

# Importance of Yoga and Spirituality in Modern Lifestyle

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**Abstract-** Yoga is emerging as an integral need to keep oneself fit in today's busy lifestyle. Yoga gives them peace of mind that's why people are devoting some time from their busy daily schedule to practice yoga. Maharishi Patanjali's Ashtanga Yoga inspires mind control for spiritual growth along with physical elevation. It is not only for sages, sanyasis living on the Himalayas but also guidance for all personnel leading a family life.

There are many types and benefits of practicing yoga according to Patanjali's Yogasutra.

Yoga has eight major parts:

- Yama
- Niyama
- Asana
- Pranayama
- Pratyaharaya
- Dharna
- Dhyana
- Samadhi

It's a proven fact that by various yoga postures, special breathing exercises and meditation in Yoga, stresses and tensions are relieved. Yoga relaxes the mind by removing various distractions from mind and stabilizes the brain in focusing on a particular job.

We humans are attracted to something only when we benefitting from it. The way we are attracted to yoga is an indication that yoga has many benefits. Yoga not only gives strength and satisfaction to our body but also enhances our brain and spiritual power. Yoga is beneficial for everyone be it a man, woman, child, youth or elderly.

**Key Words :** Lifestyle, Yogasutra, Physical and Spiritual Advancement, Mental Control, Spiritual Force, Inner Peace

## Introduction:

Everyone is finding himself busy in this extremely materialistic world and modern lifestyle. Due to his/her busy schedule he/she has lost his/her comfort, peace of mind and happiness. He does not have time to pay attention even to his health. In spite of pressure, stress, depression, chaos, sickness, insomnia, despair, failure, work, anger, greed, fascination, arrogance, jealousy etc., nowadays he is bound to lead a difficult and a painful life. Today, he has become a victim of all kinds of evils along with adulteration of food, water, air and sound pollution. As a result, today he is surrounded by many physical diseases as well as mental imbalances, worries, sadness, listlessness and malicious thoughts. His peace of is mind is disturbed.

Our Indian mythological yoga system can help to face these situations with firmness. If we look carefully, the main objective of human existence is only yoga. Making Yoga practice an integral part of life will assure the recovery of lost human power and will teach the art of living life with eternal truth again. Yoga is a complete knowledge of life itself. Yoga liberates us from all our physical, mental and emotional stresses and diseases. It is committed to fullness and unending bliss.

## Spiritual Outlook

In 2<sup>nd</sup> chapter and 5<sup>th</sup> Verse of Srimad Bhagwat Gita, Lord Shri Krishna defines Yoga as ----“Karmasu Kaushalam” means “The Name of Skill of Actions”.

Explaining it in Maharishi Patanjali's Yoga philosophy, it is said ----

### "Yogaschita Vritti Nirodha:

Control of mind is the sum. In this, the yoga practitioner establishes himself in his proper form i.e. Yoga is another name for discipline.

Ashtanga Yoga of Maharishi Patanjali inspires mind control for spiritual growth along with physical elevation. It is not only a path for saints and sages living on the Himalayas, but also for each and every person.

Yoga is life and carnal pleasure is evil.

In Yoga, Shiva is considered as the first Yogi or Adi Yogi and the first Guru or Adi Guru. After Lord Shiva, Yoga is considered to have emerged from Vedic sages and saints. Later lord Krishna, Lord Mahavir and Lord Buddha took it and expanded Yoga in their own way.

Finally Maharishi Patanjali gave it a systematic shape and later on followers of Siddhpant, Shaivism, Nagapant, Vaishnavpant and Shaktapanth expanded yoga in their own way.

### As per Mandal-1, Sukta-18, Mantra-7 of Rigasamnhita:

“यस्मास्ते न सिध्यति यज्ञों विपश्चितशचं । स धीनां योगमिन्वति”

No sacred rituals of scholars are complete without Yoga.

What is yoga?

Yoga is the restraint of mind and is fully immersed in duty.

### According to Rigasamhita's Mandal-1, Sukta-5, Mantra-3

“स घा नो योग आभुवत स राये स पुरं ध्याम | गमद वाजेभिरा स नः ”

It means that God may be oriented towards our Samadhi but we will get the benefit of Samadhi, Vivekhyati, Ritambhara and Pragya by his mercy only, so O divine god please come to us with the perfections of the divine achievements.

### Main parts of yoga:

The eight major parts of yoga are:

Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyana and Samadhi.

#### • Yama:

There are five Yams - Ahimsa, Satya, Astya, Brahmacharya and Aparigraha.

- **Niyam:**

There are five rules - Defecation, Satisfaction, Lie, Celibacy and Imperfection

- **Asana:**

Asana is the name of sitting easily & happily without any movement. According to his ability as practitioner can sit in position in which he/she feel comfortable and can sit for a long time without any agony or agitation in a steady manner and this comfortable sitting position is a suitable **Asana** for him.

While sitting, all three body parts, the head, throat and spinal cord should be straight and stable. When the Asana is perfected, there is no affect of heat, cold etc conflicting elements on the body, the body has the power to bear them all without any pain. The seeker's concentration can't be disturbed in any way if he has perfected the Asana.

The Asana is the physical posture in which the stability of the body increases and the mind becomes calm steady & peaceful. Purification of the nerves, improvement of health, enhancement of bodily spirit and spirituality is achieved by perfecting the asana.

Our body which is made of 5 elements (Aakash, Vaayu, Jal Agni and Prithwi) always remains healthy by practicing Asanas. The inner power awakens; all chakras open & mind is able to concentrate properly and as a result his/her working ability increases manifolds.

The practice of Asanas plays an important role in all-round development of life and success in each and every task undertaken. Many times in life, a lot of problems arise due to adverse conditions. The practitioner has the power to face them easily.

### Types of Yoga

In today's busy world, yoga is the only way that can keep us healthy. According to our physical ability, if we take half to one hour to serve our body in the morning at Brahma Vela, then we will benefit greatly.

The body is the best means of Sadhana. Someone has rightly said - **Jaan hai to jahan hai.**

Goswami Tulsidasji has also described in the **Ramcharitmanas** - the first happiness is a totally fit body. Regular practice of Yogasanas will lead to continuous improvement in health and the body will be infected with diseases. A lot of time should be devoted to Yogasanas.

Men, women and children of all ages can do it with pleasure. Only one firm resolution is required. Once a good habit of yoga is practiced, then all the work of the world will be left behind, but the practice of yoga will not be missed.

**Some simple types of Yogasan are:**

SL	Types Of Asanas	Benefits of Asana
1	<b>Padmasana</b>	Excess fat, body weight balanced, Divine meditation in wisdom posture, elasticity in thighs, laziness and constipation, Strengthen digestive power
2	<b>Yog Mudra</b>	Obesity is removed, freedom from all stomach disorders, spinal cord strengthened.
3	<b>Tulasana</b>	Bodily fat is removed, freedom from all stomach disorders, mildness in spinal cord, lightness in body, full body balance.
4	<b>Ardha Chandrasan</b>	Digestive system functioning smoothly, relieves stomach disorders, spinal flexibility, relieves waist pain
5	<b>Trikonasana</b>	Digestive system strengthened, liver and colon gland affected
6	<b>Surya Namshkara</b>	The 12 different positions have many benefits. Every external and internal organs of the body are positively affected, spinal cord strengthened, spleen elastic, digestive system and vascular system strong, relief from low blood pressure
7	<b>Shavasana</b>	A state of complete relaxation, relieving stress, calming the mind, experiencing bliss, relieving tiredness, relieving high blood pressure
8	<b>Tadasana</b>	Freedom from sluggishness, energetic body, helpful in raising the height of children, keeping the navel in its place, smooth transmission of blood, relieving waist and back pain, strengthening of spine, knees, ankles, buttocks, abdomen, shoulders, hands
9	<b>Naukasana</b>	Flexibility in spine, shoulders, back, extremities, refreshing, free from obesity
10	<b>Kamar Chakrasan</b>	Elasticity in the waist, freedom from obesity, relaxed and energetic extremities
11	<b>Jaanushirasana</b>	Blood excursions near the cervix, relieve leg pain, relieve joint pain
12	<b>Paschimottanasan</b>	Strength in hands and legs, spinal cord flexible, shoulders strong, digestive system strong, feeling of good appetite, free from obesity, elastic body
13	<b>Konnasana</b>	Beneficial in cervical creation, elasticity in the waist, arms, legs, shoulders strong, constipation release
14	<b>Goumukhasana</b>	Shoulder and knee strengthened, Strengthening of the brain, Mental balance, Strengthening the spinal cord

<b>15</b>	<b>Vajrasana</b>	The stomach should be empty. But after eating this asana, it also benefits a lot. Digestive system improved, Strengthened spinal cord, Relieve pain of waist and shoulders, Mental balance, Mind in God meditation
<b>16</b>	<b>Usthasana</b>	Stability in thought process, control in mental peace, strong chest muscles, flexibility in spinal cord, excess fat removal
<b>17</b>	<b>Supt Vajrasana</b>	No pain in knees, shoulders and waist, navel in its place, increased activity of kidneys, mental balance, free of obesity
<b>18</b>	<b>Sashankasana</b>	Nerves system strengthened, Relaxed, Mental peace, a, Renunciation of anger, jealousy and ego, Surrender to God.
<b>19</b>	<b>Sthilasana</b>	Relaxation, deep sleep, unrestrained mind release
<b>20</b>	<b>Sarpasana</b>	Removes obesity, strengthens digestive system, experiences good appetite, makes the body supple
<b>21</b>	<b>Bhujangasana</b>	Neck and spinal cord are strong and flexible, beneficial in the functions of kidneys, liver, uterus, stomach, lungs, heart and thyroid, relieve back pain, suppleness in body, beneficial in throat
<b>22</b>	<b>Shalabhasana</b>	Avoidance of obesity, high blood pressure and heart disease, strengthens spinal cord, increased lung function
<b>23</b>	<b>Dhanurasana</b>	Strengthens the kidneys, back and buttocks. Metabolism and muscle growth, strong and elastic, lungs, kidney, liver, intestines, spleen, and stomach.
<b>24</b>	<b>Halasana</b>	Nerves System strong, spinal cord elastic, thyroid gland benefited, obesity reduced, blood circulation smooth
<b>25</b>	<b>Uppasan</b>	Digestive system strong, obesity free hands and feet, Navel in place, Strengthens the nervous system

26	<b>Makarasana</b>	Strengthens the kidneys, liver and intestines, relieves indigestion and constipation, removes stiffness of the legs and back and increases the elasticity of the spinal cord, relaxes the back, is beneficial in strengthening the knee, buttocks and spinal discs. Remove all diseases, reduce obesity, high blood pressure and release from heart disease, pulse affected institutions
27	<b>Udar-Pawan Muktasana</b>	Heart and lungs are strong, relieve gas and acid, all stomach diseases go away, blood transmission, neck flexibility
28	<b>Sarwangasana</b>	Increase in activation of thyroid and pituitary glands, relieve tiredness, relieve sadness, beneficial in neck, eyes, ears, lungs, blood supply to neck and head, increase muscular function, spinal flexion

- **Pranayam :** Control of Inhalation and Expiration is Pranayam,

It is said in Atharvaveda –

"प्राणापानौ मृत्योर्मा पात स्वाहा"

Means that both prana and apan protect me from death.

## **Yoga and Spirituality:**

### **Ashtanga Yoga**

The four parts of Ashtanga yoga are as follows:

- **Dharana** – It means holding the beliefs by which the desired condition can be attained. These are the conditions of happiness, health, peace, contentment, fulfillment, bliss which are addressed by spiritual possessions. Man is his own creator of fortune.
- **Pratyahar** - In the absence of distractions, senses and mind (Mann) almost becomes one and this state of a body is called Pratyahar. Isolating the senses from external distractions and merging them with the mind is Pratyahar. Pratyahar controls the senses.
- **Dhyana** - Attaining full concentration by detaching one's mind from all kinds of external and internal disturbance is called Dhyana. All tasks can be achieved with Dhyana. Life is meaningful only when we make it joyful, peaceful, musical and easy. All physical diseases and mental stress are eliminated by Dhyana. The sounds of sweetness and harmony are echoed by Jeevan Veena. All types of impulses and charges become peaceful and mind's restlessness ceases. It is through meditation that the seeker reaches the spiritual peak. It is absolutely necessary for a seeker to be honest, sincere and passionate.

- **Samadhi** – When in Dhyana, a person attains total control of his mind, body and soul and is totally oblivious of his surroundings then this Dhyana becomes Samadhi. For achieving grace of god and experiencing truth, getting enlightened and attaining bliss, we must thank the almighty god heartily.

Therefore, it is our duty and responsibility to keep the body and mind healthy by practicing yoga on a regular basis.

### **The main benefits of Yoga**

It is a proven fact that stresses are relieved by yoga postures, meditation, yoga and special breathing exercises of yoga. Yoga provides stability by removing the mind from various distractions and helps it to concentrate on a particular work.

We are attracted to the thing only when we are benefitting from it. The way we are getting attracted towards yoga is an indication that yoga has many benefits. Yoga not only gives strength and satisfaction to our body but also to the mind and spiritual power. Women, men, children, youth or elderly, Yoga is for everyone and beneficial to everyone.

Changes can be made in yoga according to the body's capabilities and elasticity. In any case, yoga is beneficial.

### **Yoga of Mind and Emotions**

It is very important to have positive thoughts in life. Pessimistic thoughts lead to failure. Yoga brings positive energy to the mind. Yoga gives spiritual strength and the mind gets rid of anxiety, contradiction and despair. By yoga the mind gets eternal peace and comfort which leads to happiness and enthusiasm. It has a direct impact on personality and health.

- **Stress relief**

Stress is a disease in itself that invites many other diseases. Medical science also accepts this fact. An important advantage of yoga is that it provides relief from stress. In yoga posture, meditation and by special breathing exercises of yoga, stresses are relieved and are a proven fact. Yoga provides stability by removing the mind from various distractions and helps in stabilizing the mind in specific tasks. Being stress free has positive effects on body and mind. The ability to work also increases.

- **Development of mental abilities**

Memory and intellectual ability are considered to be the main tools of a progressive life. Yoga develops mental abilities and also has a qualitative effect on memory. Yoga posture and meditation helps in directing and concentrating the mind towards the goal. The memory power increases with a concentrated mind. Questions based on logical abilities are asked in competitive examinations. Yoga also develops reasoning power and increases skill. Due to the qualitative effects of logical power and efficiency through the actions of yoga, confidence also increases.

- **Elasticity in Body**

Yoga makes the body strong and flexible. Yoga keeps muscles fit and body balanced. Having a strong, balanced and elastic body also increases work efficiency. Some yoga postures also strengthen the bones of the body. It also reduces the chances of bone related disease.

### **Health and yoga**

Yoga keeps the body physically fit and removes many types of physical and mental troubles. Yoga makes breathing easier. By taking deep breaths during yoga, the body relieves tension. Blood circulation becomes good & smooth with yoga and harmful toxins are extracted from the body. It gives relief from fatigue, headache, joint pain and also helps in maintaining normal blood pressure.

## Conclusion

It's quite obvious that yoga has many benefits in daily life. With Yoga, a person can keep himself healthy even in this busy and hectic life. If a person adopts yoga in time, then he gets freedom from various diseases and his life and its quality will also increase.

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