



Think India (Quarterly Journal)

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Yoga: A Way to Develop Healthy Society

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Abstract

Health of the society is depends upon the lifestyle of the people live in that society and lifestyle has huge impact on their health. As lifestyle has major role on the health so it's very important to cultivate good health habits in early childhood stage so that it becomes the part of your lifestyle. Factors like: Family condition, economical background, health condition, education syatem, food habits and cultural aspects etc. majorly affects one's lifestyle. Healthy lifestyle makes healthy people and healthy people make healthy society which leads to the healthy nation. There are various methods of developing healthy lifestyle which can help people to be healthy, make their immune system strong, maintain fitness of their body & mind and prevent them from diseases. Now a day's Yoga is playing key role in improving health of the society which is severely impacted by the inactive lifestyle. Main aim of yoga is to provide base to the people in every stage of life which includes physical development, mental development, emotional stability and finally achievement of spirituality. It gives power to people to increase concentration and satisfaction in life. . Yoga shows the way of self actualization and gives assistance in maintaining active & long life. Continues study, mortification and work without expectation are the part of kriya yoga which helps us in doing great things in this world without expecting anything in return. So yoga builds the ability to do something great for others. It lifts us up and helping people to maintain good physical health which will direct us to the healthy mental & emotional health.

Key Words- Astangh yoga, Pranayama, Depression, Obesity, Stress, Culture, Nutrients.

Introduction

Swami Vevekananda side "Our karma determines what we deserve and what we assimilate. We are responsible for what we are; and whatever we wish ourselves to be, we have the power to make ourselves". Health of the society is depends upon the lifestyle of the people live in that society and lifestyle has huge impact on their health. As lifestyle has major role on the health so it's very important to cultivate good health habits in early childhood stage so that it becomes the



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part of your lifestyle. Factors like: Family condition, economical background, health condition and cultural aspects majorly affects one's lifestyle. There are various methods of developing healthy lifestyle which can help people to make their immune system strong, maintain fitness of their body & mind and prevent them from diseases. Healthy lifestyle makes healthy people and healthy people make healthy society which leads to the healthy nation. Now a day's Yoga is playing key role in improving health of the society which is severely impacted by the inactive lifestyle. Yoga is the part of hindu darshan which shows the path towards self realization and self conciseness. It is the art of living which connects our soul with the super power of universe. This art came into an existence 5000 years ago which give us practice to build up spiritual life. In this progress yoga expands every aspect of human health. Main aim of yoga is to provide base to the people in every stage of life which includes physical development, mental development, emotional stability and finally achievement of spirituality. It gives power to people to increase concentration and satisfaction in life.

Factors Causing Deterioration of Health of the Society

Healthy society builds the healthy nation. Progress of the country in every manner is based on health of the people living there. In today's situation the world is facing many health related issue as per their conditions which are affecting them very deficiently. There are some factors which affects health of the society of any nation:

Technological Development- Today's world is the world of artificial intelligence with high technological development. One side this technology helping us in improvement of our status & making us more powerful in every aspect but in other side it is impacting negatively on our health. Though we have also developed many health care systems and technologies but still this system of artificial assistance is unable to provide natural beauty of life in our society. Technology helping us to improve our health and fitness but some where it has side effects also which our society is facing nowadays.

Education System- These days education system is refined and included various types of activities to improve formal and informal means of gaining knowledge. A good frame is structured but in the world of so much competition that frame is now making very pressure on the students. No doubt new teaching aids and learning programs made learning effective but these programs also added more load in child's daily work which impacted on his/her daily physical activities.

Occupational Stress- Occupational stress is also one of the major factors for reducing health of the society. In this high tech world people are very much stressed due to lack of job vacancies and increased competition. They don't have time to think about their health. Digitalization enhanced jobs which are having less active lifestyle. This kind of work is reducing health standard of the society.

Imbalanced Economical Status –In our society there are very huge variations in economical status of the people. Here some are suffering from the diseases occurring due to intake of over



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nutrition and some are suffering from the diseases occurring due to intake of under nutritional diet. Many of under privileged people are not even having facilities to take care general health problems. Uneven distribution of economy is also the major cause of deterioration of societies health.

Lack of Awareness – Awareness about health related aspects are necessary to reduce diseases and other deformities. People are less aware about health because they are busier in settling their life and fighting for their survival in this highly competitive world. They are least bothered about their health.

Family Background- Family background also matters in case of health related issues. If anyone having any kind of genetic disorder or other cases of genetic problems then it is automatically transferred to the next generation.

Changed Environmental Conditions- In today's time environmental conditions are changing very quickly and issues like global warming, pollution, food adulteration and other factors are impacting health of an individual.

Food Habits –changing food habits are very major concern for health of the people. People are more dependent on processed food. Food adulteration increasing day by day and nutritional value of is decreasing. This change in quality of food made health related problems more prominent in the society.

Cultural Aspects- Cultural aspects have very huge affect on health. It affects sensitivity of healthiness, diseases, food habits, promotes healthy lifestyle. If we already have physical activities as a part of our culture then it's easy for us to maintain healthy environment in the society. For example yoga is not a subject in India it's a part of our Indian culture.

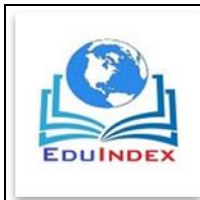
Transportation- Facilities of transportation made our life very fast but it impacted our life cycle very badly. People are completely depends on vehicles which caused less active lifestyle in the society.

Health Facilities- In this advanced world still there are many places where people do not have proper health facilities. They are suffering from lack of medical facilities.

Social Life- Social life of the people is completely destroyed due to the work pressure and concept of nuclear family. People are more stressed because they don't have anyone to discuss their problems and share their feelings.

Yoga for Healthy Society

Yoga is the wonderful health and wellness component to improve healthy life style. It is a holistic science of life handling with physical aspects, mental abilities, emotional stability and spirituality of an individual and society. Yoga and health are very closely associated with each other. Yoga as its meaning says yog (plus). Yoga connects our soul with the god. It creates bond



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between atma & Parmatma with help of various yogic practices in a sequence which is called Asthanga yoga - Yama, Niyam, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

Yama and Niyama are intended at the outer and inner synchronization of a human being. Values and ideas of genuineness, peacefulness, honesty, purity and gratification carry on harmony in the society and also in the life of an individual. When a person diverted from these values then it causes stressful environment in the society.

Asana leads the physical workout of the body which makes body more active and responsive with the help of various types of poses. It enhanced the posture, regeneration of body cells and tissues as well as strength & stamina in the body.

Pranayama leads to the control of breathing or command over breathing which maintains the physiology of our body. Our systems of the body are largely depends upon our breathing system so pranayama controls all our systems with the help of controlled breathing (Prana). Prana + Ayama open all channels of the body (Nadis). If any blockage occurred in the nadis then it caused diseases or disordered in human body. Practice of slow and deep breathing makes our lungs more powerful and helping in maintaining blood pressure in the body.

Pratyahara is related to the awareness about any external thing. It is mainly associated with our sensory organs. Pratyahara makes individual self directed and self controlled. It helps in reducing the effect of external world on once lifestyle.

Dharana means attentiveness of mind on one point. Dharana means to hold or keep our full focus on something which we need to attain. Dharana help us to make picture in our mind and improves our inner strength & self believe.

Dhyana (meditation) is the seventh limb of asthanga yoga which processed our mind on the dharna which we have made first. Meditation can cool the mind and eliminate strain and nervousness. It recovers mental health with enhanced harmony and steadiness of the mind. Meditation supports the medium of exchange of thoughts in the brain, which is generally experience during relaxation, and meditation also can enhance alertness and helps in dealing with the negative thoughts of the mind like annoyance and aggravation.

Samadhi is the state in which our whole body concentrated only on one point which we have meditated in dhyana. Samadhi is the stage which connects our body with the subject of meditation.

Above mentioned 8 limbs of asthanga yoga facilitate us in making our life more systematic and it provides set of completely organized physical, mental, emotional and spiritual activities which will lead us in life and head of that. The vast areas of yoga have solution for each and every problems which are occurring due to lifestyle disorders.

Some benefits of Yoga are mentioned below:



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- Yoga provides complete set of activities for individual's wholesome development of personality.
- It can accept and practiced by anyone.
- It can be practiced by every age group with different intensity and volume.
- Yoga can help in improving life style disorders like Stress, hypertension, obesity, anxiety, diabetes, blood pressure, etc.
- Yoga is very much effective in psychotic disorders and helpful in reduction of deep depression.
- Yoga helps in improving condition of aches in various joints, muscle stiffness and other flexibility related problems in body system.
- Yoga can improve all the systems of the body and enhanced immunity.
- Asanas and Shatkarma works for detoxifying the body.
- Yoga help in getting relief from digestion related problems in the body.

Conclusion- Our society carrying many worth less habit which are distracting them from main focus of life. Yogic practices can make our society more fit and health conscious. The practice of yoga is helping people to direct themselves towards self actualization, concentrated and organized. If an individual will make yoga practice as a part of his/her life style then surly that person can able to contribute more to the society. Yoga shows the way of self actualization and gives assistance in maintaining active & long life. Continues study, mortification and work without expectation is the part of kriya yoga which helps us in doing great things in this world without expecting anything in return. So yoga builds the ability to do something great for others. It lifts us up and helping people to maintain good physical health which will lead to the healthy mental & emotional health. The stage of spirituality starts after achieving top most level of physical, mental and emotional health.

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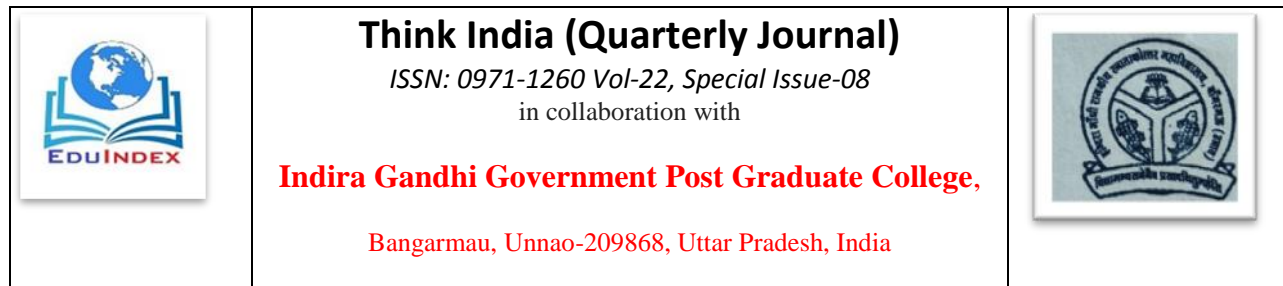
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