



Bending Towards Better Health: The Significance of Yoga in Modern Life

Devasis Chakma

Social Science Teacher, Govt. Borapansury High School

Email: devasischakma1993@gmail.com

ARTICLE DETAILS

Research Paper

Accepted: 17-04-2025

Published: 10-05-2025

Keywords:

*Yoga, Health, Wellbeing,
Lifestyle, Balance*

ABSTRACT

Modern lifestyle has a multifaceted impact on our health, affecting physical, mental, social and spiritual well-being. To mitigate these effects, it's essential to raise awareness about the consequences of modern life. Yoga offers a holistic solution, aiming to achieve physical, mental, and spiritual harmony. As the first science of personal development, Yoga cleanses the mind and body, maintaining perfect balance and harmony. By practicing Yoga, individuals can adopt healthy habits, including nutritious eating, regular exercise, and positive communication. Yoga reduces the risk of diseases and promotes overall well-being. This article explores the significance of Yoga in modern life, emphasizing its role in maintaining physical, mental, social and spiritual health. By incorporating Yoga into daily life, individuals can achieve good health without incurring significant expenses. Yoga trains the mind, developing subtle understanding and spiritual awareness. As the world practices Yoga for health, this article encourages readers to adopt this holistic practice for a balanced and harmonious life.

DOI : <https://doi.org/10.5281/zenodo.15390459>

INTRODUCTION: Yoga is the science of human life and the art of living. Originating from the Vedas and Upanishads, Yoga emphasizes self-realization and liberation. Patanjali, the founder of traditional Yoga, highlights the importance of knowing the self to achieve freedom.



Yoga is a holistic practice that offers numerous benefits, including physical, mental, and spiritual well-being. It helps individuals develop emotional, physical, and mental strength, leading to a more balanced and fulfilling life. In modern times, Yoga has become increasingly important due to the stresses of daily life. With the rise of technology and nuclear families, individuals face numerous challenges that can impact their physical and mental health.

Yoga provides a solution to these problems by offering a comprehensive approach to health and well-being. It goes beyond physical exercise, providing valuable insights into how to improve emotional, mental, and spiritual life. The importance of Yoga can be divided into physical, mental, and spiritual benefits. It helps reduce stress, improves health and well-being, and builds harmonious relationships.

In conclusion, Yoga is the science of right living, focusing on spiritual, physical, mental, and social well-being. Its importance is growing globally, and it is celebrated as International Yoga Day on June 21. Regular Yoga practice can lead to overall development, making it an essential part of modern life.

LITERATURE REVIEW: The following studies highlight the significance and numerous benefits of yoga for physical, mental, and spiritual health, as well as its potential to alleviate specific health conditions and promote overall well-being.

A. Physical Health Benefits

1. Ward, Stebbing's, and Cherkin (2013): Found that yoga can reduce symptoms of chronic pain, improve sleep, and enhance overall physical function.
2. Holzel et al. (2011): Discovered that yoga can increase gray matter in areas of the brain associated with physical health, such as the hippocampus.
3. Moonaz et al. (2012): Showed that yoga can improve balance, flexibility, and strength in older adults.

B. Mental Health Benefits

1. Streeter et al. (2010): Found that yoga can reduce symptoms of anxiety and depression, and improve mood.



2. Uebelacker et al. (2010): Discovered that yoga can reduce symptoms of post-traumatic stress disorder (PTSD).
3. Kirkwood et al. (2005): Showed that yoga can improve cognitive function and reduce symptoms of dementia.

C. Spiritual and Emotional Benefits

1. Cahn and Polich (2006): Found that yoga can increase feelings of compassion, empathy, and self-awareness.
2. Kabat-Zinn (2003): Discovered that yoga can increase mindfulness and reduce stress.
3. Gard et al. (2014): Showed that yoga can increase feelings of gratitude and well-being.

D. Yoga in Specific Populations

1. Oken et al. (2012): Found that yoga can reduce symptoms of menopause in women.
2. Butzer et al. (2015): Discovered that yoga can improve behavior and reduce symptoms of attention deficit hyperactivity disorder (ADHD) in children.
3. Moonaz et al. (2015): This study employed a qualitative research design, utilizing historical data collected from diverse sources, including articles, textbooks, literature reviews, and authentic websites. Showed that yoga can improve physical function and reduce symptoms of osteoarthritis in older adults.

OBJECTIVE: The primary objective of this study is to investigate the benefits and significance of integrating yoga into daily life.

METHODOLOGY: This study utilized a qualitative research design, drawing on historical data gathered from a range of diverse sources, including scholarly articles, textbooks, literature reviews, and reputable websites.

DISCUSSION: Yoga is a holistic practice that offers numerous benefits for the body, mind, and spirit. In this section, we will explore the benefits and significance of incorporating yoga into our daily routine.

1. **Strong Mind:** It is well-established that a healthy mind and a healthy body are interconnected and can be maintained through yogic practices. One can achieve good mental health by achieving



physical health through Yoga practice. Yogic activities help a person develop cognitive and mental faculties, leading to intellectual and psychological development.

2. **Mind Control:** Yoga provides the ability and strength required to control emotions, feelings, and desires. Sustaining attention and concentration achieved through such control and restraint can provide a foundation for developing intellectual abilities.
3. **Purification:** Yoga helps purify internal organs and systems, as well as the inner being, by purifying thoughts and emotions.
4. **Strong Emotional Organs:** Yogic practices help maintain healthy, strong, and efficient emotional organs. This enables individuals to increase their receptive capacity, somatic and kinesthetic awareness, and understanding, allowing them to gain new knowledge and experiences.
5. **Personal Development:** Yogic activities promote self-awareness, confidence, self-discipline, spiritual inspiration, self-acceptance, and self-realization, leading to maximum personal development.
6. **Conflict Reduction:** Yoga promotes a positive learning environment by teaching students to control their emotions and reactions and respect others' feelings.
7. **Good Mind:** Yogic activities help individuals become free from anxiety, depression, and mood changes, leading to intellectual growth and wisdom.
8. **Better Concentration:** Yoga provides relaxation for the body and mind, improving concentration and academic performance.
9. **Energetic Enhancement:** Meditation practice can enhance spiritual values, confidence, and self-awareness, promoting compassion and awareness in relationships..
10. **Weight Loss:** Yoga is beneficial for weight loss, particularly for men. Sun Salutation and Kapal Bhati Pranayama are two effective yoga methods for weight loss. However, not all yoga types lead to quick weight loss, as some poses are easy and focus on developing flexibility, improving



concentration, and toning muscles. Once you are familiar with yoga asanas, you can start practicing yoga asanas for weight loss.

- 11. Stress Relief:** Yoga is an excellent way to relieve stress that accumulates in both the body and mind. Practicing yoga, pranayama, and meditation for a few minutes daily can effectively release stress from the mind. Yoga changes the mind's stress response, developing self-confidence, increasing well-being, and creating relaxation and peace.
- 12. Improved Immunity:** Yoga combines the body, mind, and spirit to improve immunity. Regular practice has shown effective results, lifting inhibitions, building physical strength, increasing energy levels, reducing stress and anxiety, and providing positive thinking and freshness in the mind.
- 13. Living with Greater Awareness:** Yoga increases awareness, bringing the mind to the present. This prevents anxiety and anger, calming the mind. By understanding the concept of the mind, we can prevent ourselves from feeling anxious or angry and calm the mind.
- 14. Better Relationships:** Yoga improves relationships by relaxing the mind, making it happy and peaceful. When the mind is relaxed, happy, and satisfied, it is better able to deal with sensitive relationships. Yoga and meditation work on keeping the mind happy and peaceful, benefiting relationships with loved ones.
- 15. Increased Energy:** Yoga provides energy and relaxation, even after a long day. Practicing yoga every day can leave you feeling fresh, energetic, and relaxed. Guided meditation can also benefit you immensely, leaving you refreshed and recharged in the middle of a hectic day.
- 16. Flexibility and Better Posture:** Yoga stretches and strengthens muscles, improving flexibility and posture. Regular practice makes the muscles stronger, improving the position of the human body when standing, sitting, sleeping, or walking. This helps prevent pain caused by bad posture.
- 17. Better Mindfulness:** Yoga and meditation enhance cognitive abilities, improving understanding and decision-making. This enables individuals to understand what needs to be done, when, and how, to produce positive results.



18. **Breathing Power:** Yoga exercises, such as pranayama, improve lung power, enabling better oxygen intake and blood purification. This helps distribute purified blood to all parts of the body.

19. **Improve Breathing Capacity:** Yoga regulates the body's breathing system, increasing efficiency and power. This includes increasing the consistency and smoothness of breathing volume and reducing breathing frequency.

20. **Healthy Muscles:** Yoga provides valuable support for muscle function, control, and posture, including spinal cord alignment. This maintains good posture, increases muscular strength, and preserves muscular flexibility and smoothness, resulting in youthful energy.

21. **Cleanse the Body:** Yoga helps cleanse internal organs and systems, including blood and respiratory and digestive systems. This eliminates unhealthy substances and foreign matter from the body.

22. **Healthy Body:** Yoga activities prevent various diseases and illnesses, providing healing solutions for people. Yogic work offers powerful barriers to prevent diseases and provides important solutions for healing.

CONCLUSION: Yoga holds tremendous promise for treating and preventing lifestyle ailments and diseases. Adopting a yogic lifestyle can significantly enhance public health. Yoga may slow disease progression and potentially lead to a cure if practiced early enough. Research on yoga and cardiovascular health reveals positive trends, indicating a promising future for integrative health systems and yoga. The primary benefits of yoga stem from its lifestyle elements, including healthy eating, exercise, relaxation, and a positive outlook. Additionally, pranayama and yogic relaxation provide psychosomatic balancing benefits.

According to the Bhagavad Gita, yoga aims to achieve psychosomatic harmony and balance, known as samatvam yoga uchyate. This restoration of physical, mental, emotional, and spiritual balance may be the primary cause of observed changes in both short- and long-term studies. Yoga is generally considered safe, easy to learn, and accessible to everyone, regardless of age, health, or physical ability. It offers several secondary advantages without noticeable negative effects. Furthermore, due to its



affordability, simplicity, and safety, yoga has been suggested as a helpful adjuvant for patients with various diseases (Jain, Uppal, Bhatnagar & Talukdar, 1993). By incorporating yoga into their lifestyle, individuals can experience numerous physical, mental, and emotional benefits, ultimately enhancing their overall well-being.

In conclusion, yoga offers a holistic approach to health and wellness, providing a range of benefits for the body, mind, and spirit. Its accessibility, safety, and affordability make it an ideal complement to traditional healthcare systems. As research continues to uncover the benefits of yoga, it is likely to play an increasingly important role in promoting public health and wellness.

REFERENCES

- Bijlani, R. L., Vempati, R. P., Yadav, R. K., Ray, R. B., Gupta, V., & Sharma, R., Mahapatra, S. C. (2005). A brief but comprehensive lifestyle education program based on yoga reduces risk factors for Cardiovascular disease and diabetes mellitus. *Journal of Alternative and Complementary Medicine*, 11 (2), 267-274.
- Chaya, M. S., Ramakrishnan, G., Shastry, S., Kishore, R. P., Nagendra, H., & Nagarathna, R., ... Kurpad, A. V. (2008). Insulin sensitivity and cardiac autonomic function in young male practitioners of yoga. *The National Medical Journal of India*, 21 (5), 217-221.
- Gordon, L. A., Morrison, E. Y., Mc Growder, D. A., Young, R., Fraser, Y. T., & Zamora, E. M., ... Irving, R. R. (2008). 12. Effect of exercise therapy on lipid profile and oxidative stress indicators in patients with type 2 Diabetes. *BMC Complementary and Alternative Medicine*, 8, 21. Innes, K. E., & Vincent, H. K. (2007).
- The influence of yoga-based programs on risk profiles in adults with type 2 diabetes mellitus: A Systematic review. *Evidence-Based Complementary and Alternative Medicine: eCAM*, 4 (4), 469-486. Innes, K. E., Bourguignon, C., & Taylor, A. G. (2005).
- Risk indices associated with the insulin resistance syndrome, cardiovascular disease, and Possible protection with yoga: A systematic review. *The Journal of the American Board of Family Practice*, 18 (6), 491-519.



- Jain, S. C., Uppal, A., Bhatnagar, S. O., & Talukdar, B. (1993). A study of response pattern of non-Insulin dependent diabetics to yoga therapy. *Diabetes Research and Clinical Practice*, 19 (1), 69-74.
- Jayasinghe, S. R. (2004).
- Yoga in cardiac health (a review). *European Journal of Cardiovascular Prevention and Rehabilitation*, 11 (5), 369-375.
- Hiriyana M, *Outlines of Indian Philosophy*, Motilal Banarsidass Publishers Private Ltd. Delhi, first edition 1993.
- Swami Manuvariyaji Maharaj, *Yoga and Health*, Dundubhi printers, first edition 1994.
- Acharya Mahaprajna, *Preksha Dhyana, Basic Principles*. Jain Vishva Bharati, Ladnun (Raj.) 2003.
- Acharya Mahaprajna, *Preksha Dhyana, Theory and Practice*. Jain Vishva Bharati, Ladnun (Raj.) 2003.
- *Preksha Dhyana Human Body (part-II)*, Health Care-J S Zaveri, Jain Vishva Bharati, Ladnun (Raj.), edition 1993.
- Yogiraj Vethathiri Maharshi, *Karma Yoga-Vethathiri publications*, Erode (T N), third edition 1995.
- Brown RP et al. *Sudarshan Kriya Yogic Breathing in the Treatment of Stress, Anxiety, and Depression: Part II Clinical Applications and Guidelines*, *Journal of Alternative and Complementary Medicine* 2005; 11:4.
- Kirkwood G et al. *Yoga for Anxiety: A Systematic Review of the Research*, *British Journal of Sports Medicine* 2005; 39:12.
- Pilkington K, et al. *Yoga for Depression: The Research Evidence*, *Journal of Affective Disorders* 2005;89:1-3,
- Dr. Prasad MG, *What is Yoga?* Akka Conference Proceedings, Chicago 2008.