



## ROLE OF YOGA IN HEALTH & FITNESS

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### Abstract:

#### Introduction:

Yoga is considered, both in the East and the West, as one of the best exercises for physical fitness, and emotional and spiritual well-being. Its benefits are numerous, and it can be practiced by anyone, the young and old alike, besides the fact that it is useful in preventing and even curing many minor and major diseases. Yoga is perhaps the best known way to bust stress, which is the root cause of chronic diseases such as reproductive problems, heart problems, immune system problems, arthritis, depression, and anxiety. Because yoga also helps in healing the mind, the healthy mind can lead to greater physical fitness, and a fit body leads to a healthy life. The effects of yoga on the mind and body's fitness are amazing. The muscles are exercised by stretching and relaxing. Breathing and blood circulation also improve. One develops stronger muscles, and consequently a stronger body, which makes it more resistant to illnesses, whether viral or related to stress. Relaxation of the body and its fitness are achieved by yoga through breathing techniques known as pranayam, and strong but gentle asanas (poses).

#### Significance of Yoga

The word 'yoga' means "to join or Yoke together". It brings the body and mind together to become a harmonious experience. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit".

Yoga is a practice with historical origins in ancient Indian philosophy.

#### The Basics of Yoga

The philosophy and practice in all forms of YOGA is embedded in the following eight principles

1. Yama Control of the Mind
2. Niyama Follow rules
3. Asana Postures
4. Pranayama Controlled Breathing
5. Pratyahara Complete relaxation
6. Dharana Attain consciousness of the body
7. Dhyana Concentration and Awareness
8. Samadhi State of Absolute Awareness

#### Significance of Health

"Health is the state of complete physical, mental, spiritual and social wellbeing and not merely the absence of disease or infirmity" (WHO)

Yoga views the human body as a composite of mind, body and spirit.

#### How Yoga Relates To Health

- Physical Well-being :- Yoga Improves blood circulation and over all organ functioning
- Mental Well-being :- Bring down stress, enhances power of relaxation & stamina and bestows greater power of concentration and self control
- Spiritual Well-being :- Regulation and transformation of blood chemistry through proper synthesization of neuroendocrinal secretions, dispassionate internal vibrations leads one to attain the power to control the mind and to become free from the effect of external forces compelling one to lose to equanimity.

• Social Well-being :- Yoga practitioner become cheerful, enjoys talking to people, shares problems with friends and can realize that there are other also who are sailing in same boat, so that one can easily mix-up in group by happier nature.

### Significance of Fitness

“Physical Fitness is a general state of Health and well-being and more specially, the ability to perform aspects of sports, occupations and daily activities”.

### Yoga And Fitness

Yoga and Physical Fitness Physical fitness is a must for any good performance in day today life. Different activities require different type of fitness emphasizing a particular fitness factor. However, general level of physical fitness is necessary for every individual to function effectively. The law of use and disuse suggests that if you want to be fit you must exercise. The routine of exercise differs from individual according to purpose. This can be attained excellently by indulging in Yogic routine. Yogic exercises deal with the vital organs of the body on which health depends. The precursor of physical fitness lies in the efficient working of the vital organs of the body and yoga aims at it. The various selected asanas giving different movements to the spine, controlled respiration, relaxation technique and concentration practice as a whole form an excellent routine to take care of the health of vital organs of the body. Yoga can contribute to the promotion of sport whether we use the term sport in a restricted sense or in a wider sense. The concept of lifetime sports suggests that exercise is for everyone including those persons who have various handicaps. From this point of view yoga could be fittingly called life time sports. Yoga, therefore, not only contributes to the other sports but also is a sport by itself, which is excellent in nature. Yoga principle involves slow movement and maintaining poise and balance. It is based on stretching relaxation, deep breathing and body flexibility and increasing blood circulation and concentration. Physical Exercises lay emphasis on strong movements of muscles

whereas yoga opposes violent muscle The “postures” are the physical positions that coordinate breath with movement and we hold these positions to stretch and strengthen different parts of the body. They systematically work all the major muscle groups including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Although most poses are non-aerobic in nature, they do in fact send oxygen to the cells in the body by way of conscious deep breathing and sustained stretching & contraction of different muscle groups. Yoga can help to check any imbalance in muscular development and will enable the body to function more efficiently. If the body is flexible and supple it will be less prone to sports injuries as the joints will be kept lubricated

### Conclusion:

Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities. Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities.

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