



YOGA: A KEY OF GOOD HEALTH

¹Patankar A. S. and ²Chore V. M.

¹Mahatma Gandhi Aurved Mahavidyalaya, Salod, Wardha (M.S) India

²Kala, Wanjija Mahila Mahavidyalaya, Ballarpur, Chandrapur (M.S) India

Email: patankar.kargi@gmail.com

Abstract: Yoga has an important role to play in the treatment of obesity. Yoga techniques affects body, internal organs, endocrine glands, brain, mind and other factors concerning Body- mind complex. Various yoga techniques can be practiced effectively to reduce the weight and achieve normal healthy condition of body and mind. Yoga can help you feel better, both improving your physical fitness and elevating your mood. Yoga has considered all aspects of health like physical, emotional and mental. Regular practice of yoga has different effects on the body which are permanent in nature than other techniques to maintain good health. Yoga positions or postures are especially useful to reduce the fats in various parts, especially forward bending, twisting and backward bending asanas help to reduce the fats near abdomen, hips and other areas. Also the practice of asanas improves functioning of internal organs, strengthening heart, lungs, kidneys, excretory and reproductive organs. Regular practice builds strength in muscles. Doing yoga decreases stress, improves flexibility and increases muscle tone and strength.

Keywords: Yoga, Asana, Pose, Posture, Health, Benefits

Introduction:

The meaning of exercise is 'to do some form of physical activity in order to stay fit and healthy'. Most people do not get enough exercise in the daily routine. All the modern technology equipments have made life easier, comfortable, fast and much less physically demanding. Exercise is the essential way to prevent obesity. There are many therapies and treatments, exercises for fitness and weight reduction. Of all the complementary or alternative therapies, yoga is the most cost effective, holistic, curative, hassle free and easy to perform. It not only purifies body, mind intellect but, apart from that, it strives to improve digestive, respiratory, cardiac, circulatory and endocrine glands, mobility and sleeplessness of joints and muscles, renders body slim and trim by helping it to shed extra fat from the body, activates sebaceous glands to keep the skin glazed and sparkling, improves the health of ovaries control sense.

Yoga has an important role to play in the treatment of obesity. Yoga techniques affects body, internal organs, endocrine glands, brain, mind and other factors concerning Body- mind complex. Various yoga techniques can be practiced effectively to reduce the weight and achieve normal

healthy condition of body and mind. Yoga positions or postures are especially useful to reduce the fats in various parts, especially forward bending, twisting and backward bending asanas help to reduce the fats near abdomen, hips and other areas. Also the practice of asanas improves functioning of internal organs, strengthening heart, lungs, kidneys, excretory and reproductive organs. Regular practice builds strength in muscles. Any physical activity will improve mobility and general health. Doing yoga decreases stress, improves flexibility and increases muscle tone and strength.

Yoga also develops your balance, which helps you feel grounded and reduces the likelihood of injuring yourself in a fall. People who are overweight often feel disconnected from their bodies- yoga helps to bring the body-mind connection to the fore, which can improve self- image and acceptance of your body. Most importantly, yoga can help you feel better, both improving your physical fitness and elevating your mood. Yoga has considered all aspects of health like physical, emotional and mental. Regular practice of yoga has different effects on the body which are permanent in nature than other techniques to maintain good health.

Yoga poses:

Gate Pose: Gate pose also known as pttarmigans stretches the side of the body and is very useful for toning the abdominals, improving the circulation and increasing the flexibility of the spine. This pose stretches the muscles connecting to ribs, thereby increasing the capacity of the lungs for deep breathing. Stretches the sides of the body and makes the spine flexible. Tones the abdomen and improves circulation.

Seated Forward Bend Pose: Relax your body and mind, stretch your hamstrings, shoulders and spine, relieve stress and improve your posture and concentration by practicing the seated forward bend position.

Cows Face Pose: Gomukha literally means “Cow face” in Sanskrit. Place both the feet on the ground with heels crossed under the buttocks. Sit straight and still, the mouth raised. This is called Gomukha- asana, resembling the mouth of cow. This posture stretches the arms, upper back, chest and the sides of the chest and abdomen. As the shoulder blades are stretched backward, the lungs are expanded and as the abdominal muscles are lifted the stomach is toned.

Boat Pose: Perform the boat pose to strengthen your abdominal area and hip flexor, tone muscles in the mid section, improve digestion and relieve stress. You can use a yoga strap to aid you in holding the pose longer or if you cannot keep your legs straight.

The Eagle Pose: The Sanskrit word ‘Garuda’ means eagle. In Hindu mythology Garuda is known as king of birds. This pose will strengthen the legs, knees and ankles. It stretches and tones muscles of the leg and can help relieve cramps of the legs and also helps in treating obese condition.

Mountain Pose: The Mountain yoga pose promotes the experience of stillness, strength, relaxed power and immovable stability associated with mountains. This yoga posture and coming back to this stillness after other poses is one of the ways of becoming acquainted with stillness.

Warrior Pose One: The Warrior pose I or Virbhadrāsana I improves balance and agility and strengthen your legs, back and

arms. It also targets the chest, shoulders, neck and abdominal area.

Corpse Pose: This pose is the final stage in the yoga session. It relaxes and refreshes the body and mind. To come into this posture, lie on your back, arms by your side, your palms facing up. Breathe deeply and slowly through the nostrils until the pose is completed. Your legs should be straight and together, with your feet rolled out to the sides. Tilt your forehead slightly higher than your chin. Let your body completely relax. Clean your mind of all stress, tension and worries. Hold the pose for 10 minutes and then release.

Yoga Asanas for Obesity:

Yoga consist of a series of poses and pranayamas that help in reducing the weight there by helping the person to get free from obesity problem. The following are the various yoga asanas that aid the person to cut down the weight and remain fit.

Sukhasana: It is one of the basic pose in yoga that helps in stretching the back and straightening the spine. On practicing this poses, the person can develop inner calm and get relief from the physical stress and tiredness. It deepens the serenity and removes the anxiety. Due to which the metabolic rate gets raised and the person can have proper digestion.

Warm up Poses: This type of pose mainly focuses on the stretching of shoulders there by reducing the stress and tension on the shoulders and it stretches entire upper back to relieve the stress.

Surya Namaskar: It is the basic form of exercise that is to be performed by the individual before practicing the poses of yoga. It is combination of twelve yoga poses and makes the body to get ready for performing complex yoga poses. It helps the person by enhancing the functioning of digestive system and nervous system. On performing Surya Namaskar, the blood gets oxygenated and supplied to all the parts of the body and strengthens the heart there by preventing the cardio-vascular diseases.

Ardha Matsyendrasana: It is usually termed as half spinal twist pose. The main aim of this yoga poses is to cut down the fat content stored in hips and it strengthens the spinal cord. It also favors the adrenal

glands and liver. This yoga poses focuses on the abdominal organs there by increasing the blood circulation within the body.

Tad Asana: It can be termed as tree poses. It makes the thighs, calves ankle stronger and stretches the back. It makes the body more flexible and on regular practicing of this pose, the person can bend his body in any direction.

Savasana: It is a form of yoga pose among the several poses. It is also known as dead body pose or corpse pose. In this type of yoga pose, the person lays down as similar to the corpse. It calms down the brain and reduces the physical stress of the person that he experiences at work place. The other diseases or disorders that can be reduced by practicing are headache, fatigue, asthma, constipation, indigestion and insomnia.

Kapalbharati: It is basic breathing technique or exercise that is especially executed for cleansing purpose. It tones all the internal organs of the body that includes digestive system. A candidate on executing this yoga can have proper digestion there by reducing the amount of cholesterol and toxic materials getting stuck to the walls of stomach.

Conclusion:

Intake of fast food, preserved food, beverages has become the status part of modern life. Eating a lot and no work out results in weight gain which invites many diseases in our body. Regular yogic exercises with proper postures help to decrease the amount of fats and calories in our body and also provide new freshness to body and soul. It is very essential to include yoga in our daily routine to live healthy life.

References:

- Gala, D. R. (2007):** Prevent Heart Diseases And Prolong Life, Navneet Publication.
- Gore, M. M. (2003):** Anatomy And Physiology Of Yoga Practices, Kanchan Prakashan.
- Iyenger, B. K. S. (2004):** “Yogasarwansathi”, Rohan Prakashan.
- Iyenger, B. K. S. (2006):** Light On Yoga, New Delhi, Harper Collins Publishers.
- Nisargopachar Varta (2006):** Prevalence of risk factor and effectiveness of naturopathy among obese women. Pp. 18.
- Sharma, R.(2006):** Pranayama For Better Life, New Delhi, Lotus Press.
- Swami Muktananda (2009):** “Nava Yogini Tantra Yoga For Women”, Yoga Publication Trust, Munger, Bihar, pp.154-161.
- Swami Kuvalayanad (1993):** Asanas, Kaivalyagham, Lonavala Publication.
