

Meditation and yoga: need of today

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ABSTRACT

Yoga is an ancient physical and spiritual discipline and branch of philosophy. It is practice that connects the body, breath and mind to energize and balance the whole persons. Yoga is a means of achieving spiritual enlightenment that has brought exclusive global change in the life style of people. Meditation and yoga are natural compliments to each other. Yoga is an active, physical way to prepare the mind for meditation. Originally, yoga techniques were of mouth. Yoga began to gain popularity in the went the end of 19th century. Yoga works for good health some say it reduces stress like other mind body therapies. The technique of yoga is superb way to connect yourself and let your inner being come out in the best possible manner. Yoga enables everyone to move towards the state of development consciousness which is oneness with the scared. The main purpose of yoga is to purify the mental state.

Keywords: Meditation, Yoga

Yoga is a discipline that seers and saints have been participating since ancient times to bring physical and mental fitness. Yoga has been said to help strengthen the power of concentration, mind and body connection, bring calmness and relaxation to mind, enhance self-confidence, strength self-discipline and self-resolve, reduce stress and anxiety and increase vitality and energy throughout the body. Yoga has extensive benefits and can help us to be a more balanced, relaxed, focused, efficient and effective person. The benefits of yoga can thus be applied to a variety of disciplines including rural and urban people.

“Yoga as a therapy is really just blossoming” says Larry payne, PhD, a yoga therapist since 1982 and founder of samata yoga. Modern yoga therapy can be traced back to the yoga master T krishnamacharya, who produced students, who became west’s most influential teacher of therapeutic yoga. “yoga therapy is very much about the whole person “says Janice Gates, president of the International Association of yoga, therapist and author of yogini: yoga therapists works primarily with yoga moves and clients typically leave with instructions on custom series of poses that change each weak according to the person’s progress. Yoga is a science of right living and it works when interacted in our daily life. It works on all aspects of the person: the physical, mental, emotional, psyche and spiritual. The word yoga means ‘unity’ or oneness.

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The great sage Maharishi Patanjali (800 BC) modified the philosophy of yoga into four branches, according to the range of qualities existent in humans. Thus yoga is a way of life. It is a science which teaches us how to lead peaceful happy concentrated, energetic, enthusiastic life, enrich with abundant qualities, both of body and mind, such as physical fitness, perfect health, free from any disease, since of dedication, devotion, determination, intrepidity, fearlessness, faith, self-confidence, courage and boldness. It is highly a practical science. So the practice of yoga is essential to lead a peaceful life.

When we think of our day today life it is observe that the stress plays an important role in our life. To reduce the level of stress it is suggested that the yoga and pranayam and meditation plays an important role in our life. Psychologist also uses yoga as a therapy. As science begins to document the importance of understanding, the interrelation of all existing things, it takes to yoga with an intrigued eye, for yoga speaks unity in every word. As yoga techniques are researched and new data is gathered, it becomes easier for science and the medical establishment to understand and accept the benefits of yoga therapy.

Aim

The present study is intended to search the benefits of yoga for the improvement of physical as well as psychological problems of individual.

Objectives

- 1) To find out whether the yoga therapy works for the betterment of life.
- 2) To examine the advantages of yoga to enhance the life style of rural and urban people

METHODOLOGY

In the present study, literature review was carried out to identify the previous research efforts and directions related to the topic.

Yoga in its essence is not just an exercise, but a way of life. With regular practice, one finds understanding changes and opens up one becomes more tolevant, more understanding, less aggressive and less stressed. Yoga, pranayam and meditation brings peace and ease where there has been dis-ease. Yoga has become a global practice through which one can enrich unlimited benefits many problems are improved or treated by taking up the practice of yoga. Yoga relax both their bodies and their minds through controlling each breath and focusing on breathing.

Prakash et al (2010) examine the differences invarious domains of atention between long term concentrative meditations versus matched controls. The group of vihangam yogis had significantly better means performance on all tests of attention. Long term vihangam yoga a meditation improves attention span, processing speed, attention alternation ability and performance interferences tests.

Agrawae et al, (2012) studied the effects of selected yogic practices on psychological variables of children. Authors stated that yoga facilitates attainment of perfect equilibrium and harmony, promotes self-healing, remove negative blocks from the mind and toxins from the body, enhance personal power, helps in attention focus and concentration, especially important for children, reduces stress and tension in the physical body by activating the parasympathetic nervous system.

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The practice of yoga in daily life bring clarity of mind and help one to become a master of their inner thoughts. Negative thoughts, emotions Anxiety worry and stress, severely disrupt the balance of the nervous system. Where as positive thoughts and inner contentment always maintain a calm and healthy nervous system. Regular practice of Asana, pranayam and mediation can help diverse alignments such as self awareness, mental performance, self esteem to increase where as factors such as fear of failure, stress tension, low dearer of confidence level, changes in mood, lack of motivation, for of competition to decrease. Practice of yoga have a physical benefit also. It can help to cure diseases such as diabetes, blood pressure, digestive disorder, asthma, chronic fatigue, arthritis, ex-laboratory tests have proved the yogi's increased ability of consciously controlling automatic or involuntary functions, such as temperature, heart beat and blood pressure. As a consequence, people with several conditions can benefit as they learn yoga and relax. Yoga is a great therapy for installing harmony to human body. In this way ultimate overall benefits are achieved. But it has to practice in a proper and scientific manner and the results must be proved on the basic of scientific methods.

CONCLUSION

The over whelming literature suggests that yoga has a definite positive contribution in improving the physical as well as the mental health. Improvement in well-being specially in behaviors directly targeted by yoga, were reported. Hence, it may be suggested that a more aggressive use of yoga should be done in the school settings, especially in view of its lifelong benefits. All these results suggest a possible role of yoga as preventive interventions well as a means of improving one's perceived well-being.

Yoga is the best technique to enhance efficiency and performance of an individual. The major component of yoga i.e. Relaxation, Relaxative, Asans, Meditative Asanas. The meditation has beneficial effects on several aspects of human functioning; studies have specifically investigated the effects on meditation on various domains of attention. Yoga therapy works better for the improvement of psychological problem. Yoga blends the two states tension and relaxation. Yoga enables everyone to move towards the state of developed consciousness which is one nest with the scared. The main purpose of yoga is to purify the mental state.

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Conflict of Interest

The author declared no conflict of interests.

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