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## YOGIC PRACTICES NOURISHING MENTAL HEALTH AND CONSCIOUSNESS

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### **Abstract**

Yoga transcends spiritual barriers and well-known shows the manner to unity. “Yoga in Daily Life” gives the religious aspirant steering on lifestyles’s direction through the practices of Mantra Yoga and Kriya Yoga. The art work of education yoga allows in controlling an individual’s mind, body and soul. It brings together physical and highbrow disciplines to collect a peaceful body and mind; it allows control pressure and anxiety and continues you relaxing. It moreover allows in developing flexibility, muscle power and body tone. It improves breathing and vitality. Practicing yoga can also additionally seem like actually stretching, but it can do an lousy lot more on your body from the way you experience, look and move. Above paper talk approximately the blessings of yogic practices in day-by-day lifestyles and additionally intellectual and bodily health. The above paper discuss about the significance of yoga and meditation.

**Keywords: Yoga, physical, meditation, significance, health, flexibility**

### **Introduction**

The World Health Organization (WHO) predicts that by 2020, depression will be the second leading cause of global disease, i.e., coronary heart disease (mentioned). Anxiety is also being diagnosed more than before. Despite the increase in diagnoses, treatment programs



typically include medications that are insufficient to prevent new illnesses or promote mental well-being. Effective treatment of mental health problems requires a holistic approach that addresses the root of the problem(s) [1-3]. In this article, we provide evidence of yoga as a health promotion, disease prevention and treatment for depression and other mental disorders. Like other therapies, yoga is not a complete solution to mental health problems. Along with other approaches, yoga has great potential to guide people to greater mental well-being.

Yoga is becoming mainstream on the planet. It gives comfort to a troubled psyche. For those who are destroyed, it is a protection. For the average person, it's all about planning your day to keep yourself fit and beautiful. Some use it to build memory, knowledge and imagination. With its many advantages, it becomes part of the school. Experts use it to unlock new cognitive layers as they move toward flawlessness. Given its objective starting point, the advanced clinical framework has replaced almost all traditional drug frameworks in various regions of the world. It has proven itself best in saving people from the deadly hands of contagious and irresistible diseases. Be that as it may, new widespread psychosomatic diseases and mental health problems are an incredible test of the advanced clinical framework. It is here that yoga definitely commits to a cutting-edge clinical framework. An extensive review of yoga therapy over the last few years has highlighted the benefits of yoga in the treatment of these diseases as a compelling aid in clinical management as well as in long-term recovery. "Prevention is better than cure" Yoga can play a crucial role in disease prevention. All gyms have started adding yoga to their schedules and many go to these gyms just to do yoga. The promotion of positive well-being is supported by many world health organizations that don't want to treat current illnesses. Yoga is an integral part of this perspective in the new millennium. Meditation has been a popular method of practice for centuries. Period meditation refers to "a circle of relatives of one's spiritual physical activity, which usually includes frivolously restrained perception and interest." Shapiro (1982) uses the mechanisms of attention as a starting point for the definition, and he defines meditation as "one of its related techniques that does not have unusual conscious experimentation and cognitive interest, which is no longer analytical and the effort is no longer. stop. a discursive, evocative concept." Such physical activities vary widely and may still include sitting and counting breaths, achieving a repetitive concept, or specializing in some simple external or



internal stimulus. Carrington (1977) developed his "Mantra" form of meditation for use in medical practice and research. In CSM, the choice of song is left to the character, who chooses one of 16 Sanskrit mantras collected by Carrington. A meditator can even come up with his own mantra by following a few simple rules.

## **Mental health and Consciousness**

Staying in harmony with yourself and the environment is a need of every human being. However, in extreme cases, many areas of the lifestyle are constantly placed more emotional demands. The result: more and more people suffer from physical and mental anxiety, which consists of tension, anxiety, insomnia, and an imbalance in the way the body spends time and adequate exercise can occur. Therefore strategies and strategies to achieve and develop fitness in addition to physical, intellectual and religious harmony are brilliant and it is for this admiration that "Yoga in Everyday Life" provides a comprehensive useful resource. himself The word "yoga" comes from the Sanskrit language and means "to unite, to unite". The physical games of yoga have a holistic effect and balance the frame, thoughts, cognition and soul. In this way, yoga helps us deal with ordinary needs, problems and worries. Yoga helps to increase knowledge about ourselves, the motives of our lifestyle and our relationship with God. On the religious path, yoga leads us to perfect mastery and eternal happiness in the union of the personal Self and the conventional Self. Yoga is the perfect cosmic principle. It is a gentle way of life, a traditional innovative recognition it does not sleep constantly and does not sleep in any way; which has constantly changed, constantly is and will constantly change. Several hundred years ago, Rishis (wise boys and saints) in India studied nature and the cosmos for their meditations. They followed the legal guidelines of fabric and religious geography and gained insight into the interconnectedness of the universe.

These are reviews and insights a far-achieving and complete gadget referred to as Yoga originated and gave us valuable, realistic commands for the frame, breath, concentration, rest and meditation. The practices that this book of yoga gives have consequently already demonstrated themselves over hundreds of years and were located to be beneficial with the aid of using hundreds of thousands of humans. The gadget "Yoga in Daily Life" is taught global in Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres and Health Resorts. It is appropriate for all age groups - it calls



for no “acrobatic” abilities and additionally offers the unfit, in addition to handicapped, sick and convalescent humans, the opportunity of working towards Yoga. The call itself suggests that Yoga may be and must be used “in Daily Life”.

## **Review of Literature**

Kirsnoff (1987) evaluated that the lifestyles pressure and social guide as predictors of Athletic harm. The cause of this examiner changed into to decide if lifestyles pressure and social guide are predictive of athletic harm. The athletic lifestyles Exp survey (passer and seese, 1983) and a social guide Functions scale (pines, Aronson and kafry, 1981) have been admin to 170, M and F, varsity athletes. The pattern covered athletes from 7 sports: volleyball, gymnastics, hockey, soccer, cross – country. Track and wrestling. The end result of the examiner indicates that the frequency of harm is predictable on the premise of lifestyles pressure. They additionally suffest that the high-satisfactory of emotional social guide functions ‘buffers’ the affect of lifestyles pressure

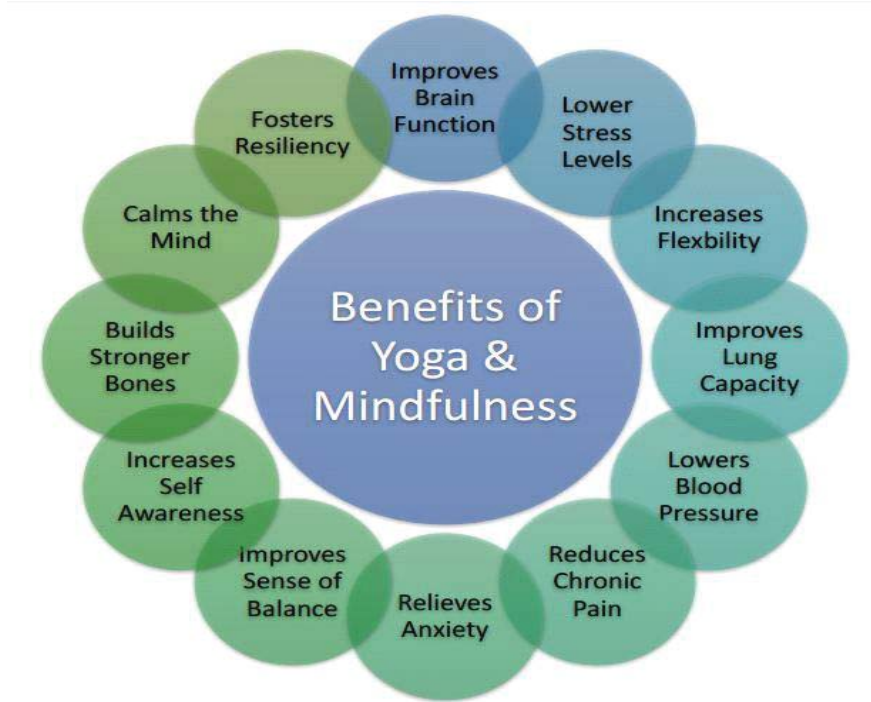
## **Aim of the study:**

The specific aim of this scholarly qualitative study was to know the significance of yoga and meditation for humans.

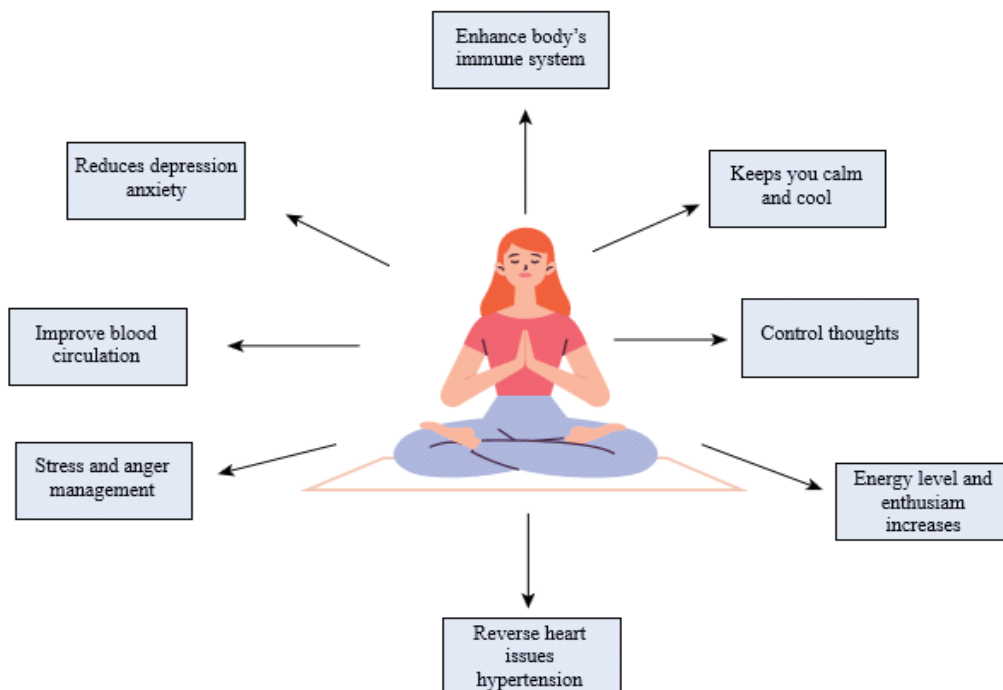
## **Methodology:**

A thorough on-line and offline search procedure was applied for the acquisition of evidence in this systematic qualitative study. A critical analysis of the literature was systematically searched through online databases: PubMed, Google Scholar, and Google Advance Search.

**Fig-1 Benefits of Yoga**



**Fig-2 Benefits of Meditation**





## **Studies of yoga's on quality of life and depression**

Yoga has been shown to improve the quality of life of healthy and sick people. A review study concluded that yoga is as effective as or better than exercise in improving a variety of mental and physical health, such as stress, quality of life, mood states, heart rate, lung function, etc. A meta-analysis concluded that because weight gain and toxicity are side effects of various pharmacotherapies, yoga may be an effective and less toxic adjunctive therapy for severe mental illness. In one study, yoga improved subjective well-being, mental health, and executive functioning in prisons. In various studies, yoga improved the quality of life of pregnant women and improved interpersonal relationships. Research over the past 15 years has shown that yoga can improve psychological health during breast cancer treatment and improve health-related quality of life in patients stabilized on antipsychotics. In the treatment of mild to moderate MDD, promising results show that yoga can be applied as monotherapy. Level 2 evidence supports the use of yoga as an adjunctive therapy. Several studies have concluded that: a) yoga is superior to no treatment in alleviating mild to moderate depressive symptoms in MDD; b) yoga is as effective as TCAs (tricyclic antidepressants) in severe MDD; c) Yoga in combination with antidepressants is better than antidepressants alone for depressive symptoms.

## **Results and discussion Role of meditation and yoga in daily life**

Meditation has these days grown in popularity, and as greater humans see the blessings of it, greater coaches, running shoes and athletes are starting to contain it into their schooling plans. Novak Djokovic, Olympian and expert tennis participant claims he practices 15 mins of conscious meditation a day. Other athletes like Lebron James, Kobe Bryant, and Derek Jeter, to call a few, additionally use meditation.

- **Helps Athletes Cope with Pain**

With all the extreme schooling that athletes undergo on a normal basis, it's common for them to be in ache or discomfort. According to a latest examiner, meditation has been established to sharply lessen a person's sensitivity to ache. The examiner measured how members replied to ache earlier than and after attending 4 20-minute meditation schooling classes over the path of 4 days. The consequences confirmed that members rated ache 57% much less ugly





and 40% much less intense, on average, once they went via the meditation schooling. These findings display that meditation can assist athletes deal with ache, which could assist them push via the ones difficult moments of schooling while it hurts the most.

- **Improves Sleep Patterns**

Another gain that meditation has on athletes is that it improves sleep patterns. A examiner posted withinside the Journal of Sleep confirmed that athletes who do now no longer get sufficient sleep can revel in bad results which include weight gain, lack of ability to hold cognizance, temper disturbances, improved tension or melancholy, and reduced motor manage. All those bad results can dramatically effect an athlete's overall performance. By incorporating meditation into their exercising routine, athletes can sleep higher and combat insomnia. This is due to the fact meditation strategies evoke the rest reaction, a deep physiological shift withinside the frame that's the alternative of a pressure reaction. This rest reaction can assist remove pressure, that's typically the purpose of sleep trouble. Athletes who've issue snoozing because of the pressure in their schooling or upcoming competitions, may want to gain from an amazing night's sleep.

- **Boosts the Immune System**

Not simplest does meditation and yoga assist an athlete sleep higher, it additionally enables enhance their immune system, stopping infection that might have an effect on their schooling or competition. A examiner performed through the University of Wisconsin, evaluated the capability preventative results meditation and workout have on incidence, period and severity of acute respiration infection (ARI) infection. The examiner observed that folks that practiced meditation skilled fewer incidences of ARI, in addition to shortened period and severity of signs and symptoms in comparison to the ones withinside the workout and manage group. Bottom line: meditation can assist decrease the risk and severity of infection, permitting athletes to keep to teach for success.

- **Reduces Stress**

Whether or not it's from schooling or competition, athletes are constantly beneathneath pressure. While a few pressure may be good, an excessive amount of can restrict overall performance. Therefore, it's critical for athletes to locate methods to control and decrease



their pressure. Meditation is a great manner to do it as it will increase advantageous results and reduces bad results, which include tension. A latest examiner observed that members who skilled mindfulness-primarily based totally pressure discount had drastically much less tension, melancholy and somatic misery in comparison to the ones withinside the manage group. Their findings advise that the feelings they had been experiencing can be processed in a different way withinside the brain. Athletes who undertake conscious meditation can lessen their pressure and be greater organized to carry out in the course of competitions.

## Conclusions

Yoga isn't a religion - it's far the supply of spirituality and wisdom, the foundation of all religions. Yoga transcends spiritual barriers and well-known shows the manner to unity. "Yoga in Daily Life" gives the religious aspirant steering on lifestyles's direction through the practices of Mantra Yoga and Kriya Yoga. As the maximum especially advanced beings upon earth, people are able to figuring out their actual nature and internal Self, God. The religious intention of Yoga is God-Realization, the union of the man or woman soul with God. The attention that we're all one in root and connection to God is the primary step. Meditation is popularized as a practising approach for centuries. The time period meditation refers to "a own circle of relatives of intellectual physical activities that typically contain frivolously restricting concept and interest".





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- For a short evaluation of the yoga faculty of philosophy see: Chatterjee & Datta 1984, p. 43.
- Worthington writes, "Yoga completely recognizes its debt to Jainism, and Jainism reciprocates via way of means of making the exercise of yoga element and parcel of life."
- The earliest documented use of the phrase "Tantra" is withinside the Rigveda (X.71.9). The context of use indicates the phrase tantra in Rigveda means "technique".