

## MIND AND BODY HEALTH THROUGH YOGA FOR TODAY'S BUSY LIFESTYLE

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### ABSTRACT

In *yoga sutras*, *Yoga* word means to join, or to unite, or to balance. Balancing mind and body for holistic health is easily achievable with practice of yoga. *Yoga* practices not just build physical health but also deals with mental fitness. Practicing *yoga* regularly enhances endurance, strength, flexibility which adds up to physical health of individual. At mental level it develops the nature of calmness, compassion, greater self-control which adds up to health of mind. *Yoga* practice is one of the best therapies for stress management as well, which is the one of the main cause of various psychosomatic disorders.

Here will be discussion about some of the easy, simple *asanas* along with *pranayama* which can be practiced anywhere, anytime in busy schedule.

**KEYWORDS:** *Yoga*, *Asana*, stress.

### INTRODUCTION

*Yoga* has many benefits, that once realized can never be left. Why to practice *yoga*, because it prevents life style disorders, improves health of mind and body. With a changing stressful life style and increasing risk of diseases, how to stay healthy is a big question and answer to this is *YOGA*. If we adopt *yoga*, we can work on many of the life style disorders and can bring balance between body and mind health. *Yoga* is best in maintaining mind and body healthy together. *Yoga* doesn't only mean practicing *asanas*, which is most widely confused concept now a days. *Yoga* includes *yam*, *niyam*, which constitute the personal and social aspects of good conduct. *Asana*, *pranayama* includes physical postures and breathing techniques. Further in *dhyan*, *dharna*, *pratyahar* and *Samadhi* one reaches level of *moksha*.

Practicing *asana and pranayama* for mind and body health can be done by anyone. Not necessary all *ashtanga* can to be practiced simultaneously by everyone, but practicing yoga with *ashtang* makes one fit for all dimensions of health like physical, mental, spiritual, social etc. Spending time on a stretch for 45 to 60 minutes seems difficult, so yoga can be practiced multiple times in form of yoga capsules, in break time or while working by just closing eyes and sitting quietly, observing over breath, thoughts or concentrating on point, it helps in reducing the physical and mental fatigue, strain, muscle weakness etc. *Yoga* is most effective at dealing with emotional disturbances which add on to stress, may lead to psychosomatic disorder. *Pranayama* improves the vital capacity of lungs which enhances the energy of mind, this helps in increasing cardiovascular capacity, which will further helps in energising body. *Prana* is the bridge between the mind and the body. Controlled breaths help in maintaining body health by detoxifying the body. It also increases the life span. Body and mind coordination is required in overcoming the health issues related to busy schedules like mood disorders, emotional out-bursts, stress, depression, loss of appetite, digestion problem etc. Some of the common job related complaints are neck pain, back ache, headache, stiffness, fatigue, eye strain, acidity, constipation.

## OBJECTIVES

- 1) Review of *asana* and life style disorder.
- 2) Summarizing *asanas* for busy life style.

## Important Points of *Yoga*

1. Diet – Eating simple, healthy and vegetarian foods that are easy to digest notably have a positive effect on the mind and body health. *Satvic* diet contributes to mind health, as it is said, „as the food, so the mind“. *Satvic* diet enhances *satvic* qualities of mind, i.e. it helps in getting calm, peaceful mind.
2. *Asanas* (Postures) - *Yoga* poses help develop a strong, healthy body by enhancing flexibility and improving circulation.
3. Meditation - It is the key to attain peaceful, calm mind by eliminating negativity.
4. *Pranayama* (Breathing) - Deep, conscious breathing reduces stress and many diseases.
5. Relaxation -It prevents the body from going into overload mode, easing worry and fatigue. Relaxing *asana* like *shavasana*, *makrasana*, *padmasana* along with conscious deep breaths helps in relaxing mind as well as body.

## Principals of Successful Yoga Therapy

Relax the body,

Slow down the breathe,

Calm down the mind.

## Chair Asana Representing Table

S. no.	Asana	Effect on Body Health
1.	Chair Pose ( <i>utkatasana</i> )	Strengthens the lower back, thigh, legs muscles.
2.	Seated Eagle Asana ( <i>Garudasana</i> )	Strengthens wrist, the space between the shoulder Blades.
3.	Seated Forward Bend( <i>padhastasan</i> )	Stretches whole spines and hamstrings muscles.
4.	Seated cat-cow pose ( <i>marjarasan</i> )	Improves spinal mobility , improves flexibility of front and back muscles.
5.	Ankle, Shoulder rotation ( <i>gulf chakra</i> )	Improves flexibility of shoulders muscles, and ankle muscles.
6.	Leg Raising ( <i>padhast asana</i> )	Strengthens the thighs, calves, lower back and the abdominal muscles.
7.	<i>Pawanmuktasana</i>	Strengthen the back and the abdominal muscles, improves digestion, releases constipation.

Practicing *asanas* with breathing work on mental aspect of a person, whereas *asanas* without conscious breathing work only as exercise. For achieving complete health one must prefer practicing *asanas* with conscious breathes.

## Procedures

1. Chair pose (*utkatasana*) - stand straight, inhale, raise arms, exhale and bend the knees, try to bring thighs parallel to the floor. Stay for 30 second. Inhale and straighten the knees, exhale and release the arm.
2. Seated eagle asana (*garudasana*) - sit straight, wrap the right hand around left hand, place the palms together to resemble the beak of an eagle.
3. Seated forward bend (*padahastasana*)- take deep breath in, while exhaling bend forward and touch the feet.
4. Seated cat-cow pose (*marjarasana*) - inhale and bend forward, exhale and bend backward.
5. Ankle shoulder rotation (*gulf chakra*) - rotate the foot around ankle joint, similarly rotate the shoulder joint, inhale during upward movement, exhale during downward movement.
6. Leg raising (*padhastasana*) – while sitting on chair, bring legs parallel to the floor.
7. *Pawanmuktasana*- exhale and fold right knee, bring close to chest and press it with hands, release the fold and inhale. Repeat it with left knee and with both knees together.

**Sitting and Standing Asanas Representing Table**

S. No.	Asana	Effect On Body Health
1	<i>Padmasana</i>	Reduces muscle tension, menstrual discomfort
2	<i>Bhadrasana</i>	Strength pelvic floor muscles.
3	<i>Vajrasana</i>	Stimulates <i>vajra nadi</i> , digestion, relieve constipation strengthens lower back, legs, thighs
4	<i>Tadasana</i>	Respiratory, digestion, circulatory improvement.
5	<i>Ardha katichakrasan</i>	Improves height, balance, tones arms n muscles
6	<i>Ardha chakrasana</i>	Tones up arms, shoulder muscles, front upper body
7	<i>Padhastasana</i>	Increases blood flow to brain, tone up abdominal muscles, relieve sciatica, increases spine flexibility

**Procedure**

1. Padmasana - bend the right knee place it on left thigh, bend the left knee and place it on right thigh. Keep breathing gentle.
2. Bhadrasana – bend the knees outwards bring the feet towards the body, join the soles. Try bringing heels close to genitals.
3. Vajrasana – stretch lower legs backward; keep them together, cross the big toes, rest buttocks on the heels and thigh on calf muscles.
4. Tadasana – take small gap between feet, raise both arms, stand on toes, raising heels and then stretch the whole body.
5. Ardha katichakrasana – inhale, raise right arm up, exhale bend the trunk to the left, and do not bend the elbow. Inhale and stretch the right arm up. Exhale and bring arm down. Repeat with other side.
6. Ardhchakrasana – breath in extend arm overhead, breath out and gently bend backward pushing the pelvis forward. Hold, breathe in, and come back.
7. Padhastasana – inhale, lift hands straight up, exhale and bend forward, touch the ground.

**Pranayama**

S. No.	Asana	Effect On Body And Mind Health
1	<i>Anulom-vilom</i>	Overcome depression, anxiety, tension, improves lung capacity, helps in breathing problems like bronchitis, asthma.
2	<i>Kapalbhati</i>	Reduces abdominal fat, improves concentration.
3	<i>Bhramari</i>	Relieves anger, tension, anxiety, helps in reducing blood pressure.
4	<i>Shitli- Shitkari</i>	Cools mind and body
5	<i>Ujjai</i>	Calms the mind, warms the body.

## Procedures

1. *Anulom-vilom* – sit with closed eyes, close the right nostril, inhale from left nostril, close it, and open the right nostril and exhale. Repeat the process vice versa.
2. *Kapalbhati* – sit with closed eyes, inhale deeply and exhale forcefully drawing all the air out, belly should be drawn in.
3. *Bhramari* – put index fingers in both ears, take deep breath, and make humming sound like bee while exhaling. Breathe again and repeat.
4. *Shitli* - take deep breath in, open mouth in a “o” shape and start to inhale through the mouth, exhale through nose.
5. *Shitkari*- hold up and down teeth together, bend tongue backwards to palate, inhale slowly in space between the teeth, exhale through nose.
6. *Ujjai*- inhale with the mouth open, exhale with the mouth closed, keeping sensation and sound in throat.

## CONCLUSION

The purpose of yoga is to create harmony within the mind and the body. Here are some of the techniques which help in relaxation in different postures. *Yogah karmasu Kausalam* – yoga is skill in action. Also regular practice of yoga brings expertise in actions of a person. In today's busy life style, life style disorders are very common in every second person. This article is summery for those yoga asanas which can be done anywhere.

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