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इतिहासाचार्य वि. का. राजवाडे मंडळ, धुळे या संस्थेचे त्रैमासिक ॥ संशोधक ॥

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EFFECT OF YOGA ON HUMAN BODY

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Abstract :

Yoga is life of science of right living and integrated system of education for body, mind and soul. The aim if this study was to torch out the effect of yoga on human body of speed, strength, feasibility, agility and endurance. The word yoga derived from sanskrit language and means union or merger. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self enlightenment. To achieve this yoga uses meditation, movement breath, posture, and relaxation in order to establish a healthy life style and balanced to life.

Introduction :

The present paper has been undertaken to focus and explore the relationship between yoga and physical education. The physical fitness of human being is the main objective of physical education and sport. It is therefore, essential for all physical education students, teachers to know about physical fitness its components and their relationship to yoga. It is yoga which is one of the ancient practices to keep fitness of human being.

However origin of yoga is recognized from very an ancient area. On the consideration of patanjali writing also become the basis for a system referred to it as Athtanga yoga .this eight limbed concept derived from the 29th Sutra. To achieve this, yoga uses movement, breath posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.

Materials and Methods :

Austang Yoga The major contributions of Patanjali's Yoga Sutrās is popularly known as

‘Austang Yoga’ which gives a comprehensive and systematic approach for developing the mind. The eight limbs are

1. **Yama:** nonviolence, truth, non-covetousness, chastity, and abstain from attachment to possession.
2. **Niyama:** purity, contentment austerities, study and surrender to god.
3. **Asana:** literally means seat and in patanjalis sutras refers to seated positions used for meditation. later with the rise of hatha yoga asana came to refer to all the postures.
4. **Pranayama:** prana life force or vital energy, particularly, the breath ayama to lengthen or extend.
5. **Pratyahara :** withdrawal of the sense organs from external objects.
6. **Dharana :** fixing the attention on a single object.
7. **Dhyana :** intense contemplation of the nature of the object of meditation.
8. **Samadhi :** merging consciousness with the object of meditation.

Yoga and physical life :

An ideal body has the following features brought about by Yoga a proportionate body with all muscles relaxed in the normal state. It is soft like a flower and flexible to the core. All organs and systems in the body work in harmony and with least abnormalities. The chronic and acute ailments vanish or are absent in such a body. These aspects of personality development at physical level make the



body work most efficiently by harnessing the energies in the right direction. At resting periods all the muscles are relaxed and the joints remain loose to conserve energy and the metabolic rate is very low. During normal activities, just the necessary amount of energy is used by the body.

Health benefits of yoga:

Mental health:

The power of imagination Creativity and Will-power are the two aspects of mind which come under this head of personality development. It has been well recognized that creativity is the core of Arts and Technology. It has been seen that yogic practices enhance the creative power of man.

Emotional level :

Our emotion controls our behavior especially at crucial junctures. The challenges of the modern era pose a great threat to the emotional faculty of man. Yet the culturing of our emotions development of our emotional faculties finds no place in the whole scheme of education.

Improves your flexibility :

Improved flexibility is one of the first and most obvious benefits of yoga during your first class you probably want to be able to touch your toes, never mind do a back bend tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain and inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture.

Protects your spine :

Spinal disks the shock absorbers between the vertebrae that can herniate and compress nerves cause movement. That the only way they get their nutrients .if you've got a well balanced asana practice with plenty of backbends, forward bends, and twists you shall help keep your disks supple.

Increases your blood flow :

Yoga gets your blood flowing .more specifically; the relaxation exercises you learn in yoga can help

you or circulation, especially in your hands feet. Yoga also gets oxygen to your cells, which function better as a result.

Healthy lifestyle :

Move more eat less that the adage of many a dieter. Yoga can help on both fronts. a regular practice gets you moving and burns calories, and the spiritual and emotional dimensions of your practice may encourage you to address any eating and weight problems on a deeper level. Yoga may also inspire you to become a more conscious eater.

Conclusion :

On the consideration of patanjali writing, yoga consists of asana ,pranayama meditation and ashtanga yoga which are related to physical fitness. Asana is very useful to improve physical fitness. However, regularly practice of bujangasana, chaakrasana, and other asana improve the flexibility of human body. In general flexibility means the range of movements around the skeletal joints of the body. The flexibility is not a general body character but it is specific to each body region. If a person has highly flexibility shoulder joint, it does not necessarily mean that he or she will have good knee flexibility than then other. For a good physical fitness it is essential that a person has quit flexible joints and able to maintain his or her body flexibility.

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This type of yoga practice can be adopted in daily life to maintain good health and also helps in prevention of many psychosomatic disorders where psychological stress is believed to play a role.

