



## NECESSITY OF YOGA IN THE MODERN DAY LIFE

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### ABSTRACT

“Yoga” a spiritual science, finds its roots in the ancient scripts, meaning “to join.” It is a very inclusive way of spiritual self discovery. In total, it has a holistic effect and keeps body, mind, conscious and soul into equilibrium. The physically healthy body needs a stress free, clear and focused mind. There upon you get the ability to associate yourself with your environment. Finally, you can hear and speak to your surrounding and inner self and maintain a healthy interaction. Past moving society has developed some ill habits along the side lines of the blind development. Inviting uncounted bugs like stress, anxiety, pains, heart and cardiovascular diseases. Here in this paper we will evaluate how yoga can be useful in treating the adverse call of modern age.

**KEYWORDS:** Yoga, modern age, technology, anxiety .

### INTRODUCTION

Yoga is based on a viable idea that is feasible to accommodate in our everyday living. Scientific research has proved that regular yoga practices brings desirable physiological changes and thus helps in curing mild diseases and controlling day to day stress. But the full effect of yoga is far much.

Yoga is sole practice of controlling ones breathe. It asks you to focus on the inhales and exhales and coordinates your movement with it. This concentration to breath is soothing and it dissolves angst, nervousness, unease, tension and anxiety. It is also help full for people facing attention deficit disorder and hyperactivity, breathing practices can help in relaxing and keeping control on one self.

Paced life style, everyday advancing technology, fast and packed foods together composes the basics of a sedentary lifestyle. It simply states that consuming fatty foods, sitting long hours before computer, lack or least of physical activity with no exercise.

Overall it increases the risk of obesity, thus leading to diabetes, heart diseases, different respiratory diseases and cancers. Additionally, it leads to atopic diseases i.e. a group of hereditary diseases contributing to allergies and asthma. In the same situation, psychologically, a person is prone to elated stress and depression. If one is spending too much time on the internet, mobile or computer social isolation could be another problem.

### Acharya Mahapragya has listed following Problems of Modern Lifestyle

- (1) Tension - Physical, Mental, Emotional
- (2) Health Problems - Physical, Mental And Emotional Diseases (Including Psychosomatic Disorders)
- (3) Ecological Pollution/Rupture In Ozone Layer
- (4) Disturbed Family Relations
- (5) Violence And Cruelty
- (6) Corruption / Dishonesty / Immorality
- (7) Drug-Addiction



(8) Neglect Of Law & Order And Ethical, Moral And Social Discipline

(9) Armaments/Nuclear Weapons (Militarism)

(10) Exploitation

According to the National Center for Complementary and Integrative Health, a division of the National Institutes of Health, yoga is one of the top ten complementary and integrative health approaches used by adults in the United States. The 2007 U.S. National Health Interview Survey revealed that more and more, doctors are actually referring patients to yoga, along with other complementary practices. This is because there is a growing evidence-base demonstrating that yoga may be effective in reducing chronic low back pain, improving function, reducing heart rate and blood pressure, and relieving anxiety and depression (NCCIH, 2013).

Hospital systems such as UCLA Health and Mount Sinai Beth, Israel are amalgamating yoga into patient care as a way to tackle pain, anxiety, nausea, insomnia, constipation, and exhaustion. Pediatric centers such as St. Jude Children's Research Hospital in Nashville and Children's Hospital Colorado are pioneering the application of yoga for children and teen patients as well, with programs geared toward improving flexibility, reducing pain, and increasing positive coping and stress management in face of illness and stress. Holistic approach of health care includes Preventive, Promotive and Curative.

Due to modern life style man is suffering from various postural deformities like Kyphosis, lordosis, scoliosis, knocked knee etc, and diseases like Obesity, Hypertension, Diabetes, Migraine, Cervical, Backaches, Depression, Anxiety, Cancer, Insomnia, Constipation, Allergy, Asthma, Cardiac diseases and etc. Deformities can be congenital too but the acquired ones particularly the life style of an individual is more accountable than any other reason. Seating job, jobs involved computers and driving generally suffered from Khyposis and as a result cervical spondolitis occurs.

Though breathing, postures, and relaxation techniques, health care providers can help their young patients develop essential physical, emotional, cognitive, and social skills that can help optimize their health.

Since yoga is nothing but simple meditation its outcome is par beyond the medical judgment scale. Accounting different diseases and thinking about its remedy but it gives tranquility and boost morale, confidence and brings positive changes in the attitude. Thus it's boon for the STD patients, depression and anxiety sufferers, victims of torture or other trauma, and helps in any form where mental healing is required. It is also helpful inside treating of the symptoms arising from varies diseases, including autoimmune diseases, STDs, cancers, cardiovascular or mental disorders, such as stiffness, malaise, fatigue, and weakness. It can help fight weariness and maintain your energy level all over the day. It is also beneficial in the degenerative diseases like asthma, blood pressure, arthritis, digestive disorders and other ailments of chrome and constitutional nature.

Different Yogic postures can help in insomnia. A regular practice under suitable guidance can leads to improved and deeper sleep.

Every age group has different challenges. Let's discuss them differently.

### Children:

Undoubtedly all children are addicted to TV, computer, mobile, video games, songs, and other digital gadgets. They may spend more or less time to each asset but they do spend. This ultimately results into a less time on exercise, and physical games. Processed foods and junk foods are added depending upon family's budget. Then school performance, regular tests and other activities seeking their attention, this all again adds to the stress level. The British Heart Foundation (BHF) and Oxford University calls out this as a Living inactive lifestyles and missing out on vital nutrients. Welsh Health Survey, reported 59% of adults are classed as overweight or obese alongside 34% of children. Then?

Insomnia, eating disorders, ADHD (Attention Deficit Hyper activity disorder), obesity, cardiovascular diseases, Blood pressure fluctuation and mood swings.

Children who have incorporate yoga in their regular lifestyle are way more composed, attentive, creative, better listeners, physically and mentally stable and way more inspired to be successful. They develop capacity to channel their skills which ultimately enhances their overall performance.

#### **Working group:**

While working on the computer one's mind and attention is heavily involved leading to anxiety, eye pain, mental tension, back pain, and uneasiness. Hectic lifestyle and immediate relief leads to either painkillers or alcoholic drinks both have their own side effects. Everything at the end leads to mental disorders.

#### **Other physical benefits of the yoga are:**

1. Boost concentration, attention and keeps active the body alert system.
2. Cleanses the body by eliminating the toxics like hormones, fatty acids, extra fat and other chemicals.
3. Good for relaxation of the mind, while others are good for digestive, respiratory, circulatory, nerves and granular systems.
4. Helps in joint pains and back pain.
5. Helps in restoring the lost psychosomatic balance.
6. Helps to weight reduction.
7. Increases the overall immunity of the body.
8. It is effective in controlling both stress and functional disorder.
9. It promotes a balanced and integrated personality.
10. Promotes blood circulation and help to improve the oxygen supply all parts of the body.
11. Reduces respiration problems.

Practicing yogic postures, breathing skills, incorporating different body movement builds the entire body functioning. Since as discussed above body function well with right composting of chemical balance and nerve coordination. Thus yoga is good for mind and body relaxation.

Yoga has succeeded as an alternative form of therapy, diseases such as like. According to medical scientists, yoga therapy is successful because of the balance created in the nervous and endocrine system which directly influences all the other systems and organs of the body.

Yogic postures help in liberating any kind of tension. Whether it is mental, psychological, physical burnout or mixed one. It works on the entire human system affecting more or less to each organ.

More stress is placed on the therapeutic parts of the yoga and treatment of various alignment through yogic method. It can be clubbed with the physical education in the university and schools to widen its reach in the society. CCRYN (Central Council for Research in Yoga & Naturopathy) and AYUSH under the Ministry of Health is working actively in the field.

#### **CONCLUSION**

Yoga has a multidimensional aspect. Starting from *Surya Kriya* that is respecting nature through yoga to finding cure of incurable diseases and then to help in the repairment of the degenerative diseases. Without a doubt yoga is a boon for the 'modern' society which has become a victim of everyday stress. Advanced research is establishing the connecting link between the scientific aspects of yogic techniques.

It is needed that yoga be an integral part of our education and health care systems. If an individual practice yoga, they will be physically healthy, mentally calm and spiritually evolved and hence more productive and happy. The rush and burden on our hospitals will be greatly reduced. Hence, there is an imperative need to popularize yoga. It is consistent with our culture and complementary to science.

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