), (3) Doubt (Samshaya) , (4) Lack of enthusiasm and delusion (Pramaada), (5) Lethargy (Aalasya), (6) Reluctance to give-up the craving of sense-pleasures (Avirati), (7) Erroneous perception (Bhranti-darshana) (8) Despair due to progress in concentration (Alabdhabhoomikatva) and (9) Inability of retaining a level of concentration once obtained (Anavasthitatva).

INTRODUCTION

Yoga is a spiritual science for the integrated and holistic development of our physical, mental and moral-spiritual aspects of being. The philosophy of Yoga is practical and applicable in our day-to-day living. Yoga has been documented to normalize physiological function and recent advances in the field of research have shown that it has sound scientific basis.

MATERIAL AND METHODS

Yoga is a way of living. There is a transformer in our body, which illuminates the whole body. Transformer needs source of energy, which is super soul.

According to **Maharishi PATANJALI** who is known as father of YOGA

YogasChittaVrittiNirodhah means one that controls the Vrittis of our Chittas (consciousness) and turn it towards the super soul with our awareness, but to derive that true potential, we need to be aware of that connection.

In the morning, we start our Yoga practice with paying thanks to God to provide a new day for living. Just after chanting OUM which creates vibrations in our surroundings and purify the environment, we may all house the combination of some Yogic exercise followed by Yogasana and Pranayama and should end our practice to GITA SAAR with dedication to all activities of that day to God. In this way, we will not feel sorrow and happiness and develop the state of mind living in same place in all type of emotions.

RESULT AND DISCUSSION

Why Yoga

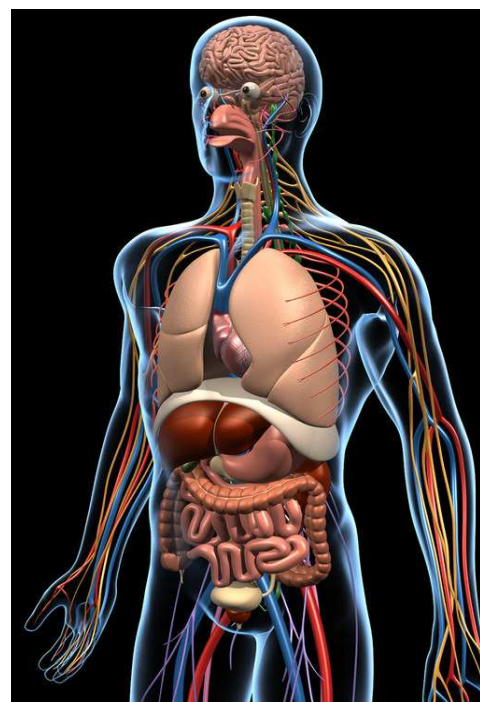
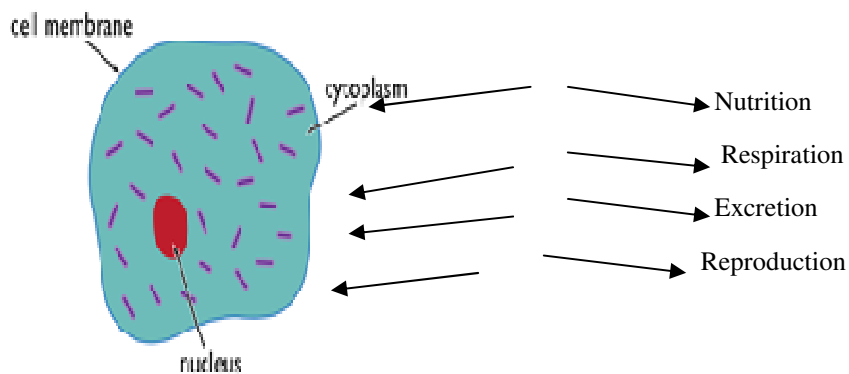
Before answering the question, why yoga, we will have to understand about our body functions. We need some vital activities necessary for life that is respiration, nutrition, excretion, reproduction. These activities perform their function at body level as per cellular level. We have billions of cells in our body. Each and every cell needs all the activities for its existence.

Blood circulation in whole body, supplying all the required substances (especially oxygen, glucose and other nutrients) to cellular level and collect back the harmful substances (carbon dioxide, and other end products, of metabolism which are harmful for our body) with the help of heart (a pumping machine) and blood vessels.

Our excretory system filters blood in kidney (world's most powerful filter machine) & removes harmful substances through urine. For all the vital function, it is necessary to be fit and more active of all the cells of your body for which more oxygen and proper nutrients requires. By deep breathing oxygen reaches up to cellular level with nutrients and activates to all the cells of body and also help to regenerate the cells function, the cells that are degenerating.

In respiration, we need oxygen but why? We have 78% nitrogen in our surrounding and only 21% oxygen if we have an ideal environment in our surroundings. Oxygen have burning capacity, it burns food material and provide us energy with carbon dioxide and water as by product at cellular level. This burning takes place, in each and every cell. Therefore, supply of oxygen and glucose (which is end product of nutrition) is necessary to each and every cell of our body. This takes place with the help of blood, who is the transportation system of our body.

VITAL ACTIVITIES Human Cell



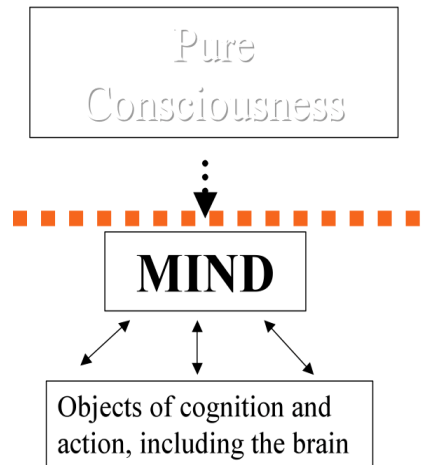
Vital activities in human body at cellular level.

During breathing, we intake air into lungs and from where oxygen carries by blood with the help of haemoglobin in the form of haemoglobin how much oxygen we intake that help to make us to keep fit and more active to body cells, body organs, and body rate of breathing depend upon the intake of our oxygen capacity. In deep breathing we take more oxygen that why tortoise having lifespan of hundred years having slow breathing while dog and cats having only 10-15 years life span. Actually in Indian Scriptures our life span explain in term of breathing not in term of time/age which is more scientific. This is the reason; we should follow the yoga and Pranayama.

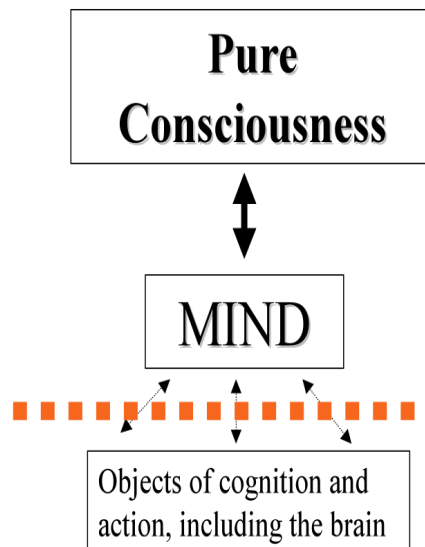
Yoga changes gene expression by SHEELA PHILOMENA – April 27, 2013
Yoga has a positive impact on the genetic level, claims study. An integral physiological component at the molecular level is initiated immediately during practice in the immune cell. When the scientists analysed blood drawn from the participants before and after each session, they found that yoga changed the expression of almost triple the number of genes in immune cells that the nature walk did, 111 Vs 38.

Another study reveals, genes associated with energy metabolism, mitochondrial function, insulin secretion, and telomere maintenance were turned on, while those involved in inflammation were turned off. These effects were more pronounced and consistent for long-term practitioners.

Normal state



Practice of Yoga



Yoga develops the strength and flexibility of the body, as well as allows us to get in touch with our soul. It cleanses our body, mind, and spirit of all the impurities. Our posture becomes better, our oxygen intake becomes higher and all our body systems perform efficiently. It is gentle on both the mind and our heart. Physical poses or Asana, breathing techniques or pranayama and meditations ensure our all-round development.

It helps balance physical and mental energies which are very important to lead a happy life. The ultimate goal of Yoga is however to help the individual to transcend the self and attain enlightenment. As the BhagwatGeeta says, a person is said to have achieved Yoga, the union with

the self when the perfectly displayed mind gets freedom from all desires, and become absorbed in the self alone. **Lord Krishnain Bhagwat Gita says, Yoga KarmashuKaushalam:** means skill in action.

Yoga is not a religion; it is a way of living that aims toward a healthy mind and a healthy body. Man is physical, mental and spiritual being. Yoga helps promote a balance development of all the three.

Yogic exercises recharge the body with cosmic energy and facilitates

- a) Attainment of perfect equilibrium and harmonium
- b) Promotes self-healing
- c) Remove negative blocks from the mind and toxins from the body
- d) Enhances personal power
- e) Increases self-awareness
- f) Helps in attention, focus and concentration, especially important for students
- g) Reduce stress, and tension in the physical body by activating the brain sympathetic nervous system

The aspirant feels rejuvenated and energized. Thus, Yoga bestows upon every aspirant the powers to central body and mind.

The art of practical Yoga helps in controlling an individual minds body and soul. It brings together physical and mental disciplines achieve a peaceful body and mind. It helps manage stress and anxiety, and keeps you relaxing. It also helps in increasing flexibility, muscle, strength, and body tone. It improves respiration, energy, vitality. Practical Yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.

Yoga Asana builds strength, flexibility, and confidence. Regular practice of Yoga can help lose weight, relieve stress, improve immunity, and maintain a healthier lifestyle.

Benefits of Yoga

Yoga is a science that has been practiced for thousands of years. It consists of Ancient theories, observations and principles about the mind and body connection which is now being proven by modern medicine. Substantial research has been conducted to look at the health benefits yoga from the yoga postures (Asanas) yoga breathing (Pranayama) and Meditation. The benefits of yoga may be put in three categories-

1. Physiological
2. Psychological
3. Biochemical

Physiological Benefits-

- Stable nervous system
- Pulse rate decreases

- Respiratory rate decreases
- Blood pressure decreases
- EEG-Alpha wave increases
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Gastrointestinal function normalizes
- Endocrine function normalizes
- Excretory functions improve
- Musculoskeletal flexibility
- Breath-holding time increases
- Joint range of motion increases
- Eye-hand coordination improves
- Dexterity skills improves
- Reaction time improves
- Posture improves
- Strength and resiliency increases
- Endurance increases
- Energy level increases

Psychological Benefits-

- Somatic and kinaesthetic awareness increases
- Subjective well-being increases
- Self-acceptance increases
- Anxiety and Depression decreases
- Hostility decreases
- Concentration improves
- Memory improves
- Attention improves
- Learning efficiency improves
- Mood improves

- Self-Actualisation increases
- Well-being increases

Biochemical Benefits-

- Glucose level decreases
- Sodium level decreases
- Total cholesterol decreases
- Triglycerides decreases
- HDL cholesterol increases
- LDL cholesterol decreases
- VLDL cholesterol decreases
- Cholinesterase increases
- Catecholamine decreases
- ATPase increases
- Haematocrits increases
- Haemoglobin increases

We have to feel the necessity of finding our self, we want to know ourselves, something is missing, and something I could not receive from my church, from my religions. Millions of people are searching for truth and self-realization or as religionists put it, God. We may go to religious places but questioning mind is still there. We can't understand our religion because we don't understand our self. The highest of all books is the book of life, unless open the book of life; we will not understand the teaching of scripture. All the gates to higher knowledge will be opened to your once you understand yourself. According to Patanjali, source of knowledge is within you. The world and external knowledge can only inform and inspire you.

To evolve does not mean going towards the external world. Evolution means going back to the source. If you put 10 covers around a light, what will happen to the light? The light will be as it is, but it will appear dim to you, you will not be able to see it. If you remove the covers, you will see it clearly, you can compare yourself with the light. Before you go to the source of knowledge within, you have to go through many barriers.

Whosoever we are, we have all the potentials within us. Are we aware of this? If we are aware of this, do we know how to use them? Patanjali encourages us to be aware of the potentials we have and to learn how to use them. This practical science says to explore more and more. The word Yoga means unification; to unite with we have to unite ourselves with the SUPREME.

We have to light our own lamp. This is about enlightenment. All individuals have to responsibility to enlighten themselves. Do not think that we can't do it we have that spark; we are fully equipped we simply need to discipline ourselves. Discipline is not a prison. It simply means practice.

“Yoga is ‘Health Insurance Guarantee’ with Zero Budget and not market commodity. Yoga is

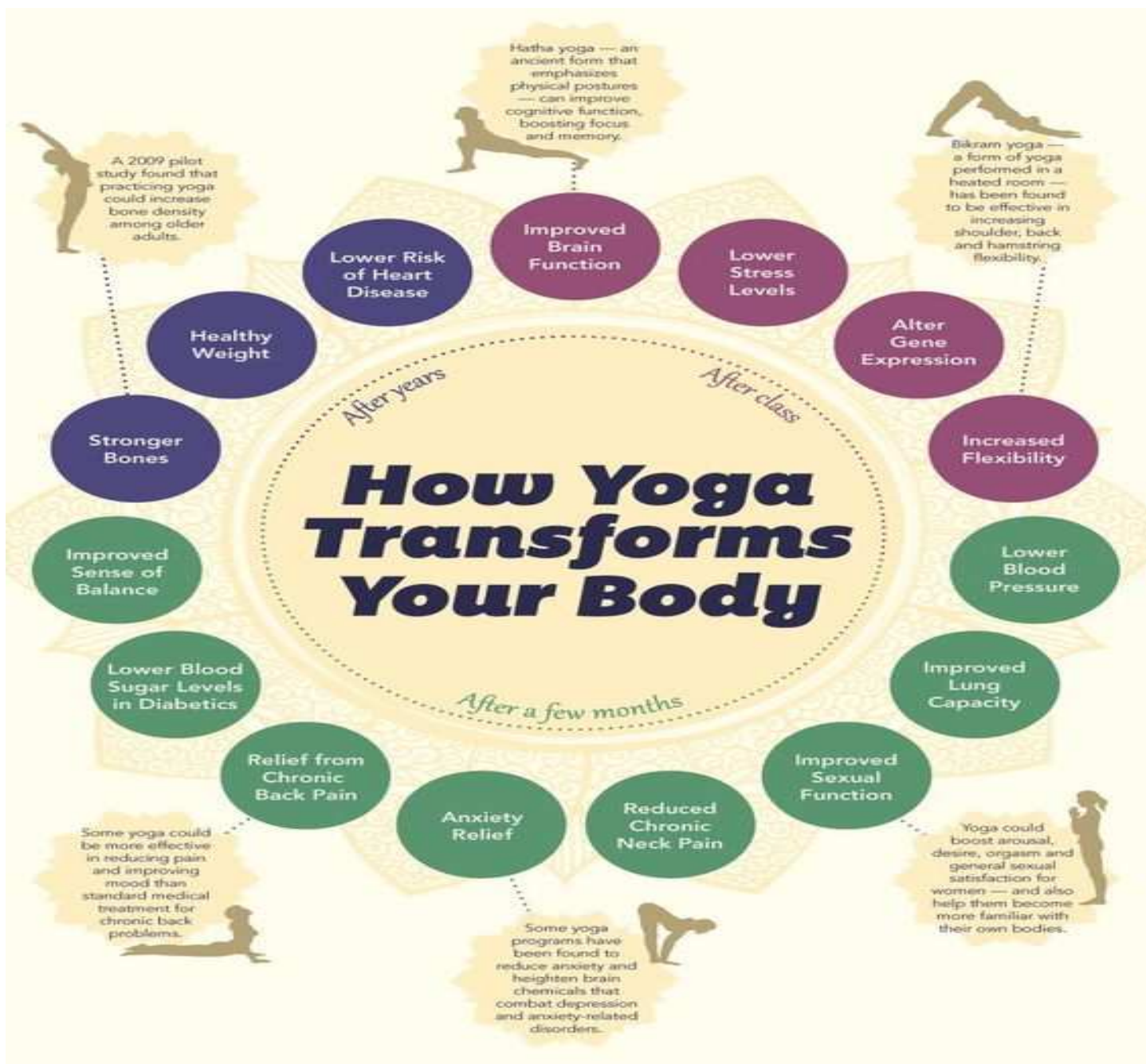
now a global mass movement and to be free social mission and vision for all!”
 - H.E. Prime Minister of India, Shri Narendra Modi

IS YOGA A SCIENCE

Science means to know and to cut or split (which also gives us word “conscious”).

Yoga is the science of knowing one self. Yoga is a science that deals with body, breath, soul, and ultimately, the universe itself. It is practical and theoretical.

Yoga is not a science, but if we allow ourselves to expand the territorial limits of this “knowing” to include the subtle and spiritual provinces- as the Yogis do – then in this sense, Yoga is supreme



science, the science of all sciences (According to Richard Roseh, deputy director of the Yoga Research and Education Centre in Santa Rosa) (Ascent Yoga for an inspired life 1999-2009, first Canadian yoga magazine)

Yoga science does not tell you what to do and what not to do, but teaches you how to be. Yoga Science is a science of life that helps you to know the known and unknown parts of the life that helps you to liberate yourself from pains and miseries, and that helps you to attain a state which is free from pain and miseries.

Yoga Science does not offer any religion, it offers a methodology. Through Yoga science, we can understand ourselves better on all levels, including physical well-being, our action, thought process, emotions, and desires. We can also understand how we are related to our world and how to lead a successful life in the world. Yoga science makes a bridge between the internal and external conditions of life. Yoga is a way of improving ourselves, a way of understanding our internal states.

“Make Yoga an integral part of daily life!”

- Shri Pranab Mukherjee, Ex.President of India

Yoga helps develop and maintain wellbeing

According to YOGACHARYA Dr ANANDA BALAYOGI BHAVANANI

MBBS, ADY, DSM, DPC, PGDFH, PGDY, FIAY, MD (Alt.Med)Chairman: International Centre for Yoga Education and Research (ICYER) & Yoganjali Natyalayam, Puducherry, South, The science of Yoga has numerous practical techniques as well as advice for proper life style in order to attain and maintain health and well being. *Bahiranga* practices such as *yama*, *niyama*, *asana* and *pranayama* help produce physical health while *antaranga* practices of *dharana* and *dhyana* work on producing mental health along with *pratyahara*. It will suffice to say here that Yoga works towards restoration of normalcy in all systems of the human body with special emphasis on the psycho-neuro-immuno-endocrine axis.

In addition to its preventive and restorative capabilities, Yoga also aims at promoting positive health that will help us to tide over health challenges that occur during our lifetime. Just as we save money in a bank to tide over financial crises, so also we can build up our positive health balance to help us manage unforeseen health challenges with faster recovery and recuperation. This concept of positive health is one of Yoga's unique contributions to modern healthcare as Yoga has both a preventive as well as promotive role in the healthcare of our masses. It is also inexpensive and can be used in tandem with other systems of medicine in an integrated manner to benefit patients.

Yoga is a holistic science of life, which deals with physical, mental, emotional and spiritual health. Various aspects of Yoga help in the prevention and management of stress thus enabling us to live as healthy a life as possible in a dynamic state of wellbeing.

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