

## UNIT : VI

### CURRENT LIFE STYLE AND YOGA

#### CHAPTER : 30

#### IMPORTANCE OF YOGA

Yoga is a glorious part of our ancient culture because of which India has been the teacher of the world for centuries. Yoga is an accessible and natural practice which results in healthy body and mind and many other spiritual benefits.

The word 'Yoga' comes from sanskrit root word 'yuj' which means 'to link', that is to link body, mind and soul into one. In the famous text '*Patanjali*' is written—

"योगस्य चित्तवृत्ति निरोधः"

This means control on mind's disposition is yoga

In the *Bhagvad Gita* it is written, "योगः कर्मसु कौशलम्"  
That is skillness in work is yoga.

In today's fast life many moments arise which brings our life to a standstill. There are many factors around us which raise tension, weariness and irritation in our life which unsettles us. Thus for keeping life healthy and energetic yoga is panacea which brings peace to the mind and keeps body disease-free. Yoga gives a harmony to life's pace.

Yoga normalizes the blood circulation in the body and it is the principle of body science that contraction and relaxation of body creates new energy in

the body and body gets rid of many diseases. Various postures of yoga fulfill this purpose. Postures and *Pranayam* makes the body disease-free. Yoga makes the digestive system healthy which makes the whole body healthy and active. While performing yoga involving nose and lungs fresh air enters the lungs which keep the lungs healthy. Yoga makes the body healthy, beautiful and fit. Yoga postures make the excretory system perfect and it works properly which eliminates the undigested food from the body and protects the body from diseases.

With the development of civilization humans have created many problems. The cause of mental unhealthiness is man's own attitude and values due to materialism. Consequently, competition in every walk of life, attachment to rights and the unending race to earn money can be seen everywhere. Yoga is essential for attaining mental health. Parasympathetic nervous system gets active because of yoga. Self-analysis, peaceful mind, self- solution and self- enhancement can be achieved through yoga. Yoga positively affects voluntary nervous system, respiratory system, endocrine glands spinal cord and digestive system. The balance achieved through yoga helps controlling feelings like envy jealousy, anger, fear, etc.