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Integrating Yoga -The promises and prospective for Managing Lifestyle

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Abstract

*Today in the 21st century we are faced with various global challenges for humanity and many other health issues such as debilitating chronic illnesses, and disorderly lifestyles which are continuously haunting the life of one and all and unfavorably affecting the balance of human life. It's a hard time to reconnect with our roots to find a stable and permanent solution and it can only be possible through YOG. Yoga is not just a gesture or posture only rather it's a way of living, an art of managing life. Yoga is a physical, mental, and spiritual practice or discipline which originated in India. **Yoga in Daily Life** is an arrangement of practices consisting of different levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. The word "Yoga" originates from Sanskrit and means "to join, to unite". Yoga exercises have a holistic effect and bring body, mind, consciousness, and soul into balance. The main goals of "Yoga in Daily Life" are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, respect for life, protection of nature and the environment, a peaceful state of mind, pure thoughts and positive lifestyle, physical, mental and spiritual practices. Yogic techniques are known to improve one's overall performance. Pranayama is an important, yet little known part of Yoga. Until recently, this art and science of yogic breathing were almost completely unknown to the common man like many other ancient Indian arts.*

Keywords: yoga, health, spiritual, Pranayam, soul, mind.

INTRODUCTION:

The modern world is facing a virulent disease of lifestyle disorder that requires changes to be made willfully by an individual himself and as yoga is the best lifestyle ever premeditated, it has prospective in the anticipation, administration, and cure of prevalent lifestyle disorders. Yogic lifestyle, the diet, attitudes, and various other yoga practices help the human being to strengthen physically and psychologically facilitating them to endure stress. Yoga assures "health insurance which is achieved by regularizing the stress, optimizing the reaction, and releasing the stress efficiently through various practices. The popular study on yoga has shown its positive trend and promises for the future of fitness and the utilization of yoga as a part of health concern. The major benefits of yoga take place due to its components like a healthy diet, relaxation, and positive attitude along with the harmonizing and balancing effects of pranayama and yogic



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repose. Yoga places a great significance on a healthy lifestyle with its main components are achar, vichar vichar ahar, and vihar. The basic principles helpful in the management of lifestyle disorders include psychological reconditioning and development of suitable attitudes towards stress management, relaxation, and mental practices. Yoga as a lifestyle is far more than performing poses or practicing breathing. It is a philosophy about how we live life. The ancient yogis told of the Eight Limbs of Yoga, which were nothing but eight different aspects of lifestyle. These tell us how to maintain the balance between the mind and body and soul. With the help of yoga ideology and adopting healthy practices and attitudes, one can ultimately lead to enlightenment.

The Bhagavad Gita says: Just going into a corner, sitting spine erect and doing some breathing is not Yoga. When you do something with your hundred percent perfection in your every action, that is Yoga. This is a way of life, a vital tool that helps to attain health. (Innes et al. 2005; Innes & Vincent, 2007). Yogic lifestyle, the diet, the attitudes, and practices help the human being to strengthen themselves enabling them to withstand stress better. Yoga is this holistic and essential science of life dealing with all types of the health of one and al viz. physical, mental, emotional, and spiritual.

YOGA AND LIFESTYLE DISORDERS:

Several reviews, kinds of research, and theories have recommended that yoga reduces the risk of cardiovascular decreases by lessening the action of adrenal system and the hypothalamic-pituitary-adrenal axis. It also supports and promotes the feeling of well-being along with direct improvement in parasympathetic action (Innes et al., 2005; Innes & Vincent, 2007). Yoga not only provides social support by reducing the factors for cardiovascular diseases but it also improves lipid profile which is an important risk factor. Yoga has also its effect on the diseases associated with insulin resistance. Most of the lifestyle disorders unfavorably crash with the performance of the autonomic nervous system (ANS). And here the focus on yoga is noteworthy. Studies have shown that diabetes mellitus affected CNS processing can be cured with Yoga (Madanmohan et al., 2012). It has also been reported that yoga improves nerve conduction in patients suffering from diabetes. (Malhotra *et al.*, 2002; Gordon *et al.*, 2008). Even a small modification in lifestyle and including Yoga in daily life risk factors for increased insulin sensitivity heart disease, hypertension, dyslipidemia, and diabetes (Bijlani *et al.*, 2005; Yang, 2007; Chaya *et al.*, 2008). The literature review suggests that cardiovascular health is also benefited from yoga practice and increases overall cardiovascular endurance and can play a primary or a complementary role in primary and secondary prevention. (Raub, 2002; Jayasinghe, 2004). Studies conducted on yoga intervention in coronary heart disease by Manchanda *et al.*, 2000; Yogendra *et al.*, 2004 have proven that yoga-based lifestyle adjustments and modifications help in improvement in cardiac health. A chain of studies conducted by Bhavanani et al., 2011; Bhavanani & Ramanathan, 2012; Bhavanani et al, 2013, have acknowledged the direct effects of various pranayamas in cure of hypertension and reductions in heart rate. These conclusions and findings by the researchers have potential healing applications for mankind.

YOGA IN MANAGING STRESS:



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Stress can be managed better through Yoga as it is a vital part of our daily life which can worsen all the lifestyle disorders if left unmanaged. Streeter et al, 2012 proposed a theory that explains the benefits of yoga practices in stress management. According to the theory proposed by Streeter *et al.*, the decreased activity of the parasympathetic nervous system can be improved by yoga and will result in a decrease in symptoms. According to Giri, 1976; Bhavanani, 2013, Stress can be managed through counseling, asanas, kriyas, and pranayama techniques as they help in normalizing the metabolic activities through Surya namaskar, asanas, kriyas, and pranayama which result in relaxation, and inner calmness.

Health does not mean not having the disease but is a way of living and having a feeling of well-being at a physical, mental, emotional, social, and spiritual level. (Kualayananda & Vinekar, 1971). Yoga aims to ensure good health through natural powers of body and mind. He emphasized that yoga causes purification that results in the eradication of factors that disturb the health of the body and mind (Kualayananda & Vinekar, 1971).

PREVENTION AND MANAGEMENT OF LIFESTYLE DISORDERS:

1. Healthy diet: A healthy diet is the most important part to maintain health. Regular meals in moderation including the right amount of vegetables, salads, minimum salt, adequate calcium, and potassium, etc can prove stress buster. It is a must to maintain good hydration to help in reducing blood pressure and enhancing insulin sensitivity. Eat only when hungry is the best point to remember. Ates, and avoid refined foodstuffs and junk foods.

2. Nurturing the right attitude: Nurturing the right attitude towards life and attaining clarity of mind is the most important part of tackling lifestyle disorders to reduce the stress.

3. Performing Asanas: Practicing asanas tada asana, trikona asana, hasthapada asana, and padangushta asana for physical conditioning is quite useful. It enhances mind-body harmony through the "breath-linked movements". The Surya Namaskar can also produce harmony between mind body and soul when done without strain with meditative awareness of the Surya mantras.

4. Pranayama: Pranayama is very beneficial and is an excellent practice to reduce stress and a sense of relaxation.

5. Cleansing through Kriya: Kunjal, kapalabhati, etc can be performed for cleaning practices.

6. Yogic relaxation: Yoga relaxation practices such as anuloma viloma, and yoga Nidra can help reduce stress.

CONCLUSION:

Yogic lifestyle has a great perspective in managing and curing lifestyle disorders and improving the health of humankind. It can prevent the progression of the disease and manifest a cure. The studies on yoga and health augur well for the future of health care by Yoga practices. In general and the use of yoga as part of the integrative health-care system in particular. The major reimbursement of yoga happens due to a healthy diet and a positive attitude along with yogic kriya, asana, and Pranayam. Yoga helps in the reinstatement of physical, mental, emotional, and spiritual balance between body and mind thus helping human kind to live a stress-free life.

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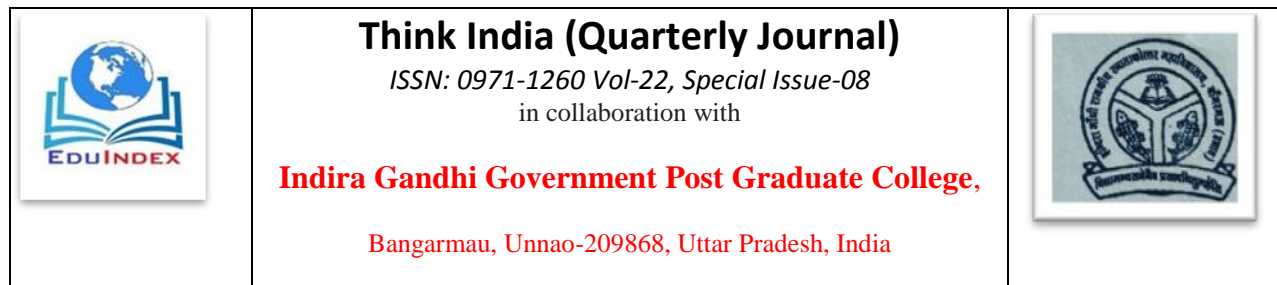
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