



Yoga: A Comprehensive Solution for Modern Challenges and A Holistic Approach to Well-Being

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Introduction

"The holistic approach to life that yoga fosters could contribute not only to an improvement in quality of life but also greater harmony between people and between man and nature".

- Prime Minister Narendra Modi at UN General Assembly committee discussion about Yoga.

In today's world, yoga has become the most popular and cutting-edge activity for a wide range of people, including celebrities, business magnates, rock bands, surfers, computer nerds, athletes, and even regular and normal people like us. As a result of your philosophical perspective on life, you are naturally respected and valued, and you are considered to be a really cool person if you practise yoga. You are a revered hero, there is no doubt that you are the one who has everything under control. It appears that there was a central religion and a central language in ancient times, which occurred approximately 5,000 to 7,000 years ago. Language and religion that were important to the world spread to every corner of the globe. As it spread, it took on a variety of forms, which varied depending to the environment, the economic conditions, and the genetic makeup of the population. The individuals who lived in ancient times were able to understand what life was all about and where they originated as a result of their own introspection. In the course of time, the ancient wise men and women developed a set of ideas that continue to be relevant in our times. In other words, they are everlasting principles, which means that they are always true, regardless of the circumstances and regardless of the period. It makes no difference whether we are young or old, whether we speak Aramaic or Chinese, whether we have space ships or ox carts, or whether we speak any other language either. The truth of these concepts has not changed. In general, people who want to live in the world want to be successful; they want to have their wants met, they want to become wealthy, and they want to be respected in their community. In order to accomplish this, they must be brought together, balanced, and centred. All of the ancient wise men and women were aware of this fact. Through the process of direct revelation, they came to the realisation that equilibrium, integration, and centring could be accomplished by adhering to universal principles. This set of universal principles serves as the foundation for the Holistic Yoga Program.

Both positive and bad characteristics can be attributed to the sudden flood of popularity that yoga has seen. On the one hand, we no longer have to traverse the entire planet in order to find a qualified yoga instructor. It is no longer necessary to traverse long miles over scorching deserts, climb icy mountains, sleep on beds of nails, or walk barefoot on hot coals in order to gain the privilege of practicing. You can now find excellent yoga instructors to teach you from a wide variety of different styles in virtually any location in the United States. Furthermore, in order to be considered seriously, you do not need to go through the process of auditioning; all you need to do is show up, and you will be included into the group.

However, due to the fact that yoga is now available to everyone, it has become more difficult to practise well. It is necessary for you to have sufficient knowledge to determine which teaching method or instructor is the most advantageous, educational, enjoyable, and grounded in reality. On the other hand, how do you get started on your quest to discover the knowledge and solutions to all of your concerns regarding everyday life and beyond, while maintaining a pleasant and level-headed demeanour? Which of the two kinds—the softer styles, which emphasise flexibility and relaxation, or the tougher forms, which promise a fantastic workout and a lot of muscle resistance and sweat—should you base your practice on? Rather than focussing solely on the physical benefits of yoga, should you make an investment in spirituality?

Every type of yoga has its own set of advantages that are specific to the practitioner, making it suitable for their own personality or objectives. A great number of commonalities can be found among them. For example, all yoga posture practice is classified as



Hatha Yoga, which can be translated as meaning masculine and feminine, strength and tenderness, or yin and yang. There are many different types of yoga postures. When it comes to selecting a practice, I constantly remind my students that they should pick one that exemplifies the fundamental essence of yoga, which is union. Within the context of this description, it is beneficial for you to engage in both active and passive kinds of yoga meditation. A stronger equilibrium of both physical and mental energy is created as a result of this, which enables the learner to advance at a faster speed without encountering any injuries.

In a surprising turn of events, the manner in which you transition from one yoga posture to the next is just as significant, if not more so, than the decision of whether to do yoga with a firm or gentle focus. A vinyasa, also known as a connecting link, is the movement that occurs between different postures. Your intellect and your overall energy level are both impacted by the actions you take with your body. While practicing either the hard or soft type of yoga, you should strive to move with fluidity and grace as you enter and exit each yoga pose. However, you should not let your strength and power be compromised in any way. You will be rewarded with increased energy, a more profound sense of relaxation, and a mind that is more concentrated if you practise this manner. Allow the energy of your yoga practice to flow freely, much like the energy of a river as it flows towards the ocean; it can be strong at times, but it can also be gentle.

When it comes to matters of spirituality and religion, those who practise yoga may have diverse interpretations of these concepts, and they are frequently two distinct concerns. There are a lot of students who believe that yoga is not a religion but rather a philosophy that integrates the body, the mind, and the spirit. Some yoga students, on the other hand, are interested in certain religious views, as yoga is practiced by a significant number of Hindus. The option is ultimately yours; you may believe that spirituality is a natural connection with nature, a faith in a higher power, or perhaps a unification of universal energy within your own body and mind. All of these are examples of what you might consider to be spirituality. The answers to this question will come to you as you continue to practise yoga. This is a personal subject. Remember the words of yoga, which are considered to be masterful: "the journey is everything." If you simply commit yourself to the practice, you will find that the answers you seek will come to you. In spite of the fact that the original version of Yoga was not intended to be used for the therapy of illnesses, the foundation texts of Yoga (Shvetashwata Upanisada/2/12; Bhagavatgita/6/17,23; Yoga-Sutra/1/31,32&2/2) did discuss several elements of health. In the Eight-limbic system of Yoga, it appears that Patanjali advocated the practice of Yama and Niyama for the management of conscious emotional conflicts. On the other hand, he recommended Asana and Pranayama for the management of subconscious emotional conflicts according to his teachings. These physical exercises do not produce any emotional training or give rise to any intervening impact in the condition of emotional agitation, as it is being represented as underneath. Additionally, Yama and Niyama are prerequisites for Pranayama and Asana. This is due to the fact that these physical exercises do not cause any emotional training.

Conscious emotional conflicts--can be managed by ---Yama & Niyama
Subconscious emotional conflicts--can be managed by----Pranayama & Pratyahara
Unconscious emotional conflicts--- can be managed by----Dhyana & Samadhi

Stability of the body, which is achieved through the practice of asana, has the potential to contribute to emotional stability and psychological well-being. The asanas are a means of releasing tensions that are of a subconscious nature. In addition to restoring the natural reciprocity of visceral processes, it brings about a harmonious functioning of the body systems. Indirect psychological changes are naturally produced by asanas since they contribute to the alignment of the body and affect the reflexes required for postural alignment. A state of equilibrium in the psycho-pranic system is brought about as a result of the psycho-physiological modelling that is brought about by the practice of asanas, which modifies the functions of the autonomic nerve system.

Over the course of time, you will come to realise that your yoga practice has a good impact on virtually every aspect of your life. Your daily life will take on the essence of a confident energy flow, effective organisation, flexibility of mind and body, clear communication, and a sense of inner calm by the time you reach this point. Yoga is an internal practice that has eternal benefits that influence every element of your life in a positive way regardless of where you are in life. This concept is referred to as "harmony within" in yoga. You develop an awareness of the ways in which your thoughts, actions, and words impact the world around you and the people around you.

Despite the fact that yoga is a fantastic science and art, your total health, including your aerobic, muscle resistance, and cardiovascular fitness, could substantially benefit from other forms of exercise as well. As yoga will complement your other physical activities, other activities will complement your yoga practice. Yoga will complement your other activities. It is necessary to strike a balance between cardiovascular activity, muscle resistance training, and stretching in order to achieve



complete physical and mental fitness. When you combine these exercises in a holistic manner, you will increase your vital life energy, also known as the flow of prana, and reduce the likelihood that you will get an injury.

Exercises that develop the heart and lungs are referred to as cardio activities. Some examples of cardio activities are jogging, cycling, surfing, walking, and even the Saturday night dance fever competition at the local gym in your neighbourhood. Make it a goal to incorporate at least thirty minutes of high-quality cardiovascular exercise into your daily routine.

Muscle resistance can be found in particular exercises that are designed to build and challenge the various muscle groups that are isolated from one another. Exercises such as weight lifting, chin-ups, push-ups, sit-ups, and isometric exercises that involve pushing one muscle against another are considered to be the traditional varieties of muscle resistance. Ashtanga, Power Yoga, and Vinyasa Yoga are examples of more difficult types of yoga that provide a significant amount of muscle resistance. However, these kinds of yoga do not always meet the requirements of the whole body requirements. Even the most gentle styles of yoga, such as Kripalu or Integral, are capable of producing a certain amount of resistance in the muscles. Again, if you are serious about the health of your entire body, it is only beneficial to your yoga practice and your overall health to engage in cross training to the extent that you engage in quality muscle resistance for at least twenty to thirty minutes on four occasions per week. Stretching is beneficial for yoga students, but it is important to avoid falling into the habit of doing the same exercise day after day. To ensure that you are covering every part of your body, you should make it a goal to rotate through a variety of various practices and postures over a period of time. It is possible that you will wind up flirting with the dark side and dancing with injuries if you refuse to acknowledge the concept of the full body or if you practise the same stretches every day.

When your hunger strikes and you find yourself facing down the barrel of a sugar doughnut, armed with a full mug of soda pop, and getting ready to declare war on your entire anatomy...Always keep in mind that your body is your temple, and you should treat it with the kind of care it deserves. It is important to avoid eating junk food, fast food, and food that is manufactured and not natural. Eating food in its natural, unprocessed state is one of the most effective ways to improve your overall health. In order to protect your body from the harmful effects of pollution and to strengthen your immune system, you should make an effort to consume a lot of green, chlorophyll-rich meals like raw leafy greens. Be sure to consume a lot of water on a daily basis and avoid overeating. An distinguished neurosurgeon by the name of Dr. B. Ramamurthy asserts that the practice of yoga reorients the functional hierarchy of the entire neurological system. According to him, yoga not only has positive effects on the neurological system, but it also has positive effects on the circulatory, pulmonary, digestive, and endocrine systems. In addition, yoga practitioners experience general biochemical changes as a result of performing yoga.

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