



Frontiers

Importance of Yogic lifestyle in 21st century

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ABSTRACT

The object of this theoretical research paper is to assess the finding of selected articles regarding importance of yogic lifestyle and to provide a review of the benefits of daily routine yoga practice.

Yoga is an ancient self realization method of Indian culture. It keeps our body healthy and calms our mind. The main object of yoga is Moksha but now in present the object of yoga is to keep our self physically, mentally, socially and spiritually fit and healthy. In 21st century science and technology developed very fast. The negative effect of this is that the people have decreased the rate of physical activity in daily life. Modern lifestyle changed our living patterns, that makes our life easy but it also affects our health. If we involve the yogic lifestyle in our daily routine such as balance diet, sleep, behavior, physically activity. It will have a positive impact in our daily life. It also reduces the risk of getting so many diseases.

The result of this study shows that yogic lifestyle improves the quality of living. Yogic lifestyle has a power to keep us safe from so many diseases, this is very important because if we are fit and healthy then we can do our daily work easily and happily.

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Introduction:

Today we are breathing into the 21st century which is a scientific era. In this era, science and technology have progressed a lot, due to which it has become easier to live life many works are being done easily and conveniently in a short time. There is no doubt that living life in 21st century has become a lot easier,

but we also cannot deny the fact that our health has also been negatively affected by the advancement of science and technology, which is a result of change in our lifestyle. Gradually, humans became dependent on machines, which made them less able to do physical activities. Unnecessary use of phone, mobile, computer, in the spirit of getting ahead of each other, extra workload, attraction

towards western culture, disobedience to moral values, etc. for many reasons, humans did not pay attention to their diet, behavior, sleep, activities and gradually started making lifestyle changes. Due to these changes, man became infected to many physical mental and psychiatric diseases.

According to WHO “60% of contributing factors to health and quality of life of individuals are related to lifestyle. In recent decades, most of the people followed unhealthy lifestyle behavior and therefore, the burden of various non communicable illnesses like hypertension, obesity, metabolic diseases, and cardiovascular diseases have increased in the country.”(1)

Many mental and physical changes have started occurring in humans due to changes in lifestyle. Today man is working but his heart is lacking happiness and energy and negative effect is high. Anxiety, stress, fear, anger, disappointment, etc have surrounded him. He has started thinking of himself as lonely and sad. If we do our task with a happy heart, then only we will be able to do our tasks with properly but this will be only possible when we are healthy. Now question is what is health?

Acharya Sushruta states the symptoms of health and says that-

**“Samadosha samagnischa samadhatu malakriya: Prasannathmendriya mana:swastha ithyabhidheeyath||”(2)
Su su.15/9**

Meaning, The balanced state of the Dosha, Dhatu, Malas and Agni and the happy state of Athma, Indriya and Mana is called health.

Staying healthy should be the ultimate goal of all, but the focus on health only comes when the health get infected. Before that we never think if we balance and restraint on our diet, sleep, activities etc, that means a little change in our lifestyle can avoid many problems. Today we need a lifestyle that teaches us the art of living

along with giving positive health energy. If we look at our ancient culture, scriptures, there is such a special power which can free us from many problems that arises in the present time.

According to Bhagwad Geeta:

“Yuktahara-viharasya yukta-cestasya karmasu |
Yukta-svapnavabodhasya yogo bhavati duhkha-ha||”(3) 6/17

Meaning, For the man who is temperate in food and recreation, who is restrained in the actions, whose sleep and waking are regulated, there ensues discipline (Yoga)which destroys all sorrow.

According to Manu Smriti:

“Brähme muhürte budhyeta dharmärthau cānucintayet |
Kāyakleśāmśca tanmūlān vedatattvārthameva ca ||”(4) 4/92

He shall wake up at the point of time sacred to Brahman, and then think over the means of acquiring Merit and wealth, of the bodily troubles involved therein, and also of the true meaning of the Veda.

Yogic lifestyle has the ability to solve problems arising in the 21st century, Because it affects all aspects of lifestyle.

“Yoga is derived from the Sanskrit root “yuj” which means join or attach and it is considered as any ‘particles’ that help facilitate a union between self and the divine.”(5)

Maharishi Patanjali in Yog Sutra, who organized yoga:

“Yogashchittavrittinirodhah||”(6) 1/2

Meaning, Yoga is restraining the mind-stuff(Chitta) from taking various forms(Vrittis).

“Yoga is an art, a science and philosophy. It touches the life of people at every level, physical, mental, and spiritual. It is a practical method for making one’s life purposefully, useful and noble.”(7)

Some Yogic way to improve our lifestyle Although it is not possible for us to follow all the parts of yoga in the 21st century. But we can practice some parts of it.

1:-Yama and Niyama: - Yama-niyam is the initial part of Ashtang yoga.

Ahimsa, Satya, Asthaya, Brahmacharya and Aparigraha are the five Yama. In which not to commit violence, always speaking the truth, not stealing things, obeying celibacy, and not collecting things, all these are followed.

Shaucha, Santosh, Tapa, Swadhyaya and Ishwar Pranidhan are the Niyama. Shaucha means internal and external purification of the body. The inner meaning of the body is purified by good thoughts and feelings and the external purification of the body is done by pure water. Freedom from the craving of the unhappy is the Santosh that gives happiness. Being equal in any physical and mental condition, moving towards your goal is tapa. Studying the Vedas and scriptures is Swadhyaya and dedicating it to God is Ishwar pranidhan.

In the 21st century, following the Yama-niyam is very important because at this time man is developing his intellectual qualities but not moral qualities. Today our society is surrounded by corruption, lies, dishonesty, misconduct, rape, violence, black marketing etc. The reason for all this is not pay attention to character building or not to follow moral values. The Yama Niyam described in Ashtanga Yoga creates good character and quality of life.

2: -Asana: - The position of sitting comfortably in a relaxed manner is called asana. There are 84 lakh postures said in the scriptures. Asanas can be performed in a variety of ways, such as meditative postures, relaxing postures, standing postures, postures done on the abdomen and posture done on the back. The main purpose of asana is to make the body firm which gives the ability to bear duality. Maharishi Gherand says this in Gherand Samhita - “आसनेन भवेद् दृढम्” (8)1/10

3: - Pranayama:- Pranayama is made up of

two words, pran and ayaam. pran meaning vital life force and ayama meaning control, extension or expansion. The three main parts of pranayama is poorak, kumbhak and rechak. Oxygen reaches the body abundantly through pranayama because of long and deep breathing process. It has positive effects on both body and mind. Increases lung function. The nadis becomes pure and clean. Pranayama is very beneficial, because it can prevent respiratory diseases.

4: -Mudra-Bandh: -Mudra and Bandha are practiced for concentration, along with it, physical, mental, spiritual provide all the three benefits. Description of mudras and bandhas is found in many texts of Hatha Yoga.

5:- Dhyana : - Meditation is the process of keeping the mind stable. Today, man is surrounded by many Conflicts. Many physical and mental situations come in front of him in daily life, he is able to face some, but he is unable to fight against some difficult situations and is surrounded by many physical and mental diseases. He starts suffering from diseases like high blood pressure, thyroid, anxiety, stress, diabetes etc.

6: - Shatkarma: - These are the six purification techniques in hatha yoga, which are Dhauti, Vasti, Neti, Nauli, Tartaka and Kapalabhati. Tridosha balancing, prana restraining and the pulse is purifying by the practice of Shat Karma. It is a very good medium for purifying our body and mind in today's time. Because in today's life maximum changes have come in our diet, that's result unbalance of tridosha. Maharishi Charak has considered both human body and disease as dietary.

“आहारं सम्भवं वस्तु रोगाश्चहारिसंभवा”

(2) च.सू.28/45

7: - Mitahar: - Mitahar is a yogic diet. Mitahar means eating a balanced diet. It has 3 sides. Quantity of food, quality of food and time of food. The quantity of food is mentioned by Ghernd Muni in such way that-

“Annen puryedardha toyen tu tritiyakam
Udarasya turiyaansham
sankrakshedvayucharne”
(Gheranda Samhita- 5/22)

Meaning, one should fill half the stomach with food, one quarter with water and the fourth quarter should be reserved for movement of the air.

The food is divided into two parts based on the quality of the food. Pathya aahar and apathy aahar food. The food which is useful for yogis and beneficial for them to fulfill their purpose is pathya aahar. On the contrary, the food that causes disturbance in yoga practice is apathy aahar. The third part of mitahar is time of food. In relation to the diet period, only two times of food have been considered by the scriptures for humans. In the morning after sunrise and before sunset in the evening.

8:- Om Chanting :-Om is a Universal mantra. The sound of Om is spread everywhere. But to hear this one has to achieve a rapid state of meditation. Om the word is made up of three letters, ॐ, ॐ and ॐ. It is also synonyms with Brahma, Vishnu and Mahesha.

9:- Yog Nidra:-Yoganidra is the yogic sleep performed in Shavasana, performed with inner reflexes. In this process the part from toe to head is relaxed. The mind is moved towards inner reflexes, calming the entire mind and body.

Role of yoga in different aspects:

Dr. Verma, 2015, found in her study, that in 21st century we are suffering from more physical and psychological stress. We cannot control the tension arising but can

adopt measures to cope with stress. In which yoga is very good tool. It brings harmony between mind and body. Yoga is a boon for the 21st century. Yoga should be made an integral part of our education as well as health care systems. If we all practice yoga then we will be physically, mentally, spiritually healthy. The congestion and burden in our hospitals will be reduced. Therefore, yoga should be supported in advancing.(9)Dr. S. Sundar, 2016 research says, In modern times, science and technology has made great progress, with which it has also reduced the quality of life, most of the lives of people are being spent in illness. Yoga is an ideal solution for health problems. The quality of life style can be increased by adopting different parts of Ashtanga yoga. The beauty of yoga is that it is useful for all ages, sex, religion, circumstances. Yoga is helpful in curing physical diseases as well as mental and psychological diseases.(10)The study is based on the context of diseases generated by lifestyle and their remedies. Modern life is facing life-related disorders, in which there is a great need to change, yoga is a very good way to solve it. Through various parts of the yogic lifestyle like dieting, eating, thinking, pranayama, posture, meditation, etc., man can free himself from disease by managing the lifestyle very well, because through yoga, physical, mental, social and There is benefit in spiritual health(11).

The aim of this empirical research is to study the short-term effects of lifestyle interventions on public-based yoga practice in general and diseased subjects based on yoga. This is an experimental approach that is experimental for took place at All India Institute of Medical Sciences, Delhi. 175 subjects were taken for the group, consisting of 98 males and 77 females, All these subjects were heterogeneous, suffering from some disease like obesity, high blood pressure, diabetic asthma, anxiety, stress, neck pain etc. All these subjects were conducted in a

group of 6 to 8 persons, for 10 days, everyday 3 to 4 hours of practical and explanatory exercises. These exercises included videos and lectures based on postures, pranayama, meditation, relaxation, diet, shatkarma yoga, etc. Changes were measured through the state trait anxiety inventory test (STAI) on the first day and the last day, ie, on the tenth day, from the start of the experiment, which resulted in the average change in the scores of anxiety in these 10 days. Also, 50 subjects were also placed in the control group, who did not do any yoga exercises but gave both the STAI test time. The results of this investigation were such that there was no change in the subjects of the control group. Hence Yoga is useful for our lifestyle. Anxiety can be overcome by practicing yoga.(12)

A study says that modern lifestyles have affected us physically, mentally, and psychologically. There is a need to make people aware to control the effects of lifestyles. With today's lifestyle, the risk of becoming unwell can be reduced by yoga. Because yogic lifestyle gives us proper diet, proper physical activity and better and balance communication. That's why yoga is beneficial for physical, mental, social and spiritual health.(13) Yoga is a means of overall health and healing. Although this may not completely eradicate physical movements, in the adverse conditions of the body, yoga provides a path to overall health. There is a connection between physical and mental health of every person and yoga is a means of inner peace and healthy living.(14)

A research says that purification of the body is done by various parts of yoga such as Yama, Niyam, Asana, Pranayama, Pratyahara, Dharna, Dhyana, Samadhi. The first parts of Ashtanga Yoga like Yama, Niyam, does the internal purification of the body. Blood circulation improves through asana, the oxygen is transmitted to the muscles well by the tissues. Pranayama regulates the flow of

life. Different types of pranayama have different effects on body and mind. Meditation brings peace to the mind. The purification of the body is done by the Shatkarmas. In this way, when the body is healthy internally and externally, our ability to work, think, digest, feel, etc., develops and when the body is pure, then all the functions will be simple and convenient.(15) Expert says 30 minutes of regular practicing of meditation expand the depth of mind and make it calm, prevent and maintain stress and keep us to remain healthy fit and wellbeing.(16) A study says that if we chant Om regularly in our daily life, we will improve cognitive power and we will find our self more calm and happy.(17) A other study says that practicing of shatkarma and some asanas decrease the level of glucose and cholesterol.(18) Yoga reduces stress and provides satisfaction in life. It affects physical and mental health well and yoga also helps to heal in a psychological way(19).

Conclusion:

In the 21st century, Technology has made life easier But somewhere these physical comforts have taken us under their control, which has reduced the quality of life. Yogic lifestyle affects body, mind and soul, because the parts of Yogic lifestyle undoubtedly control and regulate our diet, behavior, sleep etc. We have to live with 21st century, but living life should not be our only goal. We must also enhance the quality of our life while being healthy, so that our physical, mental, social and spiritual development can take place and we can face the problems arising in daily life and achieve efficient solutions while achieving overall health. Although we cannot follow all the parts of yoga in daily life, But by following some of its parts, we cannot deprive ourselves of its benefits.

Therefore, we must follow the Yogic lifestyle for living healthy and happy life.

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