

# Yoga for Health and Wellness: A Review

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## Abstract

**Yoga-** The Sanskrit word for a bodily posture is asana. In a broad sense, asana refers to a particular position that can be kept for an extended amount of time while being calm and pleasant.

**Mind-Body Harmony-**The yogic lifestyle emphasizes the integration of physical well-being and mental serenity.

**Benefits of the yogic lifestyle-**A yogic lifestyle is highly beneficial for our physical, mental, emotional, and spiritual well being. It expands your spiritual energy, brings balance, creates positivity, improves health, and increases your overall happiness.

**Health and Wellness-**Health is one of the basic human needs and the good health is an important contribution for the quality of human life experience.

**Disciplined Life-**When one examines the lives of all outstanding individuals, one thing becomes clear: they are all disciplined.

**Stress Reduction-**Moving tension out the body, de-stressing, meditating and breath control reduces stress considerably.

**Self-Acceptance and Self Control-**Focusing inward and realizing, through yoga that perfection is not the goal, self-acceptance takes over.

**Concentration and Memory-**As little as 8 weeks of yoga can result in better concentration and more motivation.

**Conclusion-**Yoga can help with mental and emotional well-being, including reducing stress, anxiety, and depression, and improving Concentration.

**Keywords:** Yoga Health Wellness.

## Yoga

The Sanskrit word for a bodily posture is asana. In a broad sense, asana refers to a particular position that can be kept for an extended amount of time while being calm and pleasant. The "Yoga Sutras" (aphorisms), which Patanjali composed in the second century before Christ, include the fundamentals of yoga practice. (Mahananda Sharanappa. H, 2021). Yoga is an age-old practice that aims to balance and improve a person's physical, mental, emotional, and spiritual dimensions. It has been a long-standing custom in India that is slowly but surely spreading to Western society. "Yoga" refers to the super-conscious state of Samadhi, which is the merging of our individual consciousness with the Universal Divine Consciousness (Dhanaraj. S, 2023).

## Mind-Body Harmony

The yogic lifestyle emphasizes the integration of physical well-being and mental serenity. Through prac-

tices such as asanas (postures) and pranayama (breath control), individuals strive for a harmonious balance between the body and mind.

### **Benefits of the yogic lifestyle**

A yogic lifestyle is highly beneficial for our physical, mental, emotional, and spiritual well being. It expands your spiritual energy, brings balance, creates positivity, improves health, and increases your overall happiness. When we study and incorporate the philosophies of yoga, our chakras become more aligned, our self-awareness expands, and aging slows down. These life principles also promote a strong body, a compassionate heart, kindness towards others, and gratitude for all we have. In short, it helps us be better, healthier, and nicer humans.

### **Health and Wellness**

Health is one of the basic human needs and the good health is an important contribution for the quality of human life experience. Our ancient vedic scriptures have shown the importance of the good health by keeping the fit body in which it says "Sharir Madhyam Khalu Dharma Sadhanam (which means body is means of achieving the great objectives of meaningful life. These objectives are called as chaturvidha purushartha in Indian scriptures. We can see the importance of good health in this sutra of Charakasamhita. Dharmarth Kam Mokshanam Arogyam Mulamuttamam Rogastasya apahartha sreyasojeevitasya cha in which it echoes that in order to accomplish the Dharma, Artha Kama and Moksha health is important and disease become the obstacle to the progress. These concepts are pivotal to the productivity of the individual either in the personal, rsonal or professional life which depends a lot on the state of the health in terms of physical efficiency and mental concentration. **Siddappa Naragatti, 2019.**

### **Disciplined Life**

When one examines the lives of all outstanding individuals, one thing becomes clear: they are all disciplined. There are many things in today's living that cause you to become distracted from the important areas of life, obstructing your disciplined advancement. Yoga has the potential to alter these people's lives. It is important to note that one can only reap the benefits of yoga if he or she is consistent. It is also necessary for the person to be disciplined in order to be consistent. You must get enough sleep, consume a well-balanced diet, and abstain from various forms of addiction. In fact, yoga has proven to be the most effective method for overcoming addictions, such as drug, and smoking, and alcohol. Yoga creates a positive nature of mind for well-being ness (**Satish & Deepshikha Thakur**).

### **Stress Reduction**

Moving tension out the body, de-stressing, meditating and breath control reduces stress considerably. The concentration required during yoga focuses your attention on the now. It helps take you away from your problems.

### **Self-Acceptance and Self Control**

Focusing inward and realizing, through yoga that perfection is not the goal, self-acceptance takes over. Controlled movements teach you how to translate self-control in your life.

### **Concentration and Memory**

As little as 8 weeks of yoga can result in better concentration and more motivation. Improved blood circulation to the brain, stress reduction and improved focus can bring about better memory.

### **Calmness**

Concentrating so intently on what your body is doing brings calm. Yoga also introduces you to meditation, watching how you breathe and disengage from your thoughts, which calms the mind.

### **Conclusion**

Yoga can help with mental and emotional well-being, including reducing stress, anxiety, and depression, and improving concentration. It can also help with self-awareness, creativity, sleep, and emotional stability. Yoga can also improve heart health by stimulating blood circulation and helping to keep your heart rate regular. Yoga does the opposite and stimulates the parasympathetic system, also known as the "relaxing system". This helps lower blood pressure and slows the pace of your breathing which helps relaxation and healing. Anxiety and Depression. One benefit to yoga's controlled breathing is a reduction in anxiety.

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