

Concept and Evolution of Yoga as a Science of Life

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ABSTRACT

The main aim of the study was to investigate the concept and evolution of Yoga in our daily life because Yoga is a science of life. Yoga comes in one's life at a certain point in time to provide awareness to question regarding the purpose of one's existence. Yoga have maintained that there is a state of complete fulfillment, but in order to reach that level of existence then has to be continuity in the evolution and experience of consciousness an our life is in a constant process of evolution. So there is a great need and a biological necessity of yoga in today's life because Yoga helps us in many ways when we rely on life sciences like Anatomy, Physiology, Biomechanics, Psychology, Biochemistry etc and many more. Therefore in order to understand the broader concept of yoga we have to study the subject as:

-**Yoga as a philosophy** (says that we are in constant process of evolution)

-**Yoga is an instrument of psychological transformation** (says that yoga psychology is both positive and normative science. It prescribes methods for enjoying sound physical and mental health and for promotion of the self)

-**Applied yoga** (says that yogic technique enables the practitioner to become master of his body, and mind, rather than a victim of his emotion and desire.)

Keywords: - Evolution, Yoga, Existence, fulfillment, Consciousness, Biological necessity, Normative etc.

I INTRODUCTION

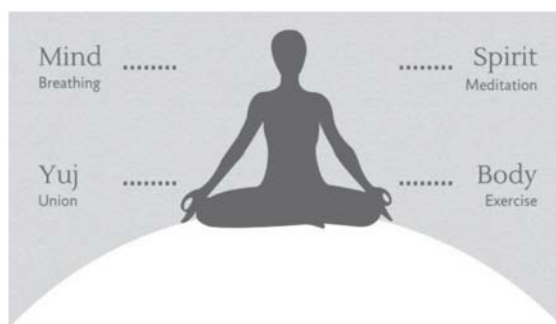
The Word Yoga has been derived from the Sanskrit root "YUG" which means 'to unite', 'to join', 'to bind', 'to yoke', or 'to attached'. Its literary means to unite the individual spirit with the universal spirit. The YUG stands for enabling one to unite with GOD.

Yoga means one's who adopted the yogic science make his life healthy and healthy life styles contribute to some extent for future.

Yoga has its own way to create such environment that make a bond between physical health and spiritual health.

As per the patanjali philosophy, "Yoga is freedom and release from sorrow"

As per The Mahabharata, "Yoga is said to be deliverance from contact with pain and sorrow".



Yoga does not only a science it works as a pacifier in one's life. Yoga has eight fold paths are:

- (i) Yama (restraint)
- (ii) Niyama (observances)
- (iii) Asana (the physical yoga exercise)
- (iv) Pranayama (breathing techniques)
- (v) Pratyahara (preparing for meditation)

(vi) Dharana (concentration, which helps prepare for meditation)

(vii) Dhyana (meditation)

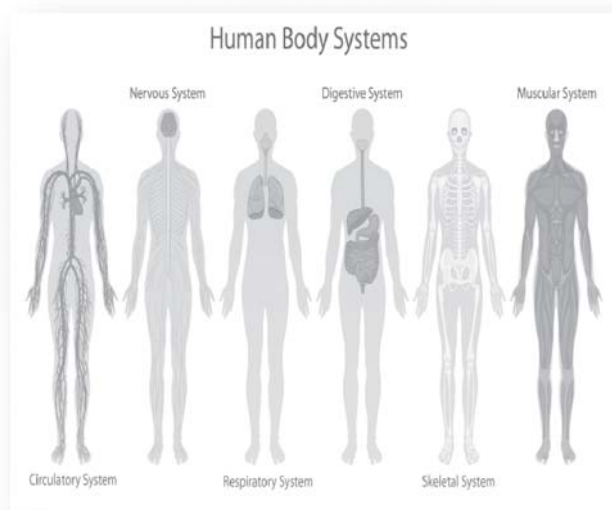
(viii) Samadhi (absorption, where we try to submerge with the eternal and divine)

II ANALYZE MOTIVES OR NEEDS

We are living in machine age and heavily or totally depend upon machines for most of our work. Machines do work for us which had adverse effect on our health. Thus yoga helps or guides us a Science of life for healthy living. Yoga helps us in many ways when we rely on life sciences like Anatomy, Physiology, Biomechanics, Psychology, Biochemistry etc and many more.

(a) Yoga benefits in:

(i) **Physiological benefits:** Yoga helps us to improves muscular efficiency, improves efficiency of respiratory system, better body and mind coordination, improves flexibility, improves endurance, improves cardio system, improves internal body functioning, improves body resistance to fight against infection like flu, virus(corona) etc.

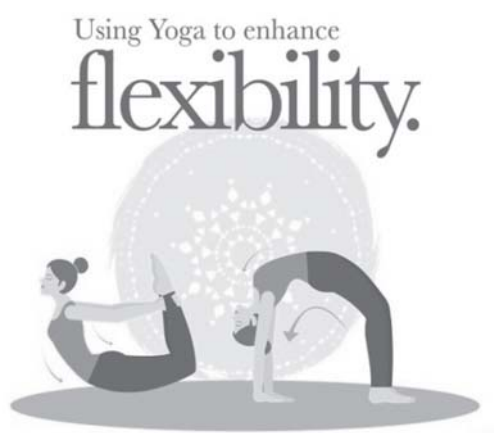


(ii) **Psychological benefits:** Yoga develops positive attitude, Overcome Aggression, Overcome Anxiety, development intelligence, Motivation, Increase attention and concentration, provide relaxation and overcome stresses etc.

(iii) **Social Health:** Yoga develops sense of responsibility, duty, cooperation, peace and harmony, social development, upliftment of humanity.

(iv) **Better learning and increase performance.**

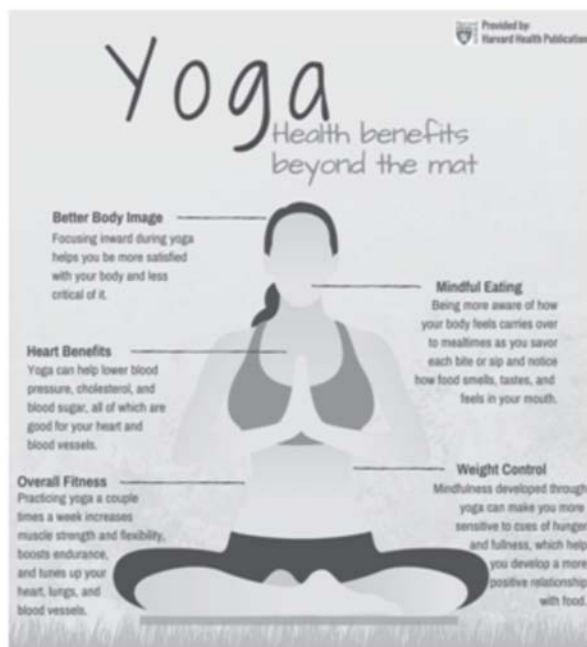
(v) **Good Body posture.**



III OBJECTIVES OF RESEARCH

Yoga is a science as well as arts. Yoga is a conscious and systematic process to accelerate the growth of human body and mind. Yoga develops a deep awareness off one’s body, mind and intellect level.

Yoga is the science of right living and as such is intended to be incorporated in daily life. It works on all aspects of person i.e. the physical, mental, emotional, social and spiritual. Yoga is the best curative and preventive medicine for most of the disorders in human body system.



IV PURPOSE OF RESEARCH/ STUDY

The purpose of the research to explore the effects of yoga in one’s life. When we go through the sedentary life styles, machine age, less working efficiency, postural deformity, tiredness and many more physiological as well as psychological ill effects of human being.

Then realize that need of yoga in our daily life is very important because **“if we did not learns the mathematics then someone cheat us in Numbers but if we did not learns Yoga/Physical education the body will cheat us.”**

(a) Contribution of yoga as a Science of Life:

- (i) We can get rid of disorder through yoga.
- (ii) Yoga makes us healthy.
- (iii) Yoga develops peace of mind.
- (iv) Yoga develops peace and harmony.
- (v) Yoga gives us salvation.
- (vi) Yoga develops confidence
- (vii)Yoga develops positive attitude.
- (viii) In this Asana Centre of Gravity shall be maintained to perform this Yogic Asana, while other Asanas there is dire need of Science to maintain Centre of Gravity.

V DISCUSSION

“Yog is a practical aid to learn proper positioning of the body called asanas and to coordinate with the breath while performing asana. Yoga teaches us that the goal of every individual’s life is to take the inner journey to the soul, Yoga offers both the goal and the means to reach it” as a science of Life.

When there is a perfect harmony between body and mind, we achieve self realization. Yoga teaches us that obstacles in the path of our self realization indicate them self in physical or mental in disposition. When our physical state is not perfect .This causes an imbalance in our mental state, which is known in Sanskrit as Chittarvitti. The practice of Yoga helps us to overcome the imbalance.

VI CONCLUSION

Many people discover Yoga through a desire for exercises and fitness and considered as a Science of Life. Yoga poses also called posture; do indeed stretch the body, but many people came to discover that Yoga also stretches the mind and inspire a journey of inner discovery. When we understand and use disciplines of Yoga practices we begin to feel that one with ourselves, with others and with the world

around us. For healthy living in modern society there is a dire need of Yoga.

In the end we can say that “An apple a day keeps doctor away” same on the other hand- “Yoga in a day keeps doctor away”.

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