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Yogic Interventions in Positive Health

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Abstract:- : Yoga is an ancient Indian practice and all ancient scriptures including the Vedas have accepted the importance of yoga. Yet despite of its popularity the Origin of yoga remains shrouded in mystery. The word yoga is derived from the Sanskrit root yuj meaning to bind, join, attach and yoke, to direct and concentrate one's attention on, to use and apply. Yoga is a type of exercise in which one move one's body into various positions in order to become more fit or flexible, to improve breathing, and to relax mind. the people cured their problem of constipation headache high blood pressure asthma Immune system improved by doing regular yoga.

Keywords:- Yoga, Positive health, Disease, Regular Practice

Introduction: - The word yoga is derived from the Sanskrit root yuj meaning to bind, join, attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion. It is the true union of our will with the will of god^(BKS IYENGAR The Illustrated light of yoga)

International day of yoga, or commonly and unofficially referred to as Yoga day, is celebrated annually on 21 june since its inception in 2015. The idea of international yoga day was proposed by Indian Prime Minister Narendra Modi. He said, "yoga is an invaluable gift of India's ancient tradition It embodies unity of mind and body; thought and action, restraint and fulfillment, harmony between man and nature"^(Jimmy wales, Wikipedia founder)

Definitions of yoga: Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

According to vyasji: "meaning of yoga is meditation"(Dr. J.P Sharma reader, IGUPES, Vikas puri, university of Delhi, New Delhi)

According to god sri Krishna in shreemad Bhagwat Geeta "Yogah karmeshu kaushalam", it means "success live in god acts, called yoga.

According to Dr. Sampurnanand, "yoga is spiritual kamdhenu which you want, it gives you".

Yoga in the "Vedas": the Vedas and purans have also discuss about yoga. There is no doubt the Vedas is ocean of knowledge and yoga is precious thing of the Vedas. The real meaning of yoga is "meeting of god and soul, meeting of worshipper and god, adding of parts of whole etc". So yoga uses for similar and practical ambitions and it proved also. With the help of yoga complete knowledge can be get. And also with the help of yoga we can get rid of all obstricles of the life.

The stages of yoga:

1. Yama: (universal moral commandments)
2. Niyama: (self purification by discipline)
3. Asana: (posture)
4. Pratyahara: (withdrawal and emancipation of the mind from the domination of the senses and exterior objects)
5. Pranayama: (rythmic control of the breath)
6. Dharana: (concentration)
7. Dhyana: (meditation)
8. Samadhi: (A state of super-consciousness brought about by profound meditation in which the individual aspirant becomes one with the object of his meditation paramatma or the universal spirit.

Types of yoga:

1.**Vinyasa yoga:** vinyasa yoga is popular and is taught at most studios and gyms.”Vinyasa” means linking breath with movement. The postures are usually done in a flowing sequence, or “vinyasa flow”. The popularity of this style of yoga comes from the sensul movement, pleasant, music usually practiced in a dark room, or sometimes by candlelight and with the eyes closed.

2.**Ashtanga yoga:** Ashtanga means “eight limbs” and encompasses yogic lifestyle. Most people identify ashtanga as traditional Indian yoga.

3.**Lyengar yoga:** Also based on eight limbs of yoga, lyengar yoga is named after B.K.S. Lyengar, a famous yogi from india. This practice is alignment in the asanas using breath control through pranayama and the use of props. This style of yoga is usually taught without music and at a slower pace designed assist students to get deeper into the postures.

4: **Bikram yoga:** Bikram yoga was designed by bikram choudhury in the 1970s, who brought the practice to California from india. Class consist of the same twenty-six yoga postures and two breathing exercises. the room is bright and the students face mirrors to check proper posture and alignment. There is no music during class.

5: **Jivamukti yoga:** jivamukti was created in 1984 by Sharon Gannon and David life in New York City. Ivamukti translates to “liberated being.” This is a good blend of spiritual and physical exercise.

6: **Power yoga:** power yoga is a more active approach to the tradition hatha yoga poses are performed more quickly and with added core exercises and upper body work. The sequences are not the same every time, and there is often upbeat music. Vinyasa yoga can also be power yoga, depending on the gym or studio that is hosting the class.

7: **Sivananda yoga:** sivananda yoga was brought to the Unitsd State by Swami vishnudevananda in 1957. This is a yoga system based on the five yogic principals.

Proper breathing, relaxation, diet, exercise and positive thinking. These work together to make a healthy yogic lifestyle.

8:Yin Yoga: yin yoga is a meditative practice that allows your body to become comfortable in a pose without doing any work. It is also called Taoist yoga, and focuses on lengthening the connective tissues within the body. It is meant to compliment yang yoga, or muscle forming yoga practices. If yang is active then yin is passive, meaning the muscles are allowed to relax with gravity and rest.

Benefits of yoga:

Improve flexibility: regular practice of yoga improve flexibility as is loosens up your body and removes tightness from it. The aches and pain will start disappearing as one continues to practice yoga on daily basis.

Increases blood flow: yoga makes blood flow throughout your body. The relaxation exercises of yoga helps in blood circulation. Yoga is also able to provide more oxygen to your cells which results in their better functioning .yoga also boosts hemoglobin levels and red blood cells,which are important carries of oxygen to tissues.

Perfect posture: when one's head is balanced directly over one's erect spine, its minimizes the amount of work for one's neck and back muscles to support it.

Improves bone health: yoga exercises that bear weight improves strength of bones and helps keep osteoporosis at bay. Yoga has many postures which require you to lift your own weight. Asanas like downward- and upward- facing dog, helps strengthen the arm bones.

Builds muscular strength: yoga helps build muscular strength. When a person build strength through yoga , he or she do so while balancing it with flexibility. It also protects from bone-related ailments such as arthritis and back pain.

Helps one to focus: An important element of yoga is-to focus. It has been found that regular practice of yoga helps improve coordination, reduces reaction time and improves memory.people who do yoga with great focus, do not get distracted easily by people or by other things.

Methodology :- The main objective behind the study was to find the average number of people doing yoga. A survey has been conducted in order to achieve the same. The data has been collected with the help of detailed questionnaire which involved the following:

Age group: 20-25 years

Gender: female

Sample size: 100

Sampling method: Random Sampling

Survey method: Questionnaire

The collected data has been tabulated and represented graphically. The pie chart have been drawn regarding the time table of yoga, aspects of yoga attract as well as diseases cured by doing regular yoga. Conclusions are drawn with the help of collected data.

Results and discussions: In order to represent the results of survey regarding effects of yoga on health various pie charts have been produced as follows:

People who practice yoga regularly

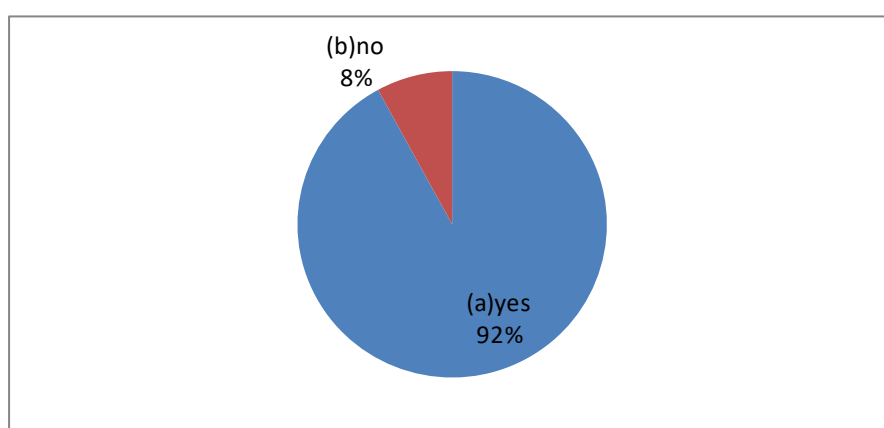


Figure 4.1 Practice of yoga regularly

Figure 4.1 depicts that the average number of people practice yoga regularly. The chart shows that 92% of people who practice yoga regularly and 8% of people who do not practice yoga.

Time preferred by people to do yoga.

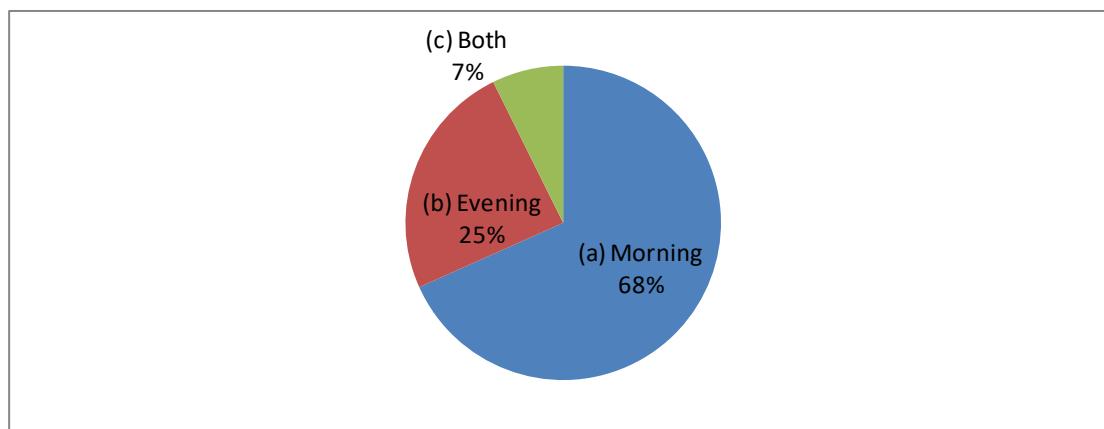


Figure 4.2 time preferred by people to do yoga.

Figure 4.2 Demonstrates the time preferred by people to do yoga. The result shows that 56% of people preferred to yoga at morning time. 20% of people do yoga at evening time and rest of the people do yoga at morning and evening time both.

Aspects of yoga attract

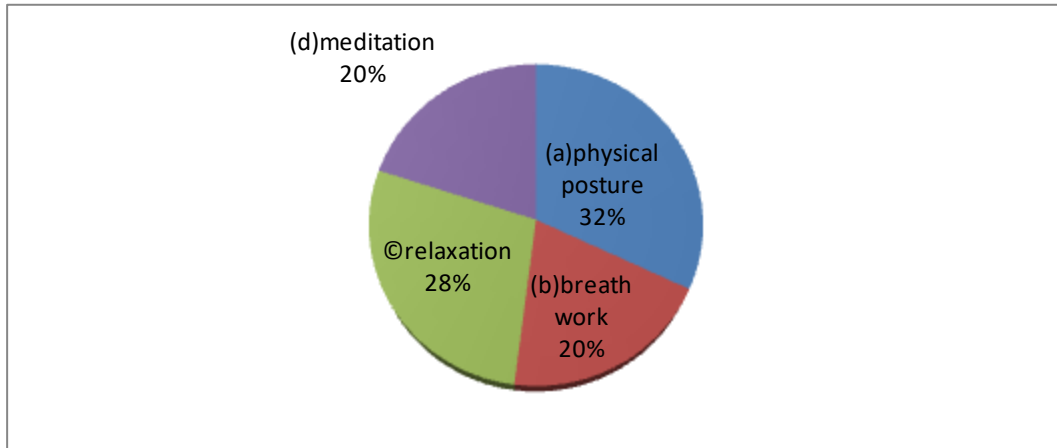


Figure 4.3 Aspects of yoga attract the people.

Figure 4.3 shows that features of yoga evoke the people. 32% of the females do yoga to improve the physical posture. 28% people do yoga for relaxation. Same percentages of the people do yoga for breath work and meditation that is 20%.

Feel active after doing yoga

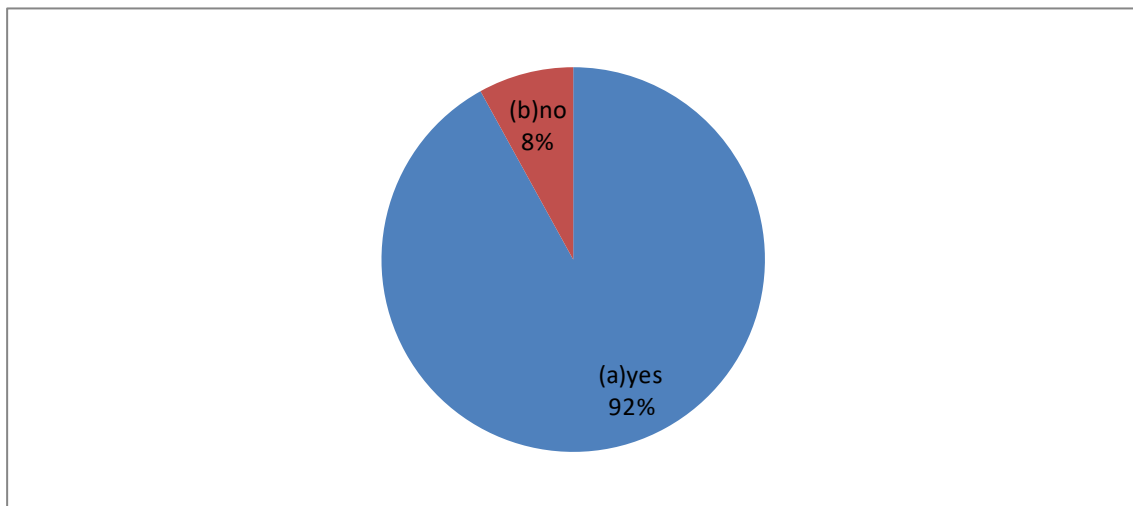


Figure 4.4 people who feel active after doing yoga.

Figure 4.4 demonstrate the number of people feel active after doing yoga. The result shows that 92% of the people feel energetic after doing yoga and 8% of the people do not feel active after doing yoga.

Problem cured through yoga

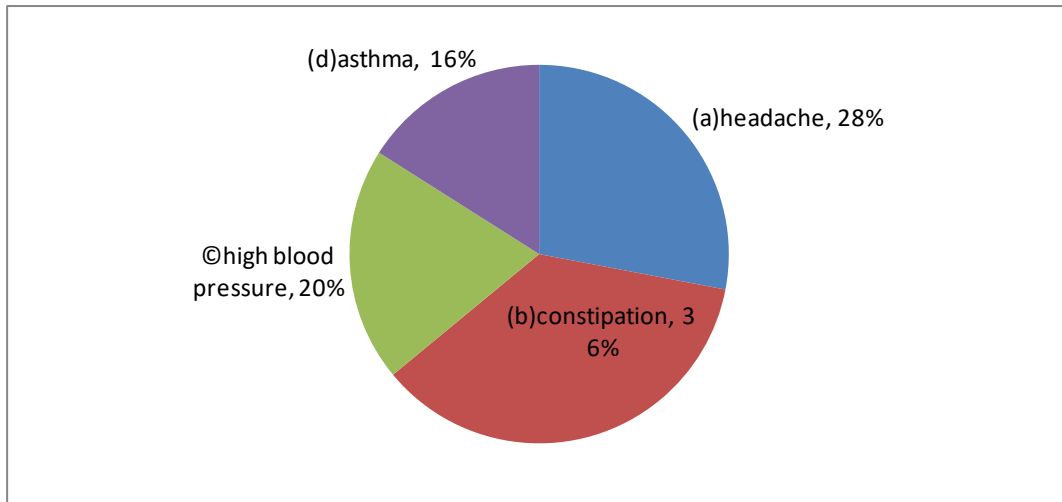


Figure 4.5 shows problem cured through yoga.

Figure 4.5 reveal that people who satisfied with yoga and they get rid from many diseases. 36% of the people cured their problem of constipation. 28% of the females heal the problem of headache. 20% of the people get relieve from high blood pressure and rest of the people get relieve from the problem of asthma by doing yoga.

Immune system improved by doing regular yoga.

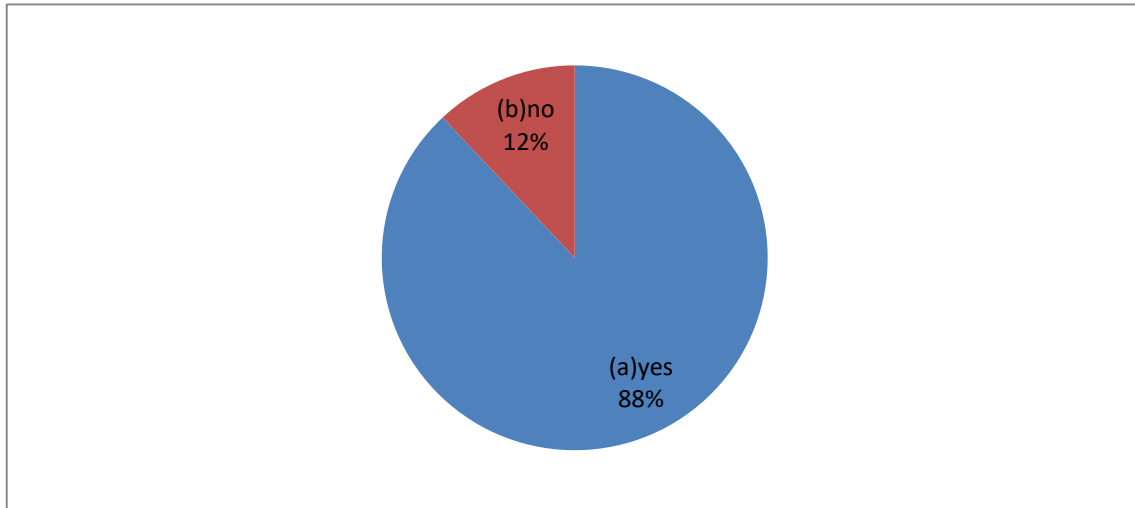


Figure 4.6 The immune system improved by doing yoga.

Figure4.6 describes the immune system improved by doing yoga. 88% people improve their immune system by doing yoga and 12% people not improve their immune system.

Yoga works to enhance the glow of the skin

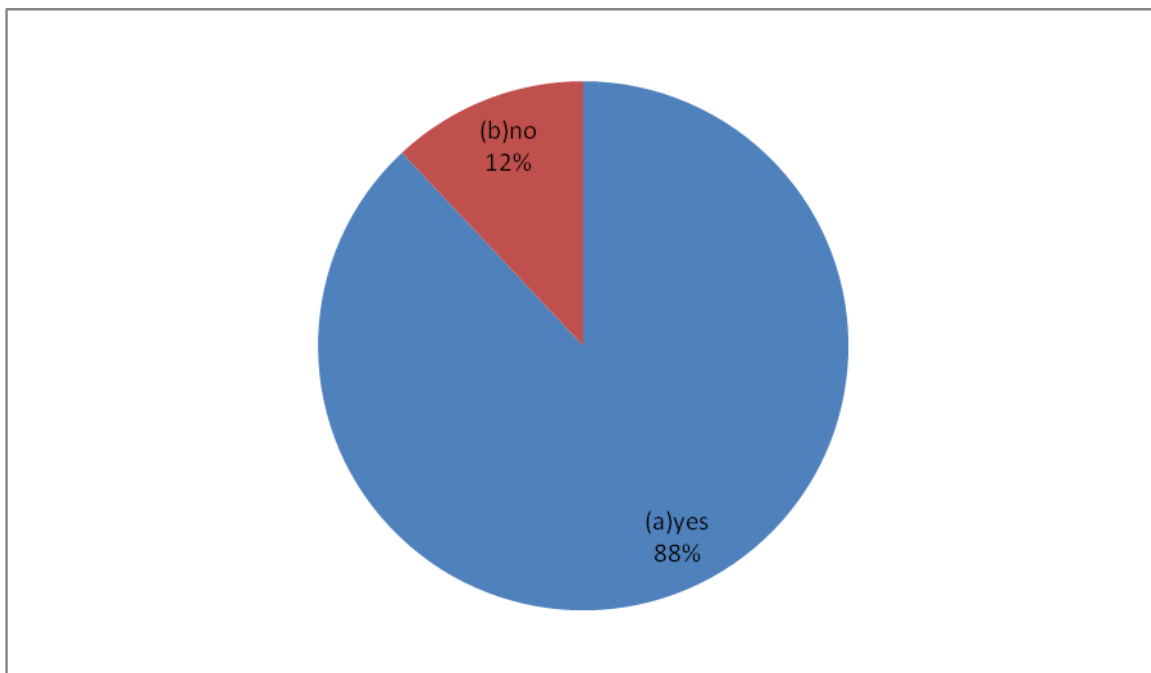


Figure 4.7 shows that yoga works to enhance the glow of the skin.

Figure 4.7 demonstrate the number of people think yoga works to enhance the beauty of the skin. 88% of the females think that yoga really works to enhance the glow of the skin only 12% of the females do not think that yoga helps to increase the beauty of the skin.

Duration of yoga.

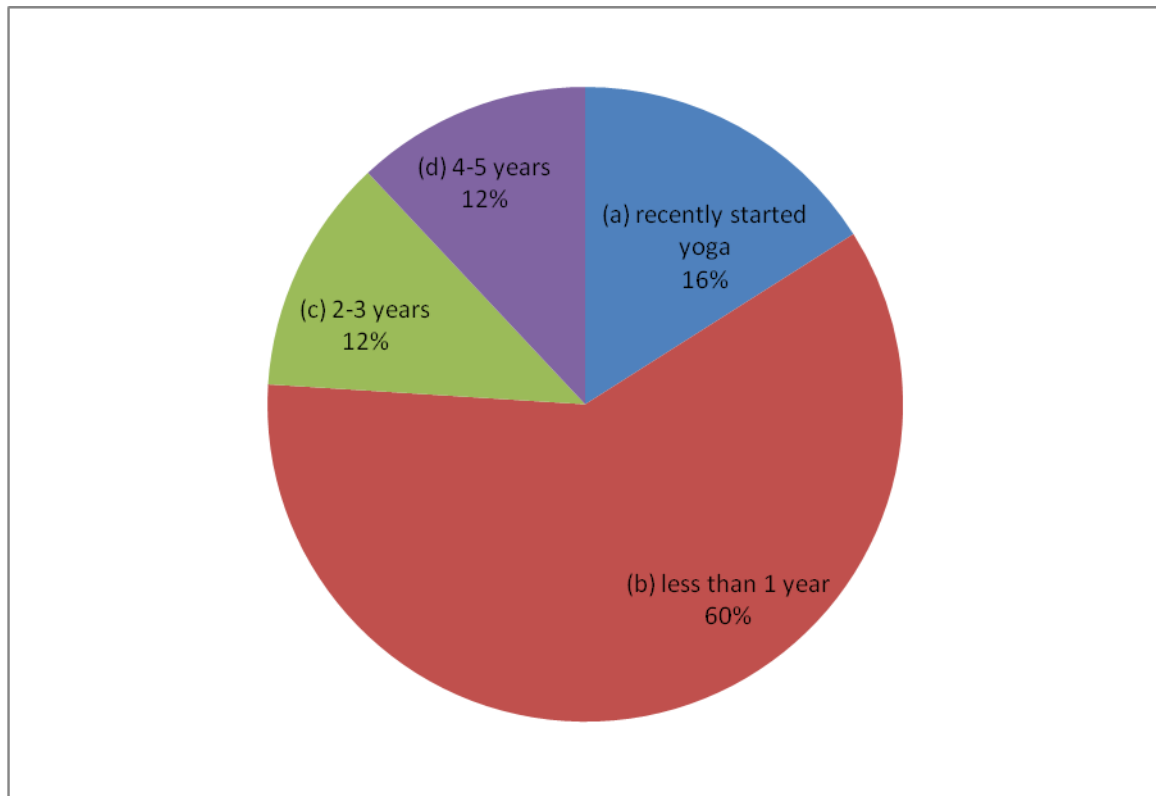


Figure 4.8 duration of yoga.

Figure4.8 shows that the duration of yoga. The result shows that 60% of the people perform yoga from last 1 year and 16% of people have recently started yoga .Same percentage of the people doing yoga from 2-3 years and 4-5 years that is 12%.

Cure Arthritis (joint pain) problem

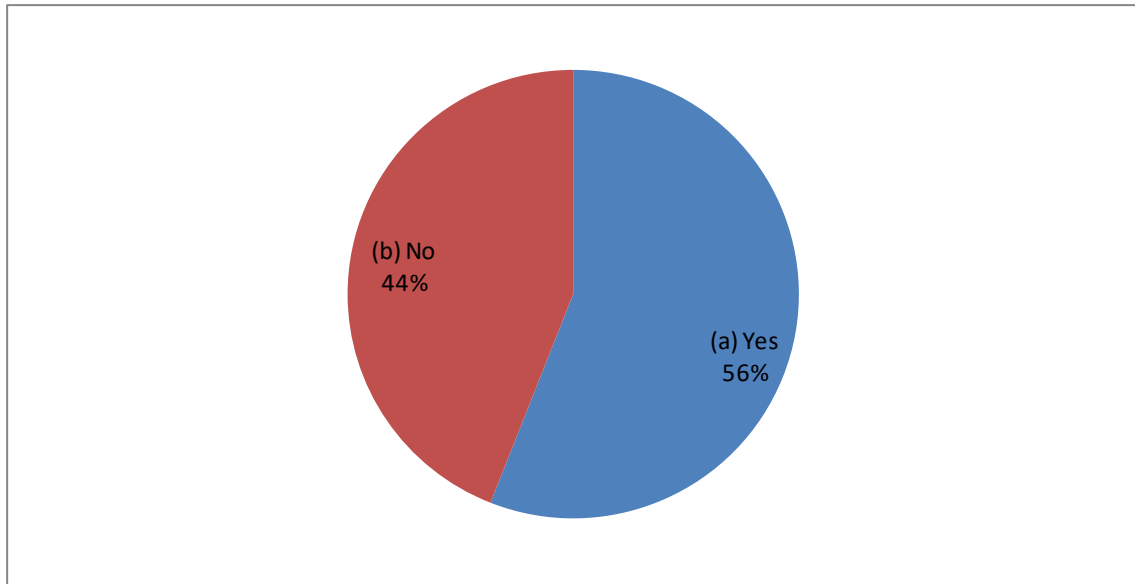


Figure 4.9 By doing yoga cure arthritis problem.

Figure4.9 The above chart represents that the Arthritis problem is cured.56% of the have cured the problem of joint pain and rest of the people and 44% of the people do not cure this problem.

Yoga practice as a part of personal spiritual path, mind body exercise, physical exercise or all of these.



Figure 4.10 show that yoga practice as a part of personal spiritual path, mind-body practice, physical exercise or all of these.

Figure 4.10 reveal that people do yoga practice as a part of personal spiritual path, mind – body practice, physical exercise or all of these. 24% of the people do yoga practice for personal spiritual path. Same percentage of the people do yoga practice for mind-body practice and physical exercise that is 20%. Most of the people prefer to do yoga for all of above options.

Menstruation problem cured.

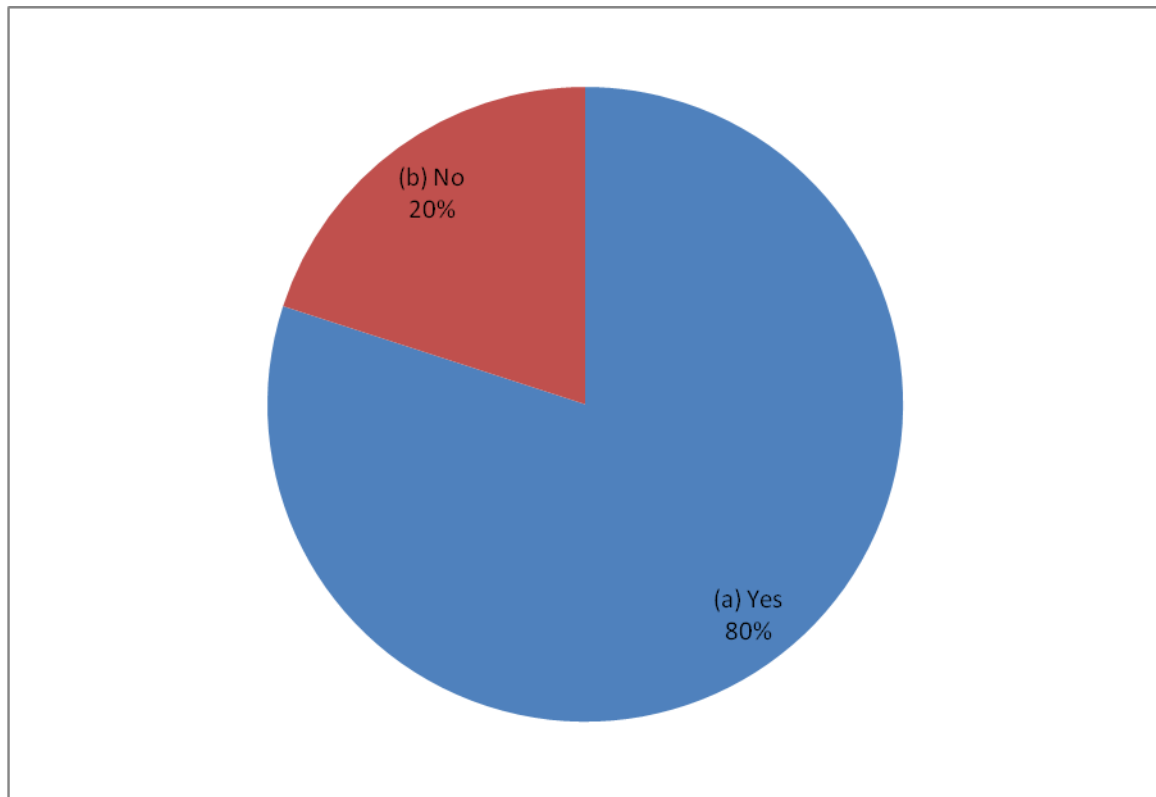


Figure 4.11 cure menstruation problem

Figure 4.11 demonstrate the average number of females cure their menstruation problem. The result shows that 80% of the female cure their problem of menstruation and rest of the females do not heal this problem.

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