Think India (Quarterly Journal)
ISSN: 0971-1260 Vol-23, Special Issue-03
in collaboration with
Indira Gandhi Government Girls Degree College,
Rae Bareli, -229001, Uttar Pradesh, India
Sponsored by
Dept. of Higher Education , Govt. of U.P.

NATIONAL SEMINAR ON YOGA FOR WELLNESS AND POSITIVE HEALTH
14th - 15th December, 2019 (Saturday-Sunday)

Meditation, Yoga and Health

Dr Sandeep Kumar Gupta
Assistant professor in English
Govt. Degree college Bhojpur, (Moradabad) U.P.

Abstract

Yoga is regarded the oldest tradition of self-transcendence. The evaluation of yoga is associated with Indian culture. The word Yoga comes from the Sanskrit word 'Yuj' meaning to join, or unite. It implies joining or integrating all aspects of the individual-body with mind and mind with soul to achieve a happy, balanced and useful life. It unites the individual with the supreme. Yoga is not a religion. It is a way of living that aims towards a healthy mind in a healthy body. Yoga and meditation have become popular in the world. Current research also confirms that meditating and doing yoga can boost overall well-being and resilience to stress factors.

Introduction

Yoga is an art to lead life. It is the most favorable method to connect the nature by balancing the mind-body connection. In recent years Yoga has become famous as a form of physical exercise based upon various postures which has full control on the mind and body. Modern yoga has evolved with a focus on exercise, strength, flexibility, and breathing. It focuses on stretches and poses designed to stimulate inner peace and physical energy.

We meditate to exercise and regulate the mind. An irregular mind is pulled by wishes and desires, fears and habits. Meditation refines our thinking, intellect and ego. We should learn to concentrate through the practice of meditation. Meditation makes us learn the art of observing and witnessing the play of our thoughts. A mind that is not balanced loses its radar, its direction.

A pure mind finds its direction within for it is centered. A settled mind finds its own centre. It gives inner guidance all the time.

In every meditation there is something unique. It requires only five minutes after meditation to observe ourselves within. During morning meditation, we achieve a certain level of consciousness.

The twentieth century is called the era of anxiety and depression. With the advancement of science, excessive use of internet and android mobile, man has conquered nature and has attained all the materialistic pleasures of life. Many physical diseases have been controlled. There is no denying the fact that frustration, tensions, unhappiness; social and personal disorders are increasing day by day.

Ancient Indian thinkers have suggested the techniques of controlling the mind. Patanjali's Yagasutra is considered to be the oldest treatise on yoga. Here Maharishi Patanjali discussed eight angas of yoga. This astaangyoga may be described in brief as – Yama niyama are for purification of place, purification of behaviour, they are means to control the sense-organs. Yoga is meant for purification of body, stability of body etc. Pratyahara and dharana are means a for the sense organs to become one with citta and to get stabilized at one place. This established state of citta if continued for a long period leads to complete restraint of cittta and this state is called dhyana and Samadhi.

Yoga and meditation have become popular in the world. Current research also confirms that meditating and doing yoga can boost overall well-being and resilience to stress factors. Yoga and meditation reinforce the connection between mind and body and improve health and well-being. There are several styles of yoga that merge meditation with the physical routines. There is no denying the fact that one can meditate without practicing yoga. Yoga and meditation fill us with spirituality. They help us getting rid of attachment. Attachment creates fear, worry and anxiety. Until we remove them, we cannot be happy. Yogi Bhartrihari advises us to get rid of attachment to live a happy life in book *Vairagya Shatakam* :

If a person be attached to physical enjoyment,
He will have the fear of disease.
If he be attached to his social status
He will be afraid of losing it.
If he be attached to his wealth,
He will fear the hostile kings
Who may snatch it away.
If he attached to his honour
He will be afraid of humiliation.
If he be attached to his power
He will fear his enemies
Who may render him powerless.
If he may be attached to his beauty

He will fear his old age.
If he be attached to his scholarship
He will fear those who may challenge his erudition.
If he attached to his good reputation
He will fear the wicked to his body
He will be afraid of death.
All the things of the world pertaining to man
Are fraught to fear
Renunciation of attachment alone
Causes fearlessness.

(Vairagya Shatakamby Bhartrihari-Verse 31. Translated from the original Sanskrit text by the author.)

Meditation is relaxation. It is not about concentration. It is not about focusing one's thought on something specific, but instead of entering the state of mind that has no thoughts. The benefit of meditation includes a calm mind, enhanced concentration, improved clarity and communication, and relaxation of the mind and the body. Regular practice of meditation has a profound impact on the core three areas of our existence physical, mental and spiritual. Maharishi Patanjali recommends relaxation during meditation. Until our body is not relaxed during meditation, our will keep on moving from one part of our body to another.

There are numberless benefits of meditation practice which increase happiness, peace and enthusiasm. On the physical level, meditation lowers high blood pressure, reduces anxiety attacks and tension-related pain. It strengthens the immune system and increases energy levels. Meditation is like a seed, when we cultivate a seed with love, the more it blossoms. Indian traditional yogic texts prescribe that a yoga practitioner should avoid too much of eating, drinking, and talking even avoid too much use of medicine. Modern medical science can't cure all modern diseases. Regular yoga practice can help decrease the level of sugar in the blood, along with lowering the blood pressure. Dr P.K. Jain asserts:

Doctor does not have nectar
He is not a magician
With a magic rod
Patient reaches him at the last stage
And expects miracle…
But then the rich are sick too
They have their tensions
And money does not protect them forever,
They also die
With diabetes, cardiac failure, and brain-ham.
(Dr P.K. Jain, Sickness)

Thus as a yoga practitioner, one should not waste one's energy in fruitless activities. One should remain calm and quite. The calm of the senses and the mind has been defined as Yoga. Yoga is comprised of asanas, Pranayama, bandhasa and mudras. In Yoga asana and pranayama help to purify the body, mind and spirit. Pranayama helps clear the nadis, or

channels, that carry prana the universal life force, allowing prana to flow freely. It helps manage stress and anxiety and keeps us relaxing. Yoga bestows upon every aspirant the powers to control body and mind. Regular practices of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle.

References

1. Patel, Kamlesh daaji, *Designing Destiny, The Heartfulness Way, Westland Publication Private limited,, 2019.*
2. http://www.artofliving.org.
3. Jain, Dr P.K., Sickness, *Sublime Tradition,* Vol. 6, Amroha,2013.