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Yoga

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Introduction: I am expressing my views related to yoga in front of you all.

Yoga is an integral and important part of the life of all human beings, doing yoga strengthens the self-confidence, doing yoga gives power to discuss, doing yoga gives rise to positivity and positivity, doing yoga brings stability. Yes, with the help of yoga one can come out of even the most difficult situations. Yoga is a way of living which aims towards a healthy mind in a healthy body. Humans are a physical, medical, and spiritual beings.

Yoga helps in establishing a balance between them. Yoga is an activity through which one can understand the reality. It shows yoga builds strength and is considered a safe form of exercise. For many patients struggling with depression, anxiety or stress. Yoga can be a very attractive way to better manage symptoms.

By doing yoga we get physical and mental benefits. By doing yoga our body becomes healthy, fit and strong and by practicing yoga. We also get the power to fight many diseases. Many yoga asanas are also done to reduce 'physical' diseases and 'pain'. By doing yoga a person can lead a healthy, peaceful and successful life.

Meaning of yoga : Yoga means to connect. Yoga is the complete union of the soul with God. Yogasana is a balance of effort and relaxation. Yogasana develops our right thoughts.

Definitions of yoga : Yoga vidya has an important place in Indian philosophy. This vidya a supreme among all the vidya. Yoga vidya is present in ancient texts like Vedas, Puranas, Upanishads, Srimad Bhagvad Gita etc.

According to Maharishi Vyas : Maharishi vyas while defining yoga has said that the name of yoga is Samadhi.

The meaning of which is that through Samadhi the soul should realize Brahma in the form of sat-chit-ananda and this is yoga.

According to Pandit Shri Ram Sharma Acharya ji : Yoga is the art of living life.

According to Manu Smriti : Yoga soul can also be known through meditation yoga hence meditation should be based on yoga.

According to Skandha Purana : The separation of the soul and the supreme soul is the cause of sorrow, and its separate feeling is yoga the state of unity itself is yoga.

According to Swami Vivekanand : Yoga is the study of Ancient scriptures.

According to Yog Vashishtha : Yoga is the method of crossing the worldly ocean.

Purpose of yoga : The purpose of yoga is to achieve complete development of our life. Complete development means physical, mental, spiritual and social development. Yoga is the art of living, physical, and mental health, freedom from bad thoughts and bad habits.

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In some texts the objective of yoga has been defined this way :

According to Goraksha Sanhita : The fruite of the 'Kalpavriksha' in the form of Vedas are 'Yogashastra', by consuming this yogashastra three types of heat of the world (Adhidaivik, Adhibhautik and spiritual) are quenched.

According to Shiva Sanhita: One should work hard to know the 'yoga shastra' by knowing which this world can be known, There is no purpose life in knowing other 'shastras'.

Benefits of yoga:

- Yoga removes stress.

- Yoga makes the body flexible.
- Yoga controls blood pressure.
- By doing yoga the problems of heart disease go away.
- Yoga reduces the problems of diabetes.
- Doing yoga strengthens bones.
- Yoga balances the balance of the body.
- Yoga teaches control and balance.
- Yoga increases self-confidence.
- Negativity goes away by doing yoga.
- Doing yoga increases the body's immunity.
- Yoga creates awareness in the entire body.
- Yoga controls anger.

Yoga in the field of medicine : Diseases can be cured by the asanas of yoga, through yoga the body wastes are removed and a healthy and powerful life is achieved, it makes the body beautiful and radiant.

Benefits of yoga therapy:

Bones : By doing yoga continuously, the spine becomes strong. Spine bone is an important bone of the body. By doing yoga the bones becomes flexible and strong.

Muscles : Doing yoga strengthens the muscles and keeps the person healthy. By doing yoga, the health of a weak person gets improved, and the thin person becomes healthy and strong.

Arteries : By doing yoga blood vessels also remain flexible and blood easily reaches the heart, blood remains clean, and lungs, brain and eyes are also benefited.

Internal organs : Yoga helps in expelling the waste from the body and helps the internal organs to function smoothly and the person remains healthy.

External Organs: When the internal organs of our body remain healthy through the asanas of yoga, then the external organs will also remain healthy, and the entire body will be a symbol of beautiful radiant and healthy. The body can be given a beautiful shape through yoga asanas.

Origin of the word yoga: The word yoga originates from the Sanskrit root 'Yuj', which has two meanings – one meaning is to 'Unite' and the other meaning is 'Discipline'. It is believed that yoga originated in the universe before the origin of human life. Yoga was born before the birth of religion and faith because Lord Shiva is considered to be the first yoga guru.

Beginning of yoga in India : Several thousands years ago on the banks of 'Kantisarovar lake' in the 'Himalayas', Adiyogi imparted his deep knowledge to

the mythological 'Sapta Rishis' or 'Seven Saints'. The saints spread this powerful yogic science to different parts of the world including 'Asia' and 'Madhya Pradesh'. However, the yoga system found its full expression in India. Historical evidence of the existence of yoga was found in the vedic period around 2700 BC, which was seen till the time of Patanjali. Maharishi patanjali wrote many books in in Sanskrit about yoga. People till read hoes books named Yogasutra, Ashtadhyayi and Ayurveda.

Father of yoga : In religious beliefs , Lord Shiva is called the father of yoga , hence Lord Shiva is also known as 'Adiyogi'. After Lord Shiva, yoga is considered to have started from the 'Vedic Sages' later Krishna, Mahavir, and Buddha expanded yoga and after them Maharishi Patanjali gave it a systematic form. In ancient India, Maharishi Patanjali was considered not only a sage but also the incarnation of the king of serpents. He is also called the father of yoga, however, in some parts of India. Tirumalai Krishnamacharya is also called the father of Modern Yoga.

History of Yoga : The word 'Yoga' was first mentioned in history in the holy book 'Rigveda' . Since ancient times, people have been practicing yoga, in physical, mental and spiritual form. In yoga vidya, Lord Shiva is known as the first 'Yogi' or 'Adiyogi' and the first 'Guru' or 'Adiguru'. The origin of yoga in Northern India can be traced back 5000 years. The oldest historical evidence related to 'yoga' was found in the Indus Valley Civilization.

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Some important :

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Yoga day declared by the United Nations : International yoga day is celebrated every year on 21 June, this day is the longest day of the year in the Northern Hemisphere, and yoga also makes humans live longer. On 11 December 2014, 21 June was declared international yoga day by 177 members of the United nations. The proposal to persuade was approved. This proposal of India was passed with full majority within 90 days, which is the shortest time for any proposed day. On September 27, 2014, the Prime Minister of India, Narendra Modi, in his speech at the United Nations General Assembly , "Appealed to the world community to adopt an International yoga day , in which he said that; Yoga is an invaluable gift of the ancient tradition of India , it symbolizing the unity of mind and body, harmony between man and nature, providing thought, solace and fulfilment and a holistic approach to health and well-being. It is not just about exercise, but about discovering the feeling of unity within yourself, the world and nature. This consciousness in our changing lifestyle can help us deal with climate change, so come an international yoga day, let's work towards adopting the day.

After the proposal of international yoga day was approved in the 'United Nations General Assembly' located in America on 11 December 2014, it was first celebrated as international yoga day all over the world on 21 June 2015.

Conclusion: Yoga is the culture of our country India and the culture of our country is our heritage and it is the responsibility of all Indians to protect and enhance our heritage, we must propagate our culture at the right time and right place.

"We all human beings should include 'Yoga' in our daily routine".