



## **A Study on Yoga and Meditation**

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### **Abstract**

The state of study it is seen that yoga has been going on a long ago time. Human beings are providing valuable guidance on diet, monastery, vihar and Bramhachrye. In keeping with this, we see that individuals are making self-fulfilling development and self-promotion. Yoga sadhana has become an integral part of human life and food, clothing, shelter, Health education and yoga practice are also becoming a necessity for human beings. Meditation is focused on attention, thought and breath being aware of breathing automatically controls the thought process and thus relaxes mind completely. Nowaday, more and more people are turning to yoga and embracing yoga to make their lives happier. Review of literature method has been used for this study

**Key Word- Yoga, Meditation, Human Life, Body, Mind, Yoga sadhana**

### **Introduction**

In the current state of society, human life has become artificial. As the use of machines increased and life and education began to diverge, human beings were not as strong as before. Human life in the East was quiet, happy, and content. Their movements were limited in appearance, their needs limited and limited, but in modern times, man has become a slave to the machine and his needs are clouded. Man is living a virtual life in the surreal age beyond food, clothing, post-health, entertainment, education. Physical means have grown so much that they have no time to look at their own health, family and society, and the body that was once strong is now

weakening. The reason for this is that the quality of movement is declining drastically because of the less difficult tasks. Therefore, in order to become human strong, he had to start artificial physical education and sports in all fields and Ayurveda and yoga are being preached and spread by saying "Old is gold".

### **Objectives**

- 1) Yoga sadhana is a Mantra for the happiness of human beings.
- 2) Meditation practices provide health benefits.

### **The importance of yoga in human life**

The importance of yoga in human life has been used and practiced in various fields in modern times. At present, various yoga studies are taking place in Yoga and since it has received a scientific meeting, efforts are being made to simplify its layout and simplify management. The promotion and spread of yoga is spread all over the world through various training centers, dhammas, ashram, colleges, and universities. From this, the International Organization of Yoga Day has declared the yoga world recognized by the United Nations. It is through this that Yoga's and Surya Namaskar are being used extensively while India is on its way towards becoming a World Guru.

From the various articles on yoga, you can see that a set of different postures creates a Surya Namaskar. Yoga is being used in various fields by researching various aspects of science. Yoga is used for health protection, for school life, in the agricultural field of yoga, in daily life of yoga, for the prevention of yoga, and for yoga spirituality as before. While it may not be easy to reach the end of yoga, it is common for people to use yoga in their daily life at different stages of their lives in order to protect themselves. However, people in general have used yoga in their daily life at different stages of their lives to maintain their health.

### **Mediation**

Yoga is also said to be way of life and when practiced gives all-round benefits. Astang yoga is dividing in eight parts. Meditation is part of yoga this related to prayama, dhyan and dharna also

useful in asanas, which deal with mental relaxation and concentration. Meditation is focused on attention, thought and breath being aware of breathing automatically controls the thought process and thus relaxes mind completely.<sup>1</sup>

In modern times, human life has become unstable and stressful. Anxiety is worsening due to work worries and physical and mental health of the person is deteriorating. Family and health problems have deteriorated, social and national health has deteriorated as crime has increased. For this, physical health depends on diet, exercise, relaxation, and yoga considered a pure, sattvik, limited and balanced diet. Asana, Pranayama has also been scientifically considered as exercise. Rest is thought to include relaxation, breathing and yogic sleep.<sup>2</sup>

'At present, the labor of the daily run is not an exercise, but rather, it is necessary to take exercise to keep them functioning and energized as the body is tired and tired. In this simple, relaxed, short-lived exercise regimen, both health and the endocrine glands are responsible for the health of the body. According to the theory of Ayurveda the atmosphere, independent and external part contribute to yoga to maintain both the active section.<sup>3</sup>

In urban areas, the stress of work, mental stress - more mental labor, competition, loss of loved ones, quarrels, crowded environment, financial stress and ethnicity are leading to life stress. As a cure for this, asana should be done only after taking into account the strength and age of the person. There are often opportunities for improvement in life. Believing in this, one must constantly look at life from an optimistic perspective.

सर्वेपिसुखिनःसन्तुसर्वेसन्तुनिरामयाः।

सर्वेभद्राणिपश्यंतु ,माकश्चिददुःखभाग्यभवेत् ॥<sup>4</sup>

'Yoga also teaches and guides you to follow the diet, Vihar and celibacy for the protection of health. Also, when practicing yoga, such as time, place, costume, bath, age, and other types of exercise, there are many benefits that can be gained by following the rules of yoga.<sup>5</sup>

The call to maintain family and social well-being is seen as standing in front of the country. For this, family and social health depend on yoga, rules and rules of yoga. The five rules of truth, non-violence, untruth, celibacy, unrequisite, and the five rules of purification (sanctification), contentment, penance, self-restraint, god restraint have been considered. These five yams and rules are useful for maintaining family and social health. Ideas of happiness have changed in recent times. Ordinary persons attain happiness through the senses and the mind. For this reason, the body is deteriorating as well as the mental health. The first five yamas have stated how a person is a social animal and how he should behave in society. There are obligations to

Follow in Yama society, while the rules are self-imposed restrictions. For this, asana is planned

To achieve stability by achieving a healthy state of one's body and pranayama, retraction, retention, meditation and Samadhi are planned for agile human concentration. In this way, yoga has taken into consideration all parts of human life and suggested ways to achieve physical, mental and social well-being<sup>6</sup>. Asana and pranayama have a very good relationship with physical and mental health.<sup>7</sup>

Yoga is doing the work of connecting people in the modern space. For this, the first condition of yoga is to first connect with yourself and then to all, yoga education is complementary to one another. It teaches yoga to be connected, to whom it is linked, to who will do what it wants to do, yoga is an intimate tool of any religion or sect. Through the eight limbs of yoga, restraint of body, word and mind is followed by Yama, rules for the observance of morality, sitting posture that relaxes and relaxes the sitting posture. Meditate and meditate, unite meditation and goal and achieve self-esteem this is called Samadhi<sup>8</sup>. This shows that the practice of yoga can lead to happiness.

### **Benefits of Yoga and Meditation for the Happiness of Human Life**

A growing problem is the current problem - stress is one of the things that causes people to get upset and tired, the cause of illness is stress. Excessive stress can increase blood pressure and increase the chances of a heart attack.<sup>9</sup>

Therefore, a good mind resides in a good body, so a healthy body requires the study of Yoga, Pranayama. Stress - Yoga plays an important role in stress management Yoga can be achieved through the benefits of a person's body retention, respiratory control, muscle capacity, flexibility, ability to carry blood and oxygen and control hormones secretion of glands. We all have to deal with the increasing traffic congestion in this run-of-the-mill era.<sup>10</sup>

Therefore, when you look at the physical benefits of yoga, it is seen that yoga practitioners face a successful life by facing all diseases related to the lungs and respiratory system<sup>11</sup>. Saying the importance of yoga to the present state,

भाईअपनेतनसेमनसेदूरकुरोगकरें।

आओयोगकरें।आओयोगकरें।।<sup>12</sup>

According to the line of this poem, to avoid illness, pranayama, yogic kriya, diet, have the idea of living a happy life and living others.

युवावृद्धोऽतिध्दोवाव्याधितोदुर्बलोऽपिवा।

अभ्यसात्सिद्धिमाप्नोतिसर्वयोगेष्वतंद्रितः॥<sup>13</sup>

According to this line, youths, the elderly, the elderly, the afflicted can all achieve a healthy life by practicing yoga. The poem,

" योगकरेहमयोगकरेंजीवनकासदुपयोगकरें "

By Yoga tells us to be beautiful, prosperous, achievement, body and mind clean, healthy at a low cost<sup>14</sup>. It is said that yoga is the key to life.



योगविसकाकीजीए, मनभवनासत्कार।

होताहैहरयोगसे, रोगोंकाउपचार।।<sup>15</sup>

This line sage yoga is key of life.

Body and mind are important tools for doing yoga<sup>16</sup>. In this Bhagavad Gita, one should also keep the body, head and neck in a straight line and keep the body in a straight position and look at the nose<sup>17</sup>. "Yoga is the source of life. Your elastic bone is as flexible as you are young. Great yoga guru b. K. S. According to Iyengar's thinking, when you breathe, you are receiving power from God, but when you breathe out, you are serving the world."<sup>18</sup>

"In today's runaway age, yoga is the simplest way to keep your mind and body healthy"<sup>19</sup>. Yoga to meditate, to live a peaceful life, to know who you are, you have Yogi who has a healthy mood in his breath. So you must learn to control your breathing<sup>20</sup>. Yoga is a light that the more we practice it, the more prevalent it is. Yoga is universal; the mind is free from all the troubles.

A Meditation leads to knowledge for human. Also, yoga practice makes man aware of his or her self. And yoga practice assists in the advancement of the whole human being, so yoga practice is an essential part of human life.

'Yoga is the end of heartache. Yoga is the end of the illusion of the mind.'<sup>21</sup>

" योग - योगकानाराहै। भविष्यअबहमाराहै।

योगजीवनहै ,योगकानियमितअभ्यासकरें ,

जीवनकोखुशहालऔरस्वस्थबनायें”॥<sup>22</sup>

In the course of human life, doing certain yoga and human age is essential for practicing yoga. The key to human happiness is to say that.<sup>23</sup>

### **Conclusion**

From this study it is seen that yoga has been going on a long time and in yoga, first and foremost. Thereafter, human beings are providing valuable guidance on diet, monastery, vihar and Bramhachrye etc. In keeping with this, we see that individuals are making self-fulfilling development and self-promotion. Yoga sadhana has become an integral part of human life and food, clothing, shelter, Health education and yoga practice are also becoming a necessity for human beings.

### **Summary**

Yoga practice has made human life pleasant since ancient times. Even today, yoga is playing an important role in human life and tomorrow, yoga seems to work to solve the problems of human life. The propagation and spread of yoga is becoming widespread and Surya Namaskar, Sarvangasundar exercise and meditation is proving its usefulness to the world from a scientific and scientific perspective. Some types of yoga, pranayama and meditation in yoga are making management easier, less expensive, less time consuming and saving human life. Are doing While you are trying to get the most out of ashtanga Yoga, understanding yoga is not at all easy for the common people, but in human life, they are maintaining their health by learning some aspects of diet and living, and promoting how it will benefit others. Because yoga teaches to connectthrough yoga, many people are enjoying the positives that come to life and are living with an optimistic outlook. Through yoga, man has attained physical, mental, emotional and spiritual dignity in life. But nowadays, more and more people are turning to yoga and embracing yoga to make their lives happier.

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