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The importance of health and benefits of yoga

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Abstract

The aim of the present study is to provide knowledge of importance of health and benefits of yoga to the graduate and postgraduate students in the field of physical education and sports. The study includes health and yoga benefits for the students of physical education for their sports performance.

Keywords: Health, yoga, exercises, benefit

Introduction

The word Yoga automatically calls to mind Sage "Patanjali" the founder and father of Yoga. Yoga comes from the Sanskrit word 'Yuj' which means to unite or to join. Yoga creates a balance between the body and the mind and to attain self-enlightenment. These days, yoga classes are being held at most health and wellness centers across the United States. Along with meditation, It is probably one of the most popular alternative therapy. Many physicians, who are skeptical about the efficacy of alternative medicine, support yoga with a passion. A few breathing exercises recommended by yoga will go a long way towards better health and relaxation

Why yoga

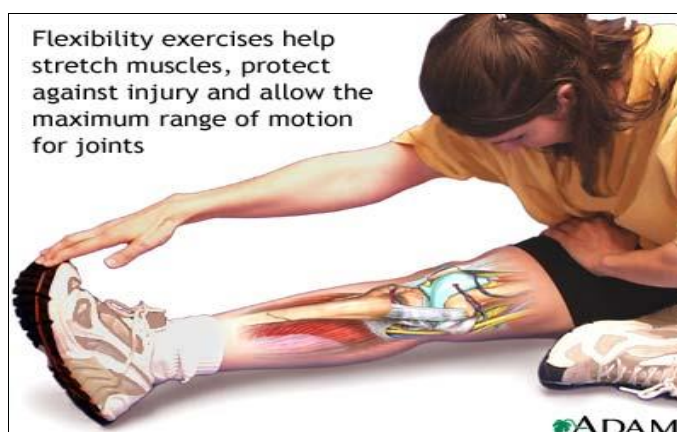
As we all know, yoga is aimed to unite the mind, the body, and the spirit. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress-stricken environment.

Benefits of yoga

Physiological benefits of yoga

A. Increase flexibility and joint range of motion

The practice of yoga helps the body gently regain its flexibility by stretching out the muscles of various areas without causing any harm to them. Keep performing you will see that your flexibility greatly improves. Flexibility is not over rated; it not only helps you but also protect you from injuries while working out. Yoga helps you become stronger and more capable of keeping up with the demands of everyday life.



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B. Breath holding time increases

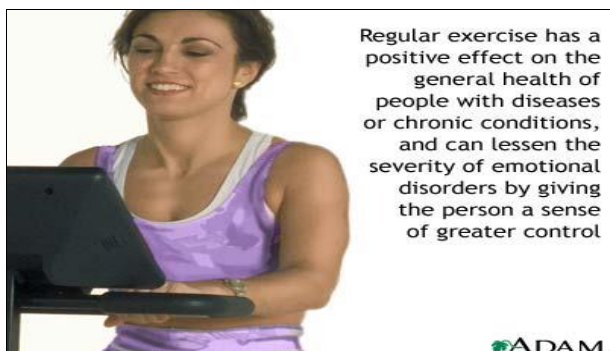
When you perform any pose in yoga, you are taught to breathe in and out with a certain pace and manner. This repeated and controlled breathing helps supply a large amount of fresh oxygen to all parts of your body. Yoga gives your body and muscles all they need to become healthy and toned. More over all the breathing increases your lung capacity, and helps your entire body work optimally.

**C. Posture improves**

Well, your posture may be to blame and yoga can help you correct that. A bad posture is partly due to bad habits and weak muscles. Yoga helps stretch and tone muscles all over the body, making them stronger which in turn gives you better posture.

**D. Immunity increases**

A recent Norwegian study found that yoga actually affects the way your body reacts to attacks on your immune system. It stimulates changes in gene expression and boosts your immunity at the cellular level. Apart from that, the study found that not only is the change almost immediate but yoga was found to help improve one's immunity by improving your overall health.

**E. Pain decreases**

Yoga is a very effective tool to help beat the pain and discomfort associated with menstruation. Not only do the poses help ease the pain by stretching out the muscles, but it also helps relieve the cramping one normally experiences. Yoga also helps to calm the mind, reduce irritation and helps the body deal with the fatigue associated with menstruation.

**F. Weight normalize**

Yoga is a very effective form of exercise that can be performed even by obese people giving them the chance to lose weight by engaging with regular practice of yoga in a form of exercise that tones the entire body, Sun Salutations and Kapal Bhati pranayama are some ways to help lose weight with yoga.

**G. Helps you sleep deeper**

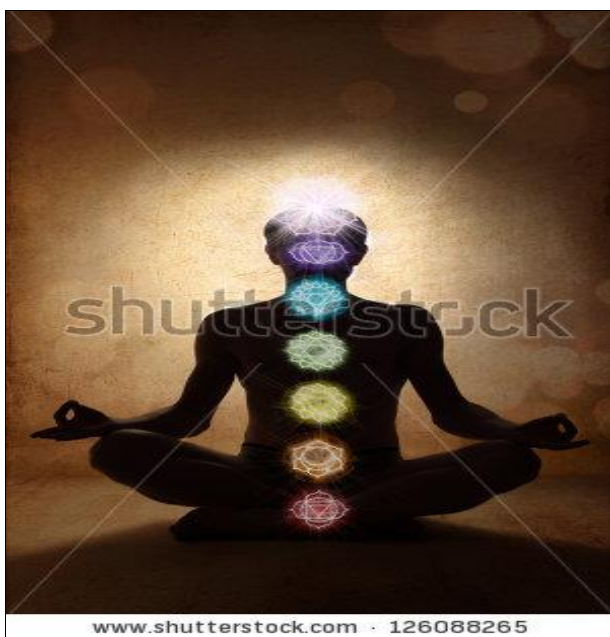
Regular practice of yoga in a form of exercise that tones the entire body, Yoga can provide relief from the hustle and bustle of modern life. Restorative asana, yoga nidra (a form of guided relaxation), Savasana, pranayama, and meditation encourage *pratyahara*, a turning inward of the senses, which provides downtime for the nervous system. Another by-product of a regular yoga practice, studies suggest, is better



H. Increases your self-esteem

Many of us suffer from chronic low self-esteem. If you handle this negatively—take drugs, overeat, work too hard, sleep around—you may pay the price in poorer health physically, mentally, and spiritually.

If you take a positive approach and practice yoga, you'll sense, initially in brief glimpses and later in more sustained views, that you're worthwhile or, as yogic philosophy teaches, that you are a manifestation of the Divine. If you practice regularly with an intention of self-examination and betterment—not just as a substitute for an aerobics class—you can access a different side of yourself. You'll experience feelings of gratitude, empathy, and forgiveness, as well as a sense that you're part of something bigger. While better health is not the goal of spirituality, it's often a by-product, as documented by repeated scientific studies.



I. 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.

J. Increased energy

Do you feel completely drained out by the end of the day? Shuttling between multiple tasks through the day can sometimes be quite exhausting. 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



K. Reducing stress

Stress can affect all aspects of your life, including your emotions, behaviors, thinking ability, and physical health. A few minutes of yoga everyday provides the secret to feeling fresh even after a long day. 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.



L. Body balance improve

Most of us suffer from problems of asymmetry and imbalance. The irregularity and imbalance create a lot of stress and strain in our body. At times, it also leads to injury, pain, or just simple discomfort. Practice of yoga in a form of exercise regularly It helps you become more aware of your body balance improve



Conclusions

1. Nowadays health is very important so that everybody concentrate for maintain good health.
2. Yoga is good for maintaining the general fitness of the body. It helps in avoiding debilitating illnesses. Yoga breathing through Pranayama helps exercise the respiratory system and Yoga breath control improves the flexibility of the system.
3. Choice of a suitable place for yoga is very essential practice more and more
4. Yoga is considered by many as an extremely powerful and quick-fix solution to regain physical and mental fitness. It also helps those who practice it to achieve the highest level of spirituality. By practicing yoga exercises every day you will be able to enjoy better sleep, a happier disposition, a clearer and calmer mind. You will learn how to build up your health and protect yourself against colds. This yoga is presented in the form of a lifestyle, understanding and attitude.
5. Yoga is less expensive than most other methods of attaining and maintaining health and relaxation.

Conflict of interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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