

Yoga: a multi-dimensional approach to our Well-being, a lifetime investment

Anchal Sharma

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Abstract

The way of life we follow in the modern world requires us to pay closer attention to our approach to life, daily activities, health, and well-being. Yoga's Indian origins allow us to better comprehend and practice it. Yoga is a method of synchronized mental and bodily exercises that has been practiced for centuries; it is viewed as a panacea for a happy life and existence. Due to its emphasis on holistic care, both individual and communal, it is a beneficial endeavour for people of all races, religions, and nationalities. Its objective is to encourage the sustained experience of positive psychological states including divinity, self-awareness, and inner peace. The significance of yoga is crucial in treating ailments that are encountered by many people in light of the different issues facing society today, such as the intense stress brought on by the issues of contemporary life, which can upset the mind and cause individuals to suffer from several psychological illnesses, causes physical illnesses that might injure the body and prevent it from doing activities in a fit manner. In the contemporary period: asana, pranayama, and mudra; as yoga and well-being have a tremendous impact on society. People who practice Yoga can regulate their breath, which in turn allows them to manage their brains. If individuals can control their minds, society's most of problems will drop. Every aspect of yoga has a big impact on improving our lives in terms of well-being and health. Anecdotaly, the majority of yoga practitioners would concur that it improves their overall well-being. This study provides scientific proof that yoga practitioners report their levels of well-being as being higher. This study is significant because it supports yoga's contribution to participants' health and well-being.

Key words: Yoga, Well-being, Health, Daily lifestyle.

Introduction:

Yoga has roots in India and has been a long-established contemplative practice. In the early 20th century, it was used as a therapeutic approach and a way to maintain good health. In the 1950s (de Michelis, 2006) yoga's initial popularity was seen to rise in the United States, which was followed by its significant emergence in the 1970s and its ongoing

use today. The effects of yoga are actively researched by scientists, and a rising proportion of Medline-indexed articles have positive findings from clinical trials on various mental and physical health outcomes (Jeter et al., 2015), including backaches, sleep quality, lifestyle quality etc. The National Center for Health Statistics (NCHS) carried out the National

Health Interview Survey (NHIS), which included a complementary and alternative medicine (CAM) component (Barnes et al., 2004), in 2002 and 2007. The 2007 NHIS data revealed that among CAM therapies, the use of yoga has increased by one of the biggest percentages, from 2002 (5.1%) to 2007 (6.1%) (Barnes et al., 2008). Throughout this study, we hope to learn more about how yoga is becoming helpful for the population in terms of their psychological, physiological, and social well-being.

The diseases of today affect people of all ages, including youth and the elderly from both non-communicable and transmissible diseases. Germs, bacteria, viruses, poisons, organ failure, talent/hereditary disorders, as well as an unhealthy lifestyle, can all contribute to this condition. Heart disease, stroke, lung disease, and mental illness are prevalent diseases affecting many people (Stephens, 2019). Many ailments in today's world are brought on by bad lifestyle choices including consuming fast food, not exercising, and sleeping irregularly. People encounter stress, and insomnia, and can develop mental disorders as a result of economic pressures, workloads, inadequate urban design, and chronic illnesses (Lundt & Jentschke, 2019).

Yoga is seen as a type of fitness together with a spiritual path, but it also claims to change the lives of its devotees (M. Smith, 2003). It is referred to as "the means or strategies for transforming consciousness and obtaining reincarnation (samsara) and liberation (moksha) from karma " in Indian religions. The Sanskrit term for yoga means "yoking" or "joining" (Ankerberg, J., & Weldon, J. 1996). It is a practice that has been around for ages and was created to help people with their physical, mental, emotional, and spiritual well-being. It has been a long-standing custom in India and is currently gaining popularity everywhere. It refers to the unification of our consciousness with the Universal Divine Consciousness (Vivekananda, S. 2007).

The primary elements of yoga are breathing techniques, positions, mantras, bandhas, and mudras designed to raise the human being and improve their mental, physical, and spiritual well-being. The goal of yoga therapy is to support human physiology. Yoga postures are used in therapeutic yoga to treat medical conditions (Garfinkel & Schumacher, 2000).

In the meantime, it appears that well-being books, conferences, organizations, promoters, and corporate programs are quite popular. The notion of salutogenesis states that consistent participation in well-being routines, or salutary behavior patterns, leads to continuous improvements in both psychological and physical health (Antonovsky, 1996). Dunn, (1959) initially came up with the term Well-being, and his statement that it goes well beyond the absence of diseases is still a fundamental idea in the field today. Here, well-being is defined as a multifaceted collection of mental, emotional, and physical conditions. Well-being can range from a desirable state of "high-level well-being" to its unhealthy counterpart, "sickness" (Glik, 1986). Well-being has gained such popularity that people even do well-being tourism. Here if we look at it in economic terms, practicing Yoga for achieving well-being appears to be positive for us all. Yoga has gained popularity in recent years not only due to its effectiveness in the treatment of certain ailments but also due to its capacity to relieve practitioners of mental and emotional discomfort and to make them feel good. Yoga's holistic approach is well-established, it promotes health, and it may manage a variety of lifestyle-related problems since it brings harmony to all aspects of life. (Arora & Bhattacharjee, 2008).

Concept of yoga

The duration of life, according to Giri, (1976) is really a preparation for the death moment, which allows us to leave the body properly. Those who care

for the ill, those with incurable illnesses, and those with severe impairments are under a great deal of stress, where yoga practice and its philosophy help them find the inner strength which they need to carry out their duties. In individuals with chronic pain, yoga can help interrupt the cycle of pain-drug dose-pain and help lower the dosage of the drugs being used. According to Ramamurthi, (2000) the entire nervous system's functional hierarchy is reoriented through yoga. In addition to altering a person's overall biochemistry, he has found that yoga has positive effects on the cardiovascular, pulmonary, digestive, endocrine, and immune systems as well as the nervous system. He also claimed that India's greatest contribution to humanity was the science of yoga.

Before knowing more about yoga in our present-day lifestyle, it is necessary to discuss the problems we are facing nowadays. As technology has become a crucial and unignored part of life it brings a fact of us being unconscious about our health patterns, the reasons are quite simple and well known i.e., limited/no physical exercise, sitting for long hours in front of screens and inclusion of trans fats in their diets etc. The benefits of yoga for a modern living can be divided into three categories: physical, psychological, and social as it encompasses the physical as well as the emotional, mental, and spiritual aspects of life. Yoga is a "style of life" generally (Claire, 2003).

The yogis of India had regarded this body-mind as a joyful projection of the supreme power (Shakti), the dynamic aspect of existence, even before physicists realized that matter is energy vibrating at a particular rate. They understood that to find one's actual self, one needed to master attention because the body-mind's energy follows attention. For example- The noticeable blood flow increases to our toes and fingers that takes place when we focus on them. The yogis are very mindful about where they focus their attention since the mind generates patterns of energy that lead

to thinking and behavior patterns that can either help or hurt one's quest for true bliss (Feuerstein, 1996).

Many modern diseases, including hepatitis B and AIDS, can be prevented with the Yogic lifestyle, which incorporates the Yama and Niyama. The spread of dangerous and contagious diseases can be halted and prevented with the help of Soucha's teachings on cleanliness. Many of the psychosomatic illnesses widespread in today's society can be avoided with mental calmness and the proper yoga attitudes of Pratipaksha Bhavanam (taking the opposing view), Samatvam (equanimity of mind), and Vairagya (dispassionate detachment). These yogic ideals and practices, including asanas, pranayamas, kriyas, and dhyana, can help the modern human species avoid almost all of the ailments that are rampant today. In actual instances of the proverb "A stitch in time saves nine," infectious diseases, as well as deteriorating conditions of the body, can be effectively avoided. However, the "will" to do so is also of the utmost significance because prevention doesn't bring in money or fame, and we can't tell what we've prevented because we've stopped it from happening (Go & Champaneria, 2002). According to reports, yoga helps patients live more fully and deal with their condition more effectively than the results of therapy. It calms them and promotes sleep better. While yoga may not always be able to cure, it can certainly help us to persevere (Carlson et al., 2004).

The cost of modern medicine's treatment approaches is frequently criticized. When necessary, yoga offers a low-cost way of well-being which can be introduced to the medical toolbox. Yoga does not require any equipment; all that is needed is the patient's effort. In many circumstances, reducing drug dosage and avoiding unneeded operations can also help minimize the skyrocketing expense of healthcare (B. R. Smith, 2007).

In terms of psychosomatic illnesses and illnesses brought on by stress, such as diabetes, irritable bowel syndrome, asthma, epilepsy, back pain, hypertension, and other functional illnesses, yoga has a lot to offer. In patients with diabetes mellitus, hypertension, epilepsy, anxiety, bronchial asthma, constipation, dyspepsia, insomnia, arthritis, sinusitis, and dermatological problems, yoga can assist decrease and, in some cases, eliminating medicine dosage and dependence. The finest tool to break any learned patterns of incorrect muscular attempts is asanas (Brena, 1972). Pranayama and Pratyahara are incredibly effective ways to shift a person's focus away from the things in their immediate environment, boost their energy potential and "interiorize" them, and gain control over their internal processes.

Yoga And Wellbeing

The traditional understanding of health as the mere prevention of illness has given way to the concept of well-being. This one indicator variable is made up of several interconnected components that collectively make up well-being. For instance, a well-being score could be based on how individuals see themselves functioning and adjusting to various life measurements (Harari et al., 2005). Glik, (1986) defined well-being as a multifaceted group of individual and societal states that seek support from personal medical history. Well-being can range from a desirable state of "high-level well-being" to its unhealthy counterpart, "disease." A person's "devalued" state of being or a disease that affects social functioning is called illness. It is a dysfunctional or disorderly state. Different facets of well-being are reflected in measures of happiness, general well-being, symptom list, emotional health, self-reported illness mechanisms, and health beliefs. The physiological, emotional, cognitive, moral, and social components of well-being are defined. Fitness and resiliency-promoting techniques can be

found in the well-being sector. One of the main goals of a yoga practise is the promotion of well-being and well-being. According to Woodyard, (2011) Yoga seems to be a traditional and well-balanced approach to wellbeing and healing from a holistic well-being perspective. It offers a thorough healing course even while physical illnesses and undesirable disorders are not entirely eradicated from the body. In addition, yoga promotes a person's total spiritual growth, well-being, and emotional, physical, and mental balance. Yoga is designed to attain a state of balanced well-being and to clear the mind of all distractions, which improves our quality of life and lessens pain.

There is research suggesting that by learning and putting a program based upon yoga and its breathing techniques into practice, adult individuals in normal health might enhance their well-being. Given the constraints of the pilot research outlined above, several suggestions for improving the design of a large-scale trial have been offered. To reduce psychosocial stress and the ailments, it is connected with, the simple yogic practices can be made available to the adult population as a whole. This may then lead to the prevention of several mental and physical disorders. To definitively judge the viability of this concept, full-scale studies are necessary (Kjellgren et al., 2007).

Numerous relaxation techniques are growing in popularity as a result of the rise in psychosocial stress, discomfort, and illnesses that are related to it. In response of this there's a study done by Kjellgren & Anderson, (2015) to determine whether Sudarshan Kriya and related practices (SK&P) can result in an elevated level of wellbeing (Kjellgren et al., 2007) and to create a methodology that could be used for a future large-scale experiment. In a study involving 103 healthy adults over the course of six weeks, 48 people participated in a beginner's yoga class while 55 people in the comparison group took it easy in armchairs for the same

amount of time. Assessments were done for factors like sadness, stress, anxiety, optimism, and physical problems prior to and after this time. To the result of it significantly lower levels of stress, anxiety, and despair were seen, as well as significantly higher optimism. The verbal responses out from SK&P yoga group included accounts of how studying this program led to, among other things, a more upbeat and fresher attitude on living, feelings of calm and harmony, and enhanced joy. In addition, participants reported that yoga reduced tensions and unpleasant sensations while also improving their emotional control. Another intriguing discovery was that, when compared to simply relaxing in an armchair, more people experienced altered states of consciousness (ASC) following SK&P (Kjellgren et al., 2008).

(Acharya et al., 2021) In the age of digitization and automation, the world is changing quickly. Positive well-being maintenance is essential to one's life and must be included in one's way of living. Yoga has become a crucial component of our lives since it allows us to function well in the current environment and maintain our well-being. The practice of yoga can greatly improve well-being and make it easier for us to handle life's problems. This can assist in achieving the highest levels of happiness, fulfilment, life satisfaction, and overall well-being. Researchers conducted the study to ascertain how yoga activities affect improving a person's well-being. Researchers can get the conclusion that the General Yoga Program (GYP) technique significantly improves all four well-being categories, namely physical, psychological, mental, and spiritual, after analyzing both qualitative and quantitative outcomes. Qualitative replies support the notion that yoga (GYP) strengthens the body's muscles and improves its flexibility and immune system. Additionally, it improves mental agility and emotions to manage stress and

annoyance and forges solid bonds and ties with friends, family, and classmates.

(Babbar et al., 2019) Determining the viability of a yoga-based well-being program throughout training and its impact on exhaustion, anxiety, depression, mindfulness and stress on trainees in obstetrics and gynecology. They carried out a departmental quality enhancement project that involved 24 obstetrics and gynecology residents and 5 fellows in maternal-fetal medicine participating in weekly 1-hour yoga courses held during restricted education time as well as dietary and physical challenges. To track their activities, participants were given a free fitness tracker to wear around their wrist. Findings from verified scales on exhaustion, mindfulness, depression, and anxiety, as well as heart rate, blood pressure, and weight, were collected both before and after the program. The study was conducted using Wilcoxon signed rank tests. P-values below .05 were regarded as significant. 90% (n=26) of the participants went to a minimum of one yoga class over the 8-week study, and 68% went to no fewer than fifty percent of the sessions. Nobody attended all the sessions. Eighty percent (n=20) participated in at least 1 physical and sixty percent (n=15) in at least 1 nutritional challenge. The depersonalization component of exhaustion (P=.04), SBP (Before session: 122, After session: 116 mm Hg; P=.01) and anxiety (P=.02), DBP (before session: 82, after session: 76 mm Hg; P=.01) blood pressure all significantly decreased after the program. When compared to those who went less frequently (P=.02 and .04, respectively), those who completed more than 50% of the yoga sessions showed a substantial drop in both diastolic and systolic blood pressure. Increased feelings of friendship, gratitude, inspiration, and comprehensive training experience were found in a post-program survey.

(Thomley et al., 2011) This study sought to ascertain if a comprehensive yoga-based

well-being program may have a positive impact on a variety of health and well-being indicators in a workforce. Self-selected staff members were encouraged to take part in a yoga-based health program after enrolling in a new wellbeing class. Every day from Monday through Saturday at 5:10 am, participants convened. The program lasted for six weeks, with sessions lasting at least an hour. Power yoga exercises were incorporated into each session along with training on the advantages of mindfulness, breathwork, and meditation. Each week, some workshops included activities in mindful eating, journal writing, big and small team sharing. Biometric measurements (weight, flexibility, height, blood pressure, and body fat) and quality-of-life indicators (Spiritual, Physical and social well-being) served as the primary outcome indicators. 49 employees were offered the chance to participate in the programme; 50 agreed, and of those, 37 (74%) completed over ninety percent of the classes. Ages of participants fell between 24 to 76. Weight (4.84 5.24 kg; $P = .001$), diastolic blood pressure (2.66 8.31 mm/Hg; $P = .03$), flexibility obtain (relative change 11% 20.92; $P = .001$), body fat percentage (1.94 2.68; $P = .001$), and overall quality of life (3.73 8.11; $P = .03$) all showed statistically significant improvements.

(Moliver et al., 2013) A randomly selected group of 211 female practitioners of yoga aged 45 to 80 received online surveys. After adjusting for age and lifestyle characteristics, we conducted weighing least squares regression analysis to assess the connection between the quantity of yoga experience and the outcome variables. Yoga has been practiced by participants for a maximum of fifty years and averages up to 28 hours per week. The practice of yoga has a substantial favorable connection with every outcome factor. These important associations persisted after adjusting for age and way of living. Significant connections were lost when we calculated yoga experience in the form of

total years without taking hours of practice into consideration. Positive perspectives had the greatest correlation with lifetime hours of practice, while transcends of the ordinary was most strongly connected with current yoga practice frequency.

Discussion

Today, the practice of yoga, which has been safeguarded and maintained by the great famous Yoga Teachers from ancient times to the present, has benefited millions upon millions of individuals all over the world. Yoga is flourishing and becoming more vibrant by the day. Well-being and health are intimately correlated with a person's way of life. The method in which a person lives has a significant impact on their health and susceptibility to disease. It is recommended to develop healthy living in early childhood because one's lifestyle develops early in life. One's lifestyle is influenced by numerous variables. The prevalence of obesity in the wealthy and undernutrition in the poor is determined by economic status. The population's food habits are determined by the cultural values of society. Although personal habits like smoke and drunkenness dictate the frequency of cardiovascular disease and liver cirrhosis, being physically inactive is a key risk factor for atherosclerosis. A healthy lifestyle should include things like exercise, a balanced diet, rest, and relaxation. Yoga is the best health and well-being course since it is all-encompassing and holistic in approach. Yogic principles assist in strengthening and developing good health, which improves our ability to handle problems.

No matter what one does in the modern world—whether they are housewives, working professionals, or college students—they are frequently stressed out, sad and unwell. The practice of yogic techniques is a really simple way to get rid of all of this. Yoga has been practiced for many years and is excellent for resolving all of these issues. Yoga is a practice for relaxing the complete human mental as well as physical system. There

will be steady, relaxed breaths. All of the pressure that is accumulated as a result of the gradually increasing pressure will also vanish. The goal of Yoga is to provide refreshment while also causing the mind and body to function more deliberately. The four basic facets of well-being—physical or physiological well-being, emotional or psychological well-being, social well-being, and spiritual well-being—can all be maintained with regular yoga practice.

Conclusion

More yoga practice was associated with higher levels of psychological, physiological and social wellbeing. Results

revealed a lower level of stress, anxiety, despair higher optimism, a fresher attitude on living, feelings of calm and harmony. Reduced tension, improved emotional control. Yoga strengthens the body's muscles and improves its flexibility and immune system, it improves mental agility, emotions to manage annoyance, and forges solid bonds and ties with friends, family and classmates. It influences the reduction in exhaustion, increases gratitude, motivation, also dose-response relationship, with yoga practice exerting a growing protective impact against low SWB and vitality levels.

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