



Importance of Yoga in Current Scenario

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Abstract:

Yoga views the human body as a composite of mind, body and spirit. Health is the state complete physical, mental, spiritual and social wellbeing and not merely the absence of disease or infirmity. Yoga take place main role in three areas that is physical, psychological and spiritual. In view of role of yoga in wellness of human the UN general assembly on 11 December 2014 declared 21st June as the International Yoga Day which was first celebrated in the year 2015 by 192 Countries, the biggest ever event. Usually yoga is used in the Form of asana, pranayama or short periods of meditation for the therapeutic purpose. Moreover, general perception about yoga is also the same, which is not correct. Yoga is fact means union of individual consciousness with the supreme consciousness. It involves eight rungs or limbs of yoga, which include yama, Niyama, asana, pranayama, pratyahara, dharna, dhyana, and samadhi. Intense practices of these leads to self-realization which is the primary goal of yoga. Although in the western world, yoga is viewed as more of a weight loss programme in India masses are getting acquainted with other aspects of yoga plus people have started exploring different classical ways to make yoga more interesting & effective. It has widened the scope of yoga immensely which is surely for good.

Keywords: Yoga Physical, Psychological, Spiritual

Introduction:

Yoga is an ancient Indian system of philosophy designed to bring balance and health to the physical, mental and emotional dimensions of the individual. The practice consists of a set of physical postures. (Asanas), Which are maintained for a certain time. Yoga also involves practice

of voluntary breath control (Pranayama), Voluntary concentration of thoughts (Mediation) and reported racial of phrases (mantra). Asanas are exercise traditionally used in yoga practices characterized by the maintenance of specific postures involving bending, stranding, twisting and balancing the body, with the objective of improving flexibility and strength. Pranayamas consists of controlled breathing exercises focusing body awareness during their execution.

Meditation is a mental process involving concentration of thoughts aiming an alert state of awareness, believed to produce changes in perception, attention and cognition (Ross and Thomas, 2010). In Modern life, the problem of psychosomatic disorder can occur in rural women. At least educated women should understand it. If women become aware about their own as well as family health, society will be healthy.

In any society, the happy and healthy mind of woman is the mirror of a family. It is also the reflection of healthy society. Yoga therapy will be useful to keep this reflection of healthiness and happiness in the family.

According to modern science yoga means,

Y-Younga-to create body and constructive thoughts in young.

O- Organization of body and theoretical elements.

G- Growth - Constructive development of the body and body element.

A - Achievement - Yoga techniques to co-ordinate body and body structure.

Mudra :

The yogic stamp Deployment which is used to make the internal organs and mental stimuli capable of functioning, is known as mudra. There are 12 billion cells in the human body. About 10 million of them are in the human brain. It has two major hemispheres. Its work seems to be mutually complementary. Its parts have different functions. The process of human behavior and physical and mental health depends on it.

Mundra	Benefits For Physical Health	Benefits for mental Health
1. Mahemudra	Mental democentation Dissolve the placenta.	Reduce in Cbitta wipshepl
2. Shaktichalan Mudra	Control on Physical illness.	disinformation of mental disorders.
3. Shambhavi mudra	Hepls in control various physical disorders	Healthy mental health
4. Vipreetkarni Mundra	ear, nose, eye, brain, neuro transmitter	Get mental Recovery of health.
5. Khechri Mudra.	Cantionary control body disorder	Mental Wellbeing
6. Vajroli mudra	Appearance acquires the attitude of receipt of grace	Increase satisfaction.

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