



## YOGA – THE KEY TO POSITIVE THINKING

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### Abstract:

#### Introduction:

Yoga refers to traditional, physical and mental disciplines originating in India. Yoga includes Asanas. The goals of Yoga are varied. Asanas resolve internal tensions and bring out inner happiness. Regular practice of Yoga helps to reduce stress responses in your body. According to a study in the year 2010 issue of Psychosomatic Medicine. Reducing the inflammatory response to stresses on your body will help to reduce your chance of stress-related conditions such as high blood pressure and cardiovascular disease. Asanas increase positiveness in the mind. Yoga affects fat metabolism and weight loss.

**Pranayama** – the word prana stands for self-energizing life forces and this is believed to be the vital energy and ayama means extension. Pranayama is the link between the consciousness and the mind. Pranayama may be defined as expansion and control of Prana through various yogic techniques. It is a combination of exhalation and inhalation. Regular practice of Pranayama shows impact upon the respiratory system, circulatory system, digestive system and endocrine system. Pranayama tones up the kidney and controls the functions of the nervous system.

Retention of breath or kumbhaka helps to supply oxygen. There are some very important benefits of pranayama. Pranayama controls ageing. It also helps in lung expansion thereby improving its efficiency and makes it healthy. It acts as a disease destructor, brings vigour and power. Pranayama also brings stillness and calmness to the mind. It helps in the purification of the Chakras (Energy Centres) and expansion of consciousness.

“Meditation is the mysterious ladder which reaches from restlessness to abiding peace, from ignorance to knowledge.”

All happiness achieved through the mind is temporary and fleeting. It is limited by nature to achieve lasting happiness and absolute peace and wisdom to a busy mind.

The greatest gift is meditation brings the glow of inner peace that is gentle and strong. Meditation helps with the ability to go within that is power to pack up, one can tolerate any kind of behaviour and respond to even hostility with grace that is power to tolerate.

Similarly power to accommodate, Judgement, Discrimination, power to face, power to co-operate and power to withdraw. One must first know how to calm the mind, to concentrate and go beyond it by turning the mind's concentration.

Meditation is anand marg like Raja dhi raja Yoga. Yoga and meditation when practiced together strengthen the mind-body connection, improving overall fitness and well-being. Both have proven health benefits which is the key to positive thinking.

Yoga and meditation improve mental focus and provide a general feeling of well-being. A 2012 control study published in Alternative therapies in Health and Medicine found yoga participants happy, peaceful and upbeat in contrast to the control group who had a decrease in a general well-being.

Meditation provides an emotional boost through deep relaxation.

Overall it enhances sensory activity, mental focus, concentration, mental clarity, will power and determination. The relaxation technique is that the release of Catecholamines and other stress hormones are reduced and parasympathetic activity is increased these are effects of meditation. All this helps one for positive thinking.

Positive thoughts bring positive energy - Beatrice Mc Caig.

Yoga becomes a simple way for you to preserve your health and inner happiness,

overcome loneliness through meditation and positive thinking.

Negative emotions can spiral.

Always try to find out bright side. Stay positive, Avoid negativity.

Yoga and positive thinking can help those who have anxiety or an obsessive mind.

Positive thinking brings positive thoughts and positive thoughts brings positive energy.

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