

**IMPROVE LIFE STYLE WITH YOGASANA****Dr. Veena Agarwal\***

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**ABSTRACT**

Regular yoga helps in maintaining a good body shape, vigour, healthy mind and calm soul. It helps in relieving stress and improves quality of sleep. Yoga is powerful and can be practice by anyone, anywhere and is extremely beneficial to be done in morning time after a long sleep of seven to eight hours. At this time your mind is totally relaxed and responds to movements positively and more effectively. The amazing benefits of countless yoga asanas are many and have also been demonstrated scientifically. It is a real challenge to choose few best among them that can be practice every morning. Yoga reduces the physical effects of stress hormones by encouraging relaxation and lowering blood pressure, improving heart rate, boosting the immune

system, and improving the process of digestion. Yoga also helps in easing the symptoms of depression, asthma, depression, anxiety, and fatigue.

**KEYWORDS:** Sleep, Relaxed, Effectively, Physical, Asana, Stress, Anxiety, Asthma.

**INTRODUCTION**

Yoga is much more than contorting your body into different poses -- it's a way of life. And if your mind, body and spirit aren't where you want them to be, yoga can help improve your flexibility, lower your stress level and increase your confidence, ultimately contributing to a healthier lifestyle overall. From the diet to the exercise, yoga can be the catalyst to turning over a new, healthier and more zen-like leaf in our life.<sup>[1]</sup>

Yoga is an extraordinary spiritual science of self-development and self-realization that shows us how to develop our full potential in our many-sided lives. It was first devised by the rishis

and sages of ancient India and has been maintained by a stream of living teachers ever since, who have continually adapted this science to every generation.

Yoga's integrative approach brings deep harmony and unshakable balance to body and mind in order to awaken our latent capacity for a higher consciousness that is the true purpose of human evolution. The many methods of yoga spans a vast range from physical postures to breathing practices and meditation, all based upon a philosophy of consciousness and natural way of life. Back Pain is a common health problem most of us suffer in our daily life. According to the American College of Physicians and American Pain Society, Yoga is an effective, evidence-based treatment for Back Pain.

Yoga offers greater benefit than exercise alone. The Yoga for Back Pain practices are a combination of Self-awareness, physical exercises with breathing, mental focus, the patients are educated about good posture, healthy lifestyle, stress management, self-care, and relaxation.

The regular practice of yoga therapy can restore the normalcy of your back and help you prevent surgery.<sup>[2]</sup>

### ***Chanting 'Om' mantra in Padmasana***

**Benefits:** This asana calms the mind and stretches the knees, ankles, hips, strengthens the spine and the upper back by increasing circulation in spine and pelvis. It can ease menstrual discomfort and distress in female reproductive organs. The chanting of 'Om' mantra in lotus pose may purify, liberate and unite the body, mind and soul. It is good to start your yoga schedule.

**Caution:** Avoid this asana if you have recently suffered from a chronic injury to the knees, ankles or hips.

### ***Surya Namaskar***

**Benefits:** It can keep you youthful and healthy even in old age. This asana is one of the best ways to start your day fresh. It gives you rock-hard abs, improves digestion, helps you detox, improves flexibility, promotes regular menstrual cycle, tones arms and legs, strengthens the spine, improves weight-loss and one's overall health.

**Caution:** Pregnant women, patients of hernia, high blood pressure and backache should not practice this exercise.

### *Vajrasana*

**Benefits:** This asana helps in digestion, getting rid of constipation, fights stomach disorder, calms mind, increases blood circulation in body and helps in reducing the hips.

**Caution:** A person suffering from joint pain, should avoid this asana. People who have any spinal column ailment especially on lower vertebrae should not attempt this pose. Those suffering from hernia, intestinal ulcers and other diseases of small and large intestine should consult an expert before practicing this pose.

### *Dhanurasana*

**Benefits:** Dhanurasana strengthens the back and abdominal muscles, stimulates the reproductive organs, opens up the chest, neck and shoulders, tones the legs and the arms, releases stress and fatigue, relieves menstruation discomfort and constipation and helps in curing kidney disorders.

**Caution:** Patients with heart problems, high blood pressure, hernia, duodenal ulcer, appendicitis, colitis should avoid it.

### *Trikonasana*

**Benefits:** This asana is good to burn fat, improve digestion, relieve backache, manage stress, improve mobility of joints of hips, neck and spine, strengthen muscles in thighs, hips and back, provide stamina and balance energy.

**Caution:** Avoid this asana if you're suffering from migraine, severe back pain, diarrhoea, high blood pressure, neck or back injury, cervical spondylitis and knee problems.

### *Natarajasana*

**Benefits:** Natarajasana rejuvenates and stretches the spine, tones leg muscles, strengthens ankles, reinforces arms, opens and expands chest.

**Caution:** Avoid doing it if suffered from any knee injuries or in early stages of recovery, use a belt around the foot to hold the leg if stretch is too tough on the shoulder.

### *Ardha Matsyendrasana*

**Benefits:** It increases hips and spine flexibility, improves digestion, stimulate heart, kidney, liver, lungs, relieves fatigue, sciatica, backache, menstrual discomfort, clean internal organs and energises the backbone.

**Caution:** It should be avoided during pregnancy and menstruation. People suffering from heart, abdominal or brain surgeries, hernia or peptic ulcer, severe spinal problems should not practice this asana.

### *Adho Mukha Svanasana*

**Benefits:** This asana strengthens abdominal muscles, improves circulation, digestion, tones hands and feet and decreases anxiety.

**Caution:** Make sure that your bowels and stomach are empty before performing this asana. Avoid practicing it if you're troubled with high blood pressure, dislocated shoulder, diarrhoea, weak eye capillaries, detached retina or carpal tunnel syndrome. Pregnant women should consult their doctor before doing this asana.

### *Nadi Shodha Pranayam*

**Benefits:** This asana is best for purification of blood and respiratory system. Deep breathing improves the blood with oxygen. It gives strength to respiratory organs. It balances the working of nervous system.

**Caution:** People who have undergone abdominal surgery, heart surgery or brain surgery should consult the medical expert first. Don't rush to increase the proportions.

### *Shavasana*

**Benefits:** It releases stress, fatigue, depression and tension. It calms the mind and improves mental health. Shavasana is good to stimulate blood circulation and relax the whole body.

**Caution:** Modify it either by keeping the knees bend or hands/cushion under the back and the knee. If you're pregnant or suffer from acid reflux, keep the head propped up.<sup>[3]</sup>

## **DISCUSSION AND CONCLUSION**

It has been proved that the practice of yoga out on a regular basis may mitigate the symptoms of many ailments. If you make it a habit, you'll feel mentally fresh and physically fit. A lot of

health issues can be sorted out with it. Yoga is to keep the mind balance and eqanimous in all vicissitudes of life.

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