



## Yoga Sadhana-A Modern Life Style

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**Abstract :** Yoga, Indians gift to the world. It is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body, man and nature. It is an Art and Science of healthy living. The holistic approach of yoga is well establishes, known for disease prevention, health promotion and management of many life style related disorders. Today, yoga is popular across the globe, not just because of its efficacy in the management of some diseases, but also because of its strength in providing relief to the practitioner, from mental and emotional distress and providing a feeling of wellbeing. Hence, now a day, yoga is being practiced as a part of a healthy life style across the globe. Yoga can be understood as an ancient culture of consciousness, science of awareness, balanced state of mind, excellence in work etc. It is imperative that this wonderful culture is spread around, so any one and every one all over the globe can be benefitted. This is a precious celestial gift to mankind which can revolutionize one's life from ordinary to extra-ordinary personality.

**Key words:** emotional distress, ancient culture, consciousness

### Introduction

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word yoga derives from Sanskrit word 'yuj'-which means 'to unite' or 'to integrate'. It symbolizing the union of body and consciousness. Yoga is most commonly known to be a spiritual and ascetic discipline entrenched in the Indian ethos and cultures. A few forms of yoga, which include breath control, simple meditation and adoption of specific bodily postures, are widely practiced the world over for preventing health hazards and mental relaxation. the famous sage pantanjili defined yoga as "yogah chitta vritti nirodhah", which means "yoga is the stoppage of modifications of the mind" chitta is mind; vrittis are thought impulses; nirodhah is stoppage.

There have been various speculations regarding the exact date and history of yoga. The yoga traditions is however, much older than the speculations. Some of the most revered scriptures in India such as Mahabharat and the Bhagavat Gita have elaborate references to yoga. Gita has identified three kinds of yoga-Karma yoga, Bhakti yoga and Jnana yoga. it is a way of life which finds mention in the vedas between 1900 BC and 1100 BC. the classical yoga as documented in patanjali's yoga sutras describes the eight fold path of yoga namely yamas, niyamas, asana, pranayama, pratyahar, dharana, dhyana and samyam. These yoga sutras codify the royal or best yoga practices, presenting these as an eight limbed system(astanga). The philosophical tradition of yoga founded upon samakhya philosophy of sage kapila. The focus is on the mind; the



second sutra of patanjali defines 'yoga'. It is the cessation of all mental modifications and stoppage of all wandering thoughts. In contrast to the focus on the mind in the yoga sutras, later traditions of yoga such as the Hatha yoga focus on more complex asanas or body posture.

Now-a-days, yoga is also being practiced for elevating the cosmic life force or kundalini through a series of physical and mental exercises. At the physical level, the methods comprise various yoga postures or asanas that aim to keep the body healthy. The mental techniques include breathing exercises or pranayama and meditation or dhyana to discipline and transcend the mind.

In different countries at different times, man disciplined himself to gain better knowledge and control over himself and his surroundings. In India, this happened through the process of yoga. This process is one of complete control of one's personality so that one may discover one's true self. Much of what the yogi discovered and realized has a direct relevance even today. Experiencing deep tranquility, overcoming our doubts, discovering the purpose of life, the yogi pondered for long over these most fundamental issues of life and found answers to them. One has the choice to live a beautiful life with full clarity, compassion and caring. This is what one learns through the science and art of living which is called yoga.

**Ancient and Modern Periods;** the practice of yoga is believed to have started with the very dawn of civilization. Yoga is being widely considered as an immortal cultural outcome of Indian valley civilization, has

proved itself catering to both material and spiritual upliftment of humanity. The different philosophies, traditions, lineages and guru-shishya paramparas of yoga lead to the emergence of different traditional schools of yoga for example Inana yoga, Bhakti yoga, Karma yoga, Dhyana yoga, Patanjali yoga, Kundalini yoga, Hatha yoga, Mantra yoga, Laya yoga, Raja yoga, Jain yoga, Boundha yoga etc. Each school has its own principles and practice models leading to ultimate aims and objectives of yoga. Different social and customs for ecological balance, tolerance towards other systems of thought and compassionate outlook towards all creations. Yoga sadhana of all hues and colors is considered a panacea for a meaningful life and living. Its orientation to a comprehensive health both individual and social makes it a worthy practice for the all people. Now-a-days, millions and millions of people have benefitted by the practice of yoga which has been preserved by the great eminent yoga masters from ancient period to this period. Today yoga has become a part of the style of many people across the globe.

**Health Benefits;** Modern life style has brought in many challenges to health and has become a major cause for many elements among people across the globe. Major life changes, work or school, relationship difficulties, financial problems, being too busy, and children and family may be considered as common external causes of stress. While chronic worry, pessimism, negative self-talk, unrealistic expectations, rigid thinking, lack of flexibility, all-or-nothing attitude are considered as common internal causes of stress. Emotional imbalance, instability and anxiety are



some of the common manifestations of mental stress. These are psychosomatic disease conditions with complaints like headache, insomnia twitches, skin rashes, digestive disorders, peptic ulcers, colitis, palpitation, high blood pressure, coronary thrombosis, dysmenorrhoea etc. stress, improper dietary habits and sedentary living have led to decline in health, performance and leading to diabetes, asthma, cardiovascular, metabolic disorders and cancer.

The chronic NCDS are because of faulty life-style, yoga is useful in combating these disorders and shows that science and spirituality need not always be treated as separate entities. Yoga has the potential to solve life style problems and psychosomatic diseases. A series of research studies were carried out across the globe to scientifically evaluate and validate the beneficial effects of yoga for prevention of diseases, management of diseases particularly those related to stress and psychosomatic ailments and promotion of health. Physiological, biochemical, psychological and clinical variables have been studied in controlled experiments to assess beneficial health effects of yoga.

It was observed that yogic practice brings stability of autonomic equilibrium along with strengthen of parasympathetic system thereby minimizing the wear and tear in different physiological systems there by slowing down the aging process. yoga practice results in relative hypo metabolic state thereby providing greater buffer for stress response. The studies indicate improvement in physical and cognitive performance, improvement in thermoregulatory efficiency, body flexibility and stress tolerance. It also

strengthens our immunity thereby preventing diseases. Yoga was also found to be beneficial as an adjunct to conventional medical management of hypertension, coronary artery disease and diabetes. Yoga may also be useful in reducing medication requirements in patients with diabetes, hypertensions and could help prevent and manage cardiovascular complications.

The soaring popularity of yoga world over got a further impetus with 21<sup>st</sup> June being declared in the United Nations as the international day of yoga. Mr. Ban-Ki-Moon, U.N secretary general said, "By proclaiming 21<sup>st</sup> June as the International day of yoga, the general assembly has recognized the holistic benefits of this timeless practice and its inherent compatibility with the principles and values of the united nations. In a way, Indian re-established its role as the world leader in yoga. This position brings along with it the grave responsibilities as regards protecting yoga in its true and undiluted spirit.

Recognizing the yoga's potential and its health benefits, Govt of India has included yoga in alternative medicine system-AYUSH.

AYUSH stands for Ayur Veda, yoga and Naturopathy, Unani, Siddha and Homeopathy. It is emerging as an alternative to allopathic medicine because of the numerous benefits are following areas.

We know that out of pocket expenditure on medicines by the poor in India is a leading cause of their falling below the poverty line. So, AYUSH system may solve this problem effectively as these medicine systems cost the patient much less. it is even more true in case of yoga.



This is significant for a country like India where a sizeable population still lives in poverty.

No side effects: Yoga and other Indian medicine systems hardly have any side effect. This is in contrast with the allopathetic drugs which often have serious side effects on human body.

India has just over 9 lakh allopathic in 2015, making the doctor to patient ratio very dismal. Country has close to 8 lakh AYUSH therapists at present. They can indeed help India ride over its human resource crunch in health sector. Collaboration between Physicians and Naturopathis, Ayurvedic, Homeopathic and yoga experts seems to be the future of Indian healthcare.

The ministry of AYUSH in pursuance of the above and in the wake of declaration of yoga day in 2015 identified the quality council of Indian (QCI) to develop a scheme for evaluation and certification of yoga professionals and scheme of certification of yoga Institutions recognizing that QCI has expertise in developing such quality frame works based on international best practices.

People from different walks of life are now more aware about yogic practices and its role not only in preservation and promotion of positive health, but also in the prevention and management of various diseases. Scientists and other medical professionals have realized the importance of yogic life style for the prevention and management of stress induced and other psychosomatic disorders. The benefits of yoga are time-tested, highly economical, simple and useful for all, including the youth leading

a more healthy, meaningful, balanced and stress free life.

Yoga, which is an over 3000 year old tradition, is now regarded in the western world as a holistic approach to health and is classified by the National Institute of Health as a form of complementary and alternative medicine. Regular practice of yoga promotes strength, endurance, and greater self-control, thus enabling changes in life perspective, self-awareness and an improved sense of energy to live life fully, filled with peace and happiness.

Conclusion: India has a very large population of young and it is commendable that they are taking an active interest in matters related to healthy life style and development of personality. Younger generation needs to adopt yoga as part of their lifestyle for a stress free life and to deliver better performance. Several initiatives have been taken by the government of India for the promotion and development of yoga in the recent past. The grand and successful celebration of International day of yoga has increased our responsibility. The event has created huge awareness of health benefits of yoga and great demand for yoga teacher across the globe. Ministry of AYUSH has approached quality control of India to certify the yoga professionals. Ministry of AYUSH integrated hospitals in different parts of the country. Ministry has initiated action to impart yoga training to armed forces, Para military and police personal.

World health organization has also emphasized the need to involve ancient systems of medicine in the health delivery system and has provided



strategic guidelines for evaluation of safety and efficacy. Here, it is to be emphasized that the system of yoga has withstood the test of time and cannot be ignored simply on account of lack of evidence. Due importance shall be given to the strengths and potentials of yoga. It is only peaceful individuals can make peaceful families. Yoga is the way to create such a harmony and peace with in the individuals, family, society, state, the nation and ultimately peace and harmony all over the world.

It is concluding that we can say that yoga is a field where governments, NGOS, yoga experts and activists all will have to work together to spread it in India and abroad. If the potential of this ancient system is leveraged effectively, yoga can do wonders.

The popularity of yoga has attracted a large number of people globally who strive to practice yoga for achieving a better quality of life. In order to keep their faith intact in this hugely. Successful Indian practice, it is essential that the basic premise and knowledge base is used appropriately to train, guide and mentor aspirants who want to practice and learn yoga across the globe.

Yoga has been found very effective in dealing with stress and anxiety-two leading causes of broken relationships and suicides. With changing lifestyle these two problems have become common world over .yoga provides the remedy. That is why man corporate offices including Google, have adopted yoga at their workplace. A healthy and mentally peaceful employee is certainly more productive. These amazing benefits have made yoga a craze world over.

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