

## ROLE OF YOGA IN HEALTH HARMONY AND PEACE

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Article Received date: 18 November 2024

Article Revised date: 08 December 2024

Article Accepted date: 28 December 2024



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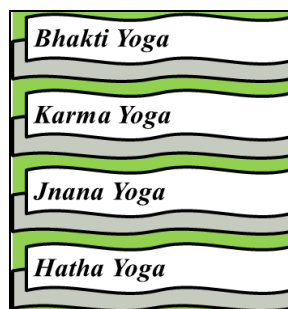
### ABSTRACT

The ancient system of India prescribed several practices for being remain healthy and living long life, Yoga is one such practice of traditional system. Yoga harmonizes physical, mental and spiritual health of individual. It synchronizes body, mind and spirit, thus contributes towards the wellness of society. Yoga become very essential in today's stressful world to acquire peace and relaxation. Yoga helps to face various global challenges and job related stress. Yoga boosts moral, ethical and social balance of individual as well as society. Bhakti Yoga, Karma Yoga, Jnana Yoga and Hatha Yoga are various categories which practices for achieving health harmony and peace. Ancient science also described Yoga as a tool for self-regulation and self-control. Yoga fosters a sense of balance and completeness by unifying words, actions and thoughts. It harmonizes the connection between the inner self and the external world. It helps to reduce tension and restoring physical and mental flexibility. It also alleviates nervousness, confusion and depression. Additionally, it enhances concentration and self-awareness, thus helps to acquire health harmony and peace.

**KEYWORDS:** Ayurveda, Yoga, Peace, Relaxation, Health.

### INTRODUCTION

Yoga belongs from the rich heritage culture of Indian system which covers spiritual as well as physical health of person. This ancient practice developed by great Indian sages that give consent of self-realization. Traditional system divides *Yoga* into different categories as depicted in **Figure 1**.



**Figure 1: Various categories of Yoga.**

As mentioned above the various categories of *Yoga Shastra* includes *Bhakti Yoga*, *Karma Yoga*, *Jnana Yoga* and *Hatha Yoga*. *Bhakti Yoga* means devotion, *Karma Yoga* is related with action, *Jnana Yoga* means knowledge and *Hatha Yoga* resembles force. *Hatha Yoga*

involves physical practices, therefore most widely practiced and it helps to balance synchronization of body and mind. The other forms of *Yoga* include *Kundalini Yoga*, *Dhyana Yoga* and *Raja Yoga*. These all *Yoga* practice is used as a tool for self-regulation and control. The basic principles of *Yoga* practices works around the different fundamental steps as follows

- ✓ *Yama*: ethical restraint
- ✓ *Niyama*: personal discipline
- ✓ *Asana*: physical postures
- ✓ *Praṇayama*: breath control
- ✓ *Pratyahara*: withdrawal of senses
- ✓ *Dharana*: concentration
- ✓ *Dhyana*: meditation
- ✓ *Samadhi*: self-realization.

These steps support harmony of health among the different *Koshas*; *Annamaya Kosa*, *Praṇamaya Kosa*, *Manomaya Kosa*, *Vijnanamaya Kosa* and *Anandamaya Kosa*. *Annamaya Kosa* resembles physical constraint, *Praṇamaya Kosa* means physiological attributes, *Manomaya Kosa* described psychological perspective and *Vijnanamaya Kosa* referred to intellectual aspect while *Anandamaya Kosa* describing spiritual attribute. These *Koshas* represent multi-layered existence of

human being, ranging from the gross to the subtle dimensions. Fulfillment of these *Kosas* gives peace and health harmony in terms of physical and mental wellbeing.

The basic principles of *Yoga* considered human life as an integrated system of mind, consciousness and body, etc. Practicing *Yoga* helps people to understand their inner strength and synchronizes balances with natural harmony. The regular *Yoga* practices provide emotional balance, spiritual awakening and intellectual clarity. These all health achievement contributed towards the acquiring of goal of mental peace and natural harmony. *Yoga* presents a transformational solution to problems that are social and global, promising lasting change, peace and unity, etc. It signifies union of mind and body, thought and action; harmony between humans and nature. *Yoga* is a way to find a deeper connection with oneself, others and also establishes connection with environment.

**Role in Health Harmony and Peace:** The *meditation* is a practice of *Yoga*; acts as powerful method of inner peace, providing relaxation and relieve stress. *Asana*

bring physical fitness and mental endurance, creates mental stability and emotional poise.

**Pranayama** is a technique that helps to breathe optimally and direct *Prana* towards creative purposes. It releases tension, relaxes mind, brings creative thinking and improves mental alertness, etc.

**Yoga-Nidra** is a relaxation process that revives body as well as the mind by relaxing the entire psychological and physiological system. This practice rejuvenate individual with a renewed sense of balance, which ultimately contributed towards the health harmony and mental peace.

**Yoga-Asana** contributed towards the physical, emotional, spiritual and intellectual development. *Yoga* gives self-awareness, emotional resilience, equips one to be a contributor to society, which is harmonious and peaceful way. The *Yogic Asana* considered good for health harmony and peace are as follows.

Asana	Benefits towards Health Harmony and Peace
Sukhasana	Calms mind, brings a sense of inner peace and increases mindfulness.
Padmasana	Increases mental clarity, reduces stress and facilitates meditative practices.
Balāsana	Relieves tension, fatigue and calms nervous system
Bhujangāsana	Increases strength and improves emotional balance
Shavasana	Relaxes mind and brings harmony by removing stress.
Vrikshāsana	Increases balance, stability and calms the mind
Tadasana	Improves mental clarity and calmness.
Paschimottāsana	Relieves mental tension and encourages inner peace.
Anulom Vilom	Harmonizes mind and body, balances circulation of Prana.
Adho Mukha Svanāsana	Reduces stress and improves blood circulation

As mentioned above *Sukhasana*, *Padmasana*, *Balāsana*, *Bhujangāsana*, *Shavasana*, *Vrikshāsana*, *Tadasana*, *Paschimottāsana*, *Anulom Vilom* and *Adho Mukha Svanāsana* are major *Yogic* postures used for mental peace and health harmony. *Yoga* has been known for several mental health benefits in terms of health harmony and peace, these benefits are as follows.

- *Yoga* relieves tension and stress.
- Provides mental flexibility.
- Mind cleansing from distractions.
- Helps to relieve irritation, confusion and nervousness, etc.
- Prevents mental exhaustion and depression.
- Improves concentration, solving skills and sharpness.
- Boost self-awareness
- *Yoga* provides *Ananda*
- *Yoga* provides speedy physical and mental development
- Contributed towards love, harmony and compassion.
- The path of self-discovery and growth can be fostered through *yoga*.

- Regular practice of *Yoga* develops positive thinking, compassion, resolution skills and inner peace, etc. These are qualities contributed for peaceful behavior. Thus, *Yoga* promotes the harmonious integration of body, mind and spirit.

**Modern Perspective:** *Yogic* exercise contributes to peace and tranquility of mind by ensuring equilibrium in hormones due to its positive contribution to the endocrine system. It lessens the effects of stress hormone and activates parasympathetic nervous system.

*Asanas* triggers release of endorphins, serotonin and dopamine which further contributing to the happiness and emotional balance.

It also helps in melatonin production, which induces better sleep; hormonal control gives mental clarity; and mood swings stabilizes by through the balancing sex hormones using various *Yogic* posture. *Yoga* enhances insulin sensitivity and prevents fluctuations in blood sugar, which control mood. Through this mechanism

these all practices ensures hormonal equilibrium, which promote emotional resilience and mental clarity.

### CONCLUSION

Meditation, *Pranayama* and *Asanas* helps to rediscover inner stillness of individual. *Yoga* practices allow one to achieve vitality, mental clarity and self-awareness. These practices addresses personal and societal imbalances, thus overcome path of disharmony. *Yogic Asanas* build physical strength; *Pranayama* regulates energy flows, gives mental relaxation and cure inner wakefulness. Societal transformation begins with individuals; *Yoga* can promote ethical and moral values which gives universal harmony and ultimate peace.

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