



A CRITICAL ANALYSIS OF YOGA ASANAS AS TECHNIQUES OF CONTROLLING THE HUMAN BODY, SOUL AND MIND IN THE PRESENT SCENARIO

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Abstract: Yoga plays a prominent part in the control of the body, soul and the mind of human beings in this mortal world. It relieves medical ailment due to its healing power by relieving both the mind and the body from stress. Yoga Asanas or Yogic exercises act as a catalyst to healing the psychological, spiritual and physical ailments. The improvements in the condition of patients' health, observed in their mindsets. Yogic exercises also intervene physical activities. The changes which occur due to Yoga in the mindsets of the people who perform Yogic exercises having mental and also physical ailments is conducive to bring about a sea change in their behavior, and the ultimate upshot is that their health having some problems is made whole. Therefore, the moderated role of mindset and the mental ability increase the elements, which are conducive to a healthy condition. Some Yogic exercises develop their spiritual power. Thus, Yoga develops the mental, the physical and spiritual power of the human beings. This paper the significance of substantiated and utilized Yoga Asanas in future directions. Furthermore, Yoga is a meditative means of discovering dysfunctional Perception and cognition, as well as overcoming it for release from suffering and inner peace. It is a path to omniscience and enlightenment to consciousness enabling one to comprehend the impermanent (illusory and elusive) and permanent (true, transcendent) reality. This paper seeks to propound the notion of asystematic review and critical analysis of the evidence on the effectiveness of the Yogic Exercises as controlling factors which control the human body and mind and soul, and it shows how those elements act as behavioral therapies such as Yogic exercises and mindfulness for healing.

Keywords: Yoga, Mind, Body, Human beings, Power, Healing, Relieving, Medical, Ailments, Healthy condition, Behavior, mMindset, Soul, Mindfulness, Exercises

Introduction:

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and goals Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Heath yoga and Rāja yoga.

The origins of yoga have been speculated to date back to pre-Vedic Indian traditions, it is mentioned in the Rigveda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śramaṇa movements. The chronology of earliest texts describing yogapactices is unclear, varyingly credited to Hindu Upanishads. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century. Hatha yoga texts emerged around the 11th century with origins in tantra.

In the present scenario, yoga plays a vital role in the management of the mental stress which is a significant element in the causation of cardiac diseases. The whole

world witnesses several instances of the stress which take millions of lives daily. The mortal soul can get mental relief if he or she practices several yogic postures. Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patient's psychological healing process] On December 1, 2016, Yoga was listed as UNESCO's Intangible cultural heritage

Yogic exercises are one of the most important factors for optimum health, and there are myriad ways to get your exercise each day. Even if one struggles with conditions such as arthritis, osteoporosis, multiple sclerosis (MS), or chronic back pain that limits One's mobility, there are some Yogic exercises that can help a lot for healing these ailments. Yoga possesses the power which deals with a whole mind, body and soul therapy.

In cases where pain tends to constrain one's activity, it's significant to think of that idleness can cause one's muscles to become weaker, and can actually upsurge pain and stiffness. So, staying in motion is typically a better course of action.

Yogic postures do not only give you the physical benefits of exercise but may also help to alleviate pain or stiffness in such cases. Many yoga teachers offer routines specifically designed for certain conditions, such as arthritis or back pain, so you can look for a program that fits your specific needs.

Yoga is so much more than just Asanas. It is the path which leads one to the interior journey to meet the true self. There the tools and inspirations to bring about an intense spiritual development into the practice. In the Buddhist, Jaina and Hindu schools of the Yoga there has been some positions and postures and exercise which are helpful to create spiritual awareness and advance the spirituality. The Yoga of Mind Control reveals this wisdom of the ancient yogis and their powerful secrets to unlocking the unlimited potential within all of us ... That potential to have and to be all that we want! The ancient yogis understood well the relationship between thought and manifestation. They knew that everything we have in life is a direct result of everything we think. They developed a clear and concise way for us to perceive and understand these deep, inner workings of our mind, and a whole system of yoga practices to help us to "break free" from our conditioning and destructive patterns.

But the benefits of yoga are by no means inadequate to those who may not be able to participate in more energetic or high-intensity types of activity. While it is believed that one needs to include anaerobic exercise (high intensity interval training) for optimal health, there is no doubt that yoga can be a vital part of an all-inclusive exercise program. Yogic Exercise is one of the most important factors for optimal health, and there are countless ways to get your exercise each day. Even if you struggle with conditions such as arthritis, osteoporosis, multiple sclerosis (MS), or chronic back pain that limits your mobility, there are exercises that can help a lot.

In cases where pain tends to inhibit your activity, it's important to remember that inactivity can cause your muscles to become weaker and can actually increase pain and stiffness. So staying in motion is typically a better course of action.

1. Integration of the Body, Mind, and Soul:

A human being is a three part being- Spirit, Soul, Body. Spirit is associated with the heart which is the pumping organ of the body figuratively denotes thoughts or feelings of human being. Mind denotes our thoughts, intellect, feelings and will. The soul includes every mental faculty one possesses including the mind, the will, and the emotions. The heart is comprised of both the spirit and the soul. We are transferred due to the renewal of the mind. Body, soul, and spirit are interrelated.

The Yogic exercises in various postures can give one the physical benefits of exercise, as well as may also help to alleviate pain or stiffness in such cases. Many yoga teachers offer routines specifically designed for certain conditions, such as arthritis or back pain, so you can look for a program that fits your specific needs. Yoga is really a comprehensive practice that integrates mental, physical, and spiritual elements. With regards to the latter, yoga can be viewed as a form of meditation that demands your full attention as one moves from one asana (yoga position) to another. As one learns new ways of moving and responding to your body and mind, other areas of one's life tend to shift and change as well.

Yoga Asanas not only give one physical flexibility but also mental one by changing mind approach to life. It gives an impetus to the implementation of the correct lifestyle. As reported by Fox News,¹ Huffington Post,² and Scientific American, several recent studies highlight a variety of health benefits from regular yoga practice. This includes but is not limited to: Improved immune function, Reduced risk for migraines, Improved sexual performance and satisfaction in both sexes, Better sleep, Reduced food cravings etc.

2. Brief Review of Advantages of Yoga Asanas for healing of the mind, soul, and body ailments:

There are some benefits of Yogic exercises regardless of your current state of health or fitness. Heart symptoms, blood pressure, heart rate, anxiety and depression levels, and general quality of life are assessed and tracked. While still tracking their symptoms. Yoga can improve insulin/leptin sensitivity to reduce obesity.

The study, published in the April 2016 in the issue of the Journal of Alternative and Complementary Medicine, investigated the effects of Hatha Yoga on blood pressure

among seventh-graders, some of whom were pre-hypertensive (had clinical signs of early-stage high blood pressure). Half of the kids took Hatha Yoga classes for three months, while the other half enrolled in either art or music classes. At the end of the three months, those who took yoga had lower resting blood pressure compared to those who participated in art or music. According to the authors: The practice of Hatha yoga demonstrates the potential to decrease resting BP, particularly among prehypertensive youth and reduces SNS drive may be an underlying neurohormonal pathway beneficially affecting the ailments. A large-scale efficacy/effectiveness study, 'How Yoga Affects Fat Metabolism and Weight Loss' Interestingly, research published in 2012 discovered that yoga has a beneficial impact on leptin, a hormone that plays a key role in regulating energy intake and energy expenditure. According to the authors, expert yoga practitioners had 36 percent higher leptin levels compared to novices, leading them to theorize that regular yoga practice may benefit your health by altering leptin and adiponectin production.

More recently, a study investigating the mysterious ability of Tibetan yogis to generate high amounts of body heat through the yogic practice of Tummo, found that these expert yogis were able to activate brown fat to keep them warm. This allows them to meditate near-naked in sub-zero temperatures without shivering or succumbing to hypothermia. Yoga has also been shown to help with a variety of common psychiatric disorders.

Some of the studies suggest yoga can have a similar effect to antidepressants and psychotherapy, by influencing neurotransmitters and boosting serotonin. More recent research has also found that yoga reduces anxiety and aggression among prison inmates. After doing yoga once a week for 10 weeks, participants reported feeling less stressed, and also scored better on tests of executive control, indicating a higher degree of thoughtfulness and attention to their surroundings. "Several studies have shown that yoga is conducive to improve symptoms of anxiety and depression in prisoners, and now a study at the University of Oxford has found that it also increases focus and, crucially, decreases impulsivity—a known factor in much prison violence... 'Attention and impulsivity are very important for this population, which has problems dealing with aggressive impulses,' says Oxford

psychologist Miguel Farias, one of the study's authors. With less anxiety and aggression, he notes, prisoners should be better able to reintegrate into society. The Mind-Body Connection

Naturopathists should not be amazed at the fact that health cannot be detached from the emotional well-being which reduces the risk of cardiac ailments.

Yogic exercise burns fat and it heals cancer.

Additionally, owing to some yoga Asanas, the gray matter decreased in the amygdala, the part of the brain associated with fear and stress. Besides, 'Stroke causes devastating impairments and negative consequences for survivors. Moreover, it is the main cause of adult-onset disability among people. Medicare expenses are not affordable, and so yoga is an option for patients. Yoga and mindfulness can be viewed as the main form of alternative medicine therapy deriving the best from life. Yoga practices foster willpower, discipline, and self-control and force the mind and body to work in perfect synergy.

Vipassana and other Zen traditions exercises may be used to treat the patients along with hatha yoga, for medical patients suffering from a wide range of chronic disorders and diseases. Dr. Hirst suggests that being mindful requires the person to attend, to be consciously aware of the emergent nature of phenomena in consciousness, and to recognize the nature of attachments made to these phenomena as they occur. On another hand, Professor Langer discusses the cognitive model of mindfulness without emphasis on the meditative part. She believes that mindfulness could be easier understood with the opposite concept.

Conclusion:

Yoga seems to deal with a relief from a long list of medical ailments in by alleviating both the mind and the body and the soul from stress. Yoga and meditative practices act on both the psychological and physical levels, and improvements have been noticed in patients' mindsets. Yoga and meditative practices act on both the psychological and physical and spiritual levels, and improvements have been noted in patients' mentalities. The Yoga of Mind Control is a profound exploration of the immense potential of the human mind.

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