

## Unit III Philosophy of yoga (Semester IV)

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- Meaning of Yoga
- Yoga as a way of Healthy <sup>and</sup>  
Integrated living
- characteristics of the practitioners of Yoga
- Utility of Yoga in different contexts  
(Exercise: - Meditation, Pranayam  
by:

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## Yoga as a way of healthy and Integrated living.

Yoga unites the body, mind and soul and awakens the feeling of oneness with nature and the world. It is a holistic approach to live a healthy life by helping you discover the bond between you and the things around you. Yoga has multiple forms which can be practiced by everyone from different walks of life.

Yoga has the ability to regenerate the body tissues and reverse the aging process. It is good for flexibility of the spine and joints. Yoga is a way of healthy living because yoga has placed great importance to the preservation of body health and its methods can be considered a system of medicine in itself.

The first two parts of yoga, namely 'Yama' and 'Niyama' are aimed at the external and internal harmony of an individual. Values such as truth, non-violence, non-stealing, cleanliness and contentment bring about harmony in the society as well as well-being in the life of an individual. Deviation from these values can cause stress and strain in life.



The vital energy in the body is called Prana. It is prana which maintains the physical physiology of the body. It is Prana that runs our digestive, cardiac and nervous systems. All activities in the body are controlled by prana. Prana flows in the body through channels called nadis. When there is block in the nadis, the flow becomes imbalanced and can lead to physical disorders. Asanas and pranayama help to balance the prana in the body and to remove the blocks, thereby improving the functioning of all the systems.

Yoga can make the breathing slower and deeper, improving the capacity of the lungs and reducing the blood pressure. Yoga is known to reduce cholesterol and the sugar levels in diabetic patients, reducing the risks of heart attacks, kidney failures and blindness.

Pranayama and Meditation can calm the mind and remove stress and anxiety. It improves mental health leading to a greater peace and stability of the mind, experienced as a sense of constant well-being. Meditation induces the calmer alpha waves in the brain, which is usually experienced during deep relaxation and can in turn improve memory, physical

coordination and mental clarity.

Asanas bring about flexibility, strength and balance in the body. It tones the internal organs, improves blood circulation and removes toxins from the system. Yoga has the ability to regenerate the body tissues and reverse the aging process. Thus yoga as a way of healthy and integrated living.

As we know yoga was developed as a spiritual science, today it is more used as a self healing system to maintain a healthy body and mind.