

## **YOGA FOR WELLBEING: A THEMATIC REVIEW PAPER**

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### **Introduction of Yoga**

- Yoga is a union of soul to the supreme power is said in yogashastra it is a different definition of yoga according to different yogashastra . That is an old traditional practice done by ancient people at that time to make themselves fit or to maintain the level of well-being in a perfect rhythm. Yoga is an adorning part of life at that time. Some definitions of yoga are -
- **Yogaschittavrattinirodha**
- **Yogkarmashukoshalam**
- **Samatvam yog unchhayate**
- **Yuj samadhi**

### **According to yoga**

Yoga is derived from yuj word which means union. The union of soul to supreme soul. The main definition is **yuj samadhi** in which finally the yuj (union) leads to reach the level of Samadhi. In yoga the triyoga includes hatha yoga, lay yoga, mantra yoga, and rajyoga. According to maharishi patanjali **ashtanga yoga** is a way of yoga that having eight elements to reach the level of Samadhi.

The Eight elements are:-

- **Yam**
- **Niyam**

- **Asana**
- **Pranayama**
- **Pratyahara**
- **Dharna**
- **Dhyana**
- **Samadhi**

The person has to go through this stage and after that we will reach the level of **Samadhi**.

### **Branches of Yoga**

**Hatha Yoga** is the physical practice of yoga. The asana practice of hatha yoga symbolizes the connection between the sun and the moon, bringing the world and the physical body into balance.

**Raj Yoga** is the Royal Path (“raja” means king), the yoga of meditation. Its focus is to quiet the mind. The practitioner’s attention is fixed on an object, mantra, or concept. Whenever the mind wanders it is brought back to the object of concentration.

**Jnana Yoga** is the yoga of knowledge. Jnana yoga is closely associated with Advaita Vedanta, one of the six philosophies of Hinduism.

**Bhakti Yoga** is the yoga of devotion. In Bhakti yoga, the practitioner’s emotional force is concentrated and channeled toward the Divine.

**Karma Yoga** is the yoga of service to others and to God. Karma yoga practitioners renounce the fruits of action. Activities are assumed for the benefit of the greater good, without concern for personal benefit.

### **Yoga and Wellbeing**

- The ability of yoga to help deal both physical and mental problems is reason enough to try it. But there’s more. Even at this early stage of research, a regular yoga practice appears to correlate with increased wellbeing, including better sleep, better body awareness, weight loss, and greater happiness. By improving mindfulness, it simultaneously helps to boost compassion, gratitude and “flow” states, all of which contribute to greater happiness. Early evidence suggests that yoga may even slow aging on the cellular level, perhaps through its stress-busting effects.
- What makes these findings so exciting is that they suggest that a regular yoga practice can improve multiple areas of your life at once, creating positive feedback loops that can further promote health. For example, yoga can help improve your

sleep, which in turn gives you more energy and focus during your day. When you feel better physically and mentally, you have the energy to adopt better habits, including a healthier diet and more physical activity. These changes in turn can lead to better weight control, which helps with a host of physical problems. More exercise- not to mention fever aches and pains- can improve your sleep, and so the cycle continues.

- Over time, sleep deprivation increases the risks for a number of chronic health problems, including heart disease, stroke, and diabetes. But emerging research shows that yoga may help you fall asleep faster, sleep longer, and sleep more soundly- without the negative side effects of medication.
- Yoga facilitates sleep by reducing stress, anxiety, and arousal- all known causes of poor sleep. One small study looked at a kundalini meditation and breathing practice. Twenty people who had trouble sleeping did the 30-minute practice every night before going to bed. After eight weeks, researchers found that the participants were sleeping 36 minutes longer on average and waking up less during the night. Over all, the quality of their sleep improved by 11%.

### **Yoga to cure psychological problems**

- When a person gets ill either physical or mental his capacity of doing it stopped or slightly in low phase. When a person is getting mentally ill it affects all the body parts and life. The person gets unable to do any work, he is less interacting with people his behavior gets suspicious and stressful life.
- Yoga is changing your mental health by the secretion of hormones such as “Dopamine hormone” in your body that give you motivation, passion and activeness in every functioning of your life. Yogic pranayama makes you stable.
- The Yogic practice of being silence as “MOUN YOGA” help you a lot in this condition it makes you inner stable give power to handle any task or any situation it gives you inner strength and endless condition.
- Pranayama helps a lot in stress management, anxiety, aggression, arousal, disappointment and depression and etc. Pranayama helps you to think, helps you to take a better decision and a lot it helps.
- Pranayama such as Suryabhedan , anulom vilom, sitli, sitkari, bhastrika, are such as pranayama that help you to fit psychologically.

- Through yoga there is one of the widely used mind and body medicine for health promotion disease prevention and as a possible treatment modality for neurological disorder there is lack of evidence-based review. Yoga has been used as a various neurological disorder includes epilepsy in adults.
- Schizophrenia is one of the most severe mental disorder yoga as a therapy has neuro to be effective as sole or additional intervention in psychiatric disorder such as depression and anxiety recently there has been significant interest in the application of yoga therapy in psychosis.
- According to **Bhagwat Geeta** the explanation of silence  
**मैं सभी रहस्यों का रहस्य हूँ मैं जानियों का ज्ञान हूँ।**

### Yoga to cure physiological problems

- **Menstrual Pain** -: It is a major problem among girls that on the periods they suffered from cramps and menstrual pain & due to this they are unable to work properly like an ideal person, it pains due to generating & destroying of endometrial inside uterus, and the excessive bleeding can cause.
- **Hormonal Imbalance** -: Yoga help to stabilise hormones to make a better work functioning of glands such as pituitary, thyroid, parathyroid, adrenaline & etc. so that misbalancing in hormone become stable and then person become a well-being with wholesome development of the body asana gives internal massage to the glands so that glands functioning.
- **Indigestion** -: Today is common among all people. Everyone has suffered from this problem it is due to improper diet, lack of exercise, lack of punctuality, fast food and etc. Indigestion brings you suffered from gastric, intestinal problems and it distributes the secretion of juices.
- **Eyes Vision** -: Yoga can cure the vision of eyes. The well-known practicing shambhvimudra and tratak kriya will help us to prevent and cure eye problems asana will also benefit.
- **Round Shoulder** -: The twisting exercise of the shoulder and holding movements in stretching can cure the problem of round shoulders and asana such as chakrasana, dhanurasana, ustrasana and specially all backward bending asana.
- **Flat Foot** -: It is a common problem among people especially youngsters that adopt flat foot due to wrong postural habits. To maintain the gap between toe and ankle we should do padmasana, tadasana, paschimottanasana, halasana and all asana in which

ankle and toe get stretched.

- **Hernia**:- A bulging of an organ or tissue through an abnormal opening typically a hernia involves the stomach or intestine it causes pain serious complications from a hernia can result from the happening of tissues in the hernia a process is called incarceration. However the majority of abdominal hernias occurs in male.
- **Kidney Problems**:- The problems in filtration of urine, stones in kidney, kidney failure are some basic problems that persons are so much suffered from the problems. The problems in kidney arises the blood pressure in body and unbalancing infiltration of toxics and other things.
- **Arthritis**:- Inflammation of one or more joint causing pain and stiffness that can worsen with age the pain in arthritis is much more and it can be cured by giving-by-giving strength to ligament and internal massage to knee so that again it works functioning become much better or before it was. Yoga therapy is a best option so that it gives strengthens to ligaments and also help to those whose gap is increased.
- **Bronchitis**:- Inflammation of the lining of bronchial tubes which carry air to and from the lungs to cure bronchitis with yoga. Bronchitis can be done by doing pranayama such as nadishodhan pranayam, surya bhedana pranayama and asanas such as thoracic breathing asanas, bhujangasana, ushtrasana, pawanmuktasana, tadasana, Ardha chakrasana and more can be used also Shatkarma kriyas such as Vastra dhauti and kunjla kriya can be practiced.
- **Asthma**:- It is a condition in which airways become inflamed, narrow and swell and produce extra mucus. Which makes a person difficult to breathe. Asthma can be minor or it can interfere with daily activities in some cases it may lead to life threatening attacks. Pranayama such as nadishodhan pranayam helps a lot to intake deep inhale and exhale that it help to increase the capacity the capacity of lungs to inhale more oxygen so that wind opens and work properly. Kriyas such as Vastra dhauti , danda dhauti jal neti andrubber helps a lot in asthma.
- **Diabetics**:- is a problem in which the function of pancreas function getting disturbed and due to this secretion of insulin is disturbed and due to this secretion of insulin is imbalanced so that the level of sugar inside the body get increased and so that a person suffering from many problems. Asana can be heal any injured part, maintain urinary system, blood pressure maintained, sugar is easily digested and etc.

## **Conclusion**

I want to conclude with this point **If not we, who? If not when, how?**

The yoga proposes to attain that fine state of perception in which he/she can perceive all different mental states. There must be mental perception of all of them. One can perceive how the sensation is travelling, how the mind is receiving it, how it is going to the determinative faculty, and how this gives it to the Pursha.

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- 1.2 Shreemadbhagwat Geeta 1658 code number (48-50 shloka)
- 1.3 Arogya Ank 1952 code number(86,210,211 pg.no)
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- 1.4.1 Sadhnapad (29 sutra)

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- 2.2 Karma Yoga
- 2.3 Bhakti Yoga
- 2.4 Moun Yoga
- 2.5 Jnana Yoga

### **3. Bihar Publication Trust**

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