



Life Style Management Through Yoga

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Abstract:

Now a day's lifestyle disease is increasing very fast in the world. The most accurate thought would be that people lead a hectic lifestyle with lack of daily routine. This condition is growing due to the wrong eating habits, passion for unhealthy food and lopsided sleep pattern. And also this condition is aggravated by the heavy Stress and lack of physical exercises. It is high time to look into the modern aspects of Yogic Science to change our life style.

Key Words: *Yoga, Life style, Wellbeing, Immunity, Methods*

Introduction:

Yoga has enormous health benefits-from joint support, cognitive wellbeing to better respiratory and cardiovascular functioning. Therefore, a lot people are motivated to adopt this ancient practice in their lives. Here's how yoga can accompany us for our life style Management and body building journey.

INCREASED FLEXIBILITY, REDUCED INFURY RISK:

The human body was meant to go through certain ranges of motion but in to day's world we have compromised over that. As a result, we all have certain constraint over our flexibilities. When we perform an exercise that puts our body beyond a certain degree of our flexibility, injury is the most obvious thing that happens to us. One of the stand out benefits of yoga is enhanced flexibility. Increased flexibility will reduce the risk of certain injuries.

LIFT MORE LIFT HEAVY:

Being a strong badass is not just associated to how much muscle mass you have but it's also about how well you use the mechanical links for your body. For example, a lot of people have tight hip flexors which hinders their dead lift and squat loads. The various 'asans' practiced in yoga will open up your hip flexors and other stiff links in your body which will maximize your lifts.

INCREASED BLOOD FLOW:

The relaxation exercise in yoga boosts blood circulation, especially around your hands and legs. An enhanced blood flow ensures that your muscles are getting proper supply of nutrients for repair and growth. You'll also experience a better pump during your workouts and we all love that beautiful feeling. Yoga also gets more oxygen into our cells that improve ours functioning as a result.

BETTER SLEEP QUALITY:

Restorative asana, Sawasna and Pranayama performed in yoga can help develop a deeper inward sense which provides interlude for the nervous system. As a by product you'll enjoy a deeper sleep making you feel energetic on the training days.

GREATER HIGH INTENSITY WORKOUTS:

A key factor for performing well at high intensity work outs is lower resting heart rate. This gives you the ability to perform better even in low oxygen levels (oxygen supply is cut short during high intensity workouts like cross fit or super-sets).

ATTAINING LIFE FORCE WITH BANDHAS:

Energy or life force flows through us, to keep us alive. It is the flow of this energy. Which regulates our body and mind functions. Irregularity in this flow or pattern leads to various ailments and mental tensions. Life force is like water, it has to flow through our body and provide a certain amount of energy

to each of our cells. Sometimes, due to our lifestyle or thinking, these flows get disturbed, certain parts of our body get either too much or too less of energy. The energy may not be reaching some places and at other parts there may be stagnation of energy. Such imbalances lead to headaches, backaches, constipation, sexual disorders, stomach ailments or any other disorder depending on one's imbalance.

Besides Pranayam, Bandh is another yogic practice to regulate this life force. Bandha in Sanskrit means to "lock or tighten". In Bandha practices, the breath is locked or concentrated in a particular area of the body. The body is tightened to retain the energy in that part some time. This locking of life force has a lot of beneficial effects. Bandhas help in massaging of the internal organs and removal of stagnant blood. Besides, the practice of Bandhas regulates the nervous system, delays aging, increase vitality and leads to spiritual development, Bandhas help to release the psychic knots. Psychic knots are like whirlpools of energy created in the wrong areas of our body, over yours because of our lifestyle. These knots prevent the natural flow of energy. Leading to imbalances.

IMMUNITY THROUGH CORRECT FOOD :

A study of American Cancer Society suggests that over one third of cancer deaths were caused by nutrition. But more importantly, on the brighter side, it concluded that most of these could have been prevented. Despite of our improved standard of living, why are infections and disease more rampant. Why are our bodies not able to respond effectively. The answer lies in eating habits. Little do we realize that being fed on junk food and the rushed eating habits are taking a heavy toll of our physical and mental health. Some of us have begun to acknowledge the downside of these foods by restoring to "health diets" such as "high fiber", "low cholesterol" diet foods" etc. But herein lies the problem. We go overboard in the opposition direction. This leads to a unique set of problems. As years pass by, do not be too surprised if we have a whole new set of illnesses caused by these so-called "health diets".

Yoga has developed an eating philosophy and a concept of balanced whole foods diet. These powerful principles help in maintaining a healthy food along with a stress-free mind. What is most important is that they have existed for centuries and it is not some recently developed untested and "unproved food". Ancient yogis foods must be as close to their "Whole" or natural state as possible. Such foods are called whole foods and are not pre-processed in any way. The key to true health is to value a balanced whole foods diet. Such a diet ensures that the three functions of digestion-absorption, assimilation and elimination-work in perfect harmony.

Often "synthetic" or "processed" foods create conditions that disrupt the harmony between these three functions. Over years, this leads to severe physical and psychological problems. How we go about adopting a whole food routine? Firstly, we must set aside time for eating. We owe that commitment to ourselves. Food cannot be treated as one of those rushed affairs own we realize the gains, we will be wondering why we did not do it before. The next is to get down to whole foods selection, setting whole food menu plans and preparing whole foods dishes. The golden rule of whole foods cooking is to keep it simple

TRAINING OF MIND:

After we are able to relax physically, mentally and emotionally, we are instructed through yoga to develop personal awareness, Sajagta, in order to witness our self interacting with the world, society, family and with our own limitations, ambitions and aspirations. Awareness is the result of leading a yogic lifestyle. After words, with awareness, we have to develop a sense of positivism towards ourselves, When positive expressions are developed through the practices of reflection, concentration and introspection, which in common language is known as meditation, then we are able to harmonize the inner personality. We need to realize that there are ways to regulate our lifestyle. Regulation of lifestyle is the keyword here for the well being of the human personality.

Yoga says that there are certain methods to extricate yourself from the sticky side to the mind. In order to again harmonize and balance ourselves, we need to develop certain qualities aspects of our nature, beginning with the ability to release the tensions through the process of relaxation. Relaxation is a systematic approach to letting to of the accumulated blockages, not only in the mind but also in the body.

Yogic lifestyle management:

The most appropriate method to attain optimum health naturally is the system and science of yoga. Yoga is not only a series of physical postures or meditative practices. It is a lifestyle which can be lived by everyone, not necessarily those who are sanyasis, sadus or enunciates. It is a form of understanding, of realizing our interactions in life, trying to improve the, trying to understand the needs of the body, the needs of the mind and also the needs of the spirit. This is the concept of yogic life-style: living according to the laws of the body and the laws of the nature.

Conclusion:

Lifestyle is the keyword for well-being. From the yogic perspective, health does not just mean a disease free body. This ancient science believes in a holistic approach to health of which the body, mind and the spirit are integral and independent parts. Yoga claims to endow perfect physical, mental and social well being even under stressful conditions. Thus the yogic meaning of well being is more than just psychological. It means physical fitness, mental ability and spiritual verve. This psychosomatic spiritual approach emphasizes that we can not think of sound health by only caring for one or two components of body, mind and ignoring the other. This psychosomatic spiritual approach emphasizes that we can not think of sound health by only caring

for one or two components of body, mind and ignoring the other. This results in an imbalance due to which harmony of personality is lost and the person suffers from psychological and psychosomatic problems. The rise in mental health problems in developed societies of the world is mainly due to ignoring the spiritual dimension of health and living an individualistic lifestyle. So yogic lifestyle aims at the evolution of mind. It talks of the journey from gross to most subtle. This is conceived in yogic literature as the journey from Arannamaya Kosha to Anandamaya Kosha.

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