



## YOGA IS A TRADITIONAL EXERCISE AND WAY OF MODERN HUMAN LIFE

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**Abstract:** Yoga is part of the pre-Vedic heritage, which also includes Jainism, Samkhya and Buddhism. Samuel argues that yoga derives from the Śramanatradition. Gavin Flood notes that such "dichotomization is too simplistic. Pre-philosophical speculations of yoga begin to emerge in the texts of c. 500–200 BCE. Between 200 BCE–500 CE philosophical schools of Hinduism, Buddhism and Jainism were taking form and a coherent philosophical system of yoga began to emerge. Yoga is one of these traditions. It's origins are rooted in the soils of the Indus Valley, beneath the Himalayan Mountains, what is Northern India and Pakistan today. It's traditions so ancient, that it's claimed to have been practiced since the beginning of civilization. Yoga is art of living and yogasanas are the scientific procedure. This is the only exercise which affects in most parts of the body. The health of our body and mind depends on the soundness of the health of our internal organs the heart, lungs, digestive system, glands, nerves system, muscular system etc. Yoga exercises gently tone and shape the body, improve posture, flexibility and contribute to feeling of well-being promotion to positive health, to the professional in increasing their skills and improve the quality of life.

### **Introduction:**

#### **Origin of yoga:**

The origins of yoga are a matter of debate. According to Crangle, Indian researchers have generally favoured a linear theory, which attempts "to interpret the origin and early development of Indian contemplative practices as a sequential growth from an Aryan genesis", just like traditional Hinduism regards the Vedas to be the source of all spiritual knowledge. Other scholars acknowledge the possibility of non-Aryan components. Some argue that yoga originates in the Indus Valley Civilization. According to Zimmer, Yoga is part of the pre-Vedic heritage, which also includes Jainism, Samkhya and Buddhism. Samuel argues that yoga derives from the Śramana tradition. Gavin Flood notes that such "dichotomization is too simplistic".

Pre-philosophical speculations of yoga begin to emerge in the texts of c. 500–200 BCE. Between 200 BCE–500 CE philosophical schools of Hinduism, Buddhism and Jainism were taking form and a coherent philosophical system of yoga began to emerge. The middle Ages saw the development of many satellite traditions of yoga. Yoga came to the attention of an educated western public in the mid 19th

century along with other topics of Indian philosophy.

#### **Bhagavad Gita:**

The Bhagavad-Gita ('Song of the Lord'), uses the term "yoga" extensively in a variety of ways. In addition to an entire chapter (ch. 6) dedicated to traditional yoga practice, including meditation, it introduces three prominent types of yoga

#### **Ancient Tradition of Yoga:**

Yoga is one of these traditions. Its origins are rooted in the soils of the Indus Valley, beneath the Himalayan Mountains, what is Northern India and Pakistan today. It's traditions so ancient, that it's claimed to have been practiced since the beginning of civilization. Through internationalism, the seeds of yoga have scattered, blown in the wind and spread to those who seek light. Yoga now touches upon the lives of people all over the world.

Yet the traditions of yoga have altered significantly, in their travels from South Asia. In the West, people flock to 40.6 degree Celsius rooms, to sweat it out in a session of Bikram's hot yoga, or work their core in power Vinyasa yoga classes that focus on asanas, or physical postures of yoga combined with fitness. The roots of

yoga, the mantras, the Om, breathing techniques, pranayama, and the intentions of finding inner peace, and stilling the mind to single-pointed concentration in meditation are foregone in the mist of vanity to achieve one's ideal body type.

#### **Himalayan Yoga Tradition:**

The Himalayan Mountains have been the home of sages for millennia. These great sages have lived and passed on knowledge of the yogic teachings to disciples who then became masters passing on the teachings in an unbroken lineage since the Vedic period. Generation upon generation have followed this path and a huge reserve of knowledge has been built. The student can study the writings of the Tradition and read about the experiences of the great masters of the past for him or herself. The Himalayan

#### **Yoga and human life:**

Yoga is art of living and the scientific procedure. This is the only exercise which affects in most parts of the body. The health of our body and mind depends on the soundness of the health of our internal organs the heart, lungs, digestive system, glands, nerves system, muscular system etc. Yoga exercises gently tone and shape the body, improve posture, flexibility and contribute to feeling of well-being promotion to positive health, to the professional in increasing their skills and improve the quality of life.

1. **All-round fitness:** You are truly healthy when you are not just physically fit but also mentally and emotionally balanced. As Sri Sri Ravi Shankar puts it, "Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are." This is where yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package.

2. **Weight loss:** What many want! Yoga benefits here too. Sun Salutations and KapalBhati pranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.

3. **Stress relief:** A few minutes of yoga during the day can be a great way to get rid

of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. You can also experience how yoga helps de-tox the body and de-stress the mind at the Sri Sri Yoga Level 2 Course.

4. **Inner peace:** We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation.

5. **Improved immunity:** Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthens muscles; breathing techniques and meditation release stress and improves immunity.

6. **Better relationships:** Yoga and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you.

7. **Increased energy:** A few minutes of yoga everyday provides the secret to feeling fresh and energetic even after a long day. A 10-minute online guided meditation benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day.

8. **Better flexibility & posture:** You only need to include yoga in your daily routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong. It also helps improve your body posture.

9. **Better intuition:** Yoga and meditation have the power to improve your intuitive ability so that you effortlessly realize what needs to be done, when and how, to yield positive results. It works. You only need to experience it yourself.

#### **Conclusions:**

It is concluded that yoga is a traditional Hinduism regards the Vedas to be the source of all spiritual knowledge. Yoga came to the attention of an educated western

public in the mid 19th century along with other topics of Indian philosophy. Yoga is art of living and the scientific procedure. This is the only exercise which affects in most parts of the body. The health of our body and mind depends on the soundness of the health of our internal organs the heart, lungs, digestive system, glands, nerves system, muscular system and contribute to feeling of well-being promotion to positive health, to the professional in increasing their skills and improve the quality of life.

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