



Indian Yoga and Its Benefits: A Physical View Study

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Abstract

Yoga is a group of physical, mental and spiritual practices the origins of yoga have been speculated to period of Aryans culture. It is mentioned in vedic youg of. Rigveda Aryans give to India, a physical fitness gift. through it. It is a complete system and no other set of exercises has been able to complete with it in so far as a whole is concerned. It encompasses physical development of each and every part of his body-outer as well as inner circulation of blood, breathing, mental equilibrium, emotions, feelings, desires, senses, intellect and thought and finally to his union with the supreme, a sense of equilibrium, serenity and peace to the individual and the world around it is most Popular in the world. its features. also it is described in bhagwatigita also It is described in Bhagwat Purana, Patanjali has, however been reckoned as the greatest exponent of yoga. It is not actually he, who brought this about but ne gave it a definition shape in his immortal book Rajya Yoga which in itself is considered a path for self-realization therefore to study of Indian yoga and its benefits. chose this topic for research paper.

Keywords : Yoga, Physical, Mental.

Objectives of research

- 1) To explain yoga and procedure.
- 2) To overview on Physical fitness
- 3) To study Indian yoga and its benefits

Research methodology

For the purpose of this study used social science research methodology to study the research topic used. scientifically analysis in this method I used. secondary data in this secondary data used reference books, research articles news papers, journals, published and unpublished materials and also taken' Internate facilities use.

Yoga consists of a number of various disciplines as like as yama, Dhyana, dharna samadni, pranayama, pratyachara and etc it's described and explained following description.

1) Postures. (Asans).

Its a physical positions in yoga. it is a Set of postures and nothing equal to it is found in the world. its various types. Asans are of as many types as there are species of animals and birds. They get their name from these creatures as Mayur Asam (Peacock posture). If one sits steadily in a posture for sometime without unnecessarily straining himself, he will be healthy, well balanced and controlled. Different Asans are meant to meet different requirements.

Asans give mental poise, psychological efficiency to face worries, anxiety and tensions of life. It gives mental poise and equilibrium. It helps to controls psychosomatic problems. It gives sound sleep and complete rest to the body and the mind. Many asans are of curative type.

C) Pranayama

Pranayama is the important and useful part of yoga. It consists of Pran and Yama. Pran is the vital energy in the air we breathe in. Yama means control. So pranayama is the control of the vital energy in us. It is considered that by pranayama, we can control our mind. Our body functioning and thereby it help ourselves in Godrealization. It helps in the easing of tension and creates peace and equilibrium.

The normal breathing is faulty and is the cause of many diseases as asthma. In our normal breathing we do not fully breath out carbon dioxide which is essential for good health. We do not breathe in oxygen fully and direct it to each and every part of our body so its most useful for fitness of our body.

3) Pratyhar

This means the restrain of senses from the outer world which is the root cause of many diseases, bodily troubles or infirmities, ill-health and mental disturbance. This giving of free reign to our senses or desires must be stopped. It means turning within. This suppression or elevation of desires should be a slow and intelligent process as it is likely to have ill effects, psychological and physical.

4) Dharna

Dharna means concentration. When the senses have come under control and we have somewhat turned inward, the mind which is strong still runs outwards. It is as difficult to control the mind as to control the wind. The dharna and the next two processes are the three steps in this direction.

In Dharna, the mind is concentrated on a point between the two eye-brows. This point is called chakra and is considered to be psychic centre of our system. Here, all the outer senses and inner senses are supposed to meet. The mind is not allowed to deviate and the whole of it is to be concentrated at this point as if the body and the mind do not exist. In a way it is concentrated on shunya 'or nothingness. It is very invigorating physically, psychologically and spiritually.

5) Dhyana

Dhyana is a part of dharna. It becomes after dharna after dharana the mind is concentrated not at the point between the two eye-brows but in the intellect this is not physical or psychic centre but spiritual centre. It is a continuous meditation or deep thinking beyond body and mind. It is realization of the self or God. In this state, one experiences oneness between the whole of creation and the whole of humanity. He concentrates on anything.

Conclusions

By Indian yoga we achieve physical fitness, it is most useful gift that aryaans give to India, and through it to the whole world a pattern of physical education. Yoga consists of a number of disciplines, Yama, Niyama, Posture, Pranayama (breath control), Pratyahara, (withdrawal of senses), Dharna (concentration), Dhyana (spiritual meditation), samadhi (union). The first five are

external in nature while the last three are internal. They are interdependent and all help in the ultimate objective of samadhi (self-realization).

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