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Awareness of yoga develops human capital

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Abstract

The paper highlights how yoga plays a substantial role in modern life it is an integral part of our history, on one hand, serving as a barometer of human progress, yoga give the entire world an opportunity to mingle together, exchange values and improve relationships. Events form an ideal condition for bringing the human race together. In general most people indulge in a yoga event for the pleasure of it and also as a means of achieving fitness to tone up their body and mind. Further, people have keen interest on success in competitive life. In every aspect of life 'yoga' plays a predominant role for shaping the personality of person and developing health of the people, it improves concentration, controls weights and some other physical improvements. Develops the efficiency of various organic systems of body and develop fitness, and act as relaxation technique, and develops co-ordination of body and mind that results in excel better life, that is a better human capital.

Keywords: Yoga develops, modern life

Introduction

Today yoga is thoroughly globalised phenomenon, why? In this modern world our environment is fighting for survival and we humans suffer from more and more physical and psychological stress, we cannot always control them but can learn how to face them and to this end Yoga is as good an invention it has ever been. The aim of yoga is attainment of physical, mental and spiritual health. The main credit of systematizing yoga goes to Patanjali who wrote the "yoga sutra" two thousand years ago. He has recommended 8 stages of yoga discipline.

Yoga has gained tremendous popularity in the last few years, it is the most rapidly growing health movement despite it was developed thousands of years ago. Age, religion, caste; sex is no bar with breathing and meditation techniques. There are many types of yoga and it may be hard for the beginners which yoga type he or she wants to do. The most important benefit of yoga is the physical and mental therapy, the very essence of yoga lies in attaining mental peace, improved concentration power and a relaxed state of living.

Yoga's long rich history can be divided into three main periods of innovation, practice and development. The beginnings of Yoga were developed by the Indus-Sarasvati civilization in Northern India over 5,000 years ago. The word yoga was first mentioned in the oldest sacred texts, the Rig Veda. "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature.

Benefits of yoga

1. Improves your flexibility

Improved flexibility is one of the first and most obvious benefits of yoga. During your first Tight hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture. The practice of yoga can make your body more flexible, giving your muscles and your joints a greater range of motion. A supple, flexible body is less prone to injuries because it can withstand physical stress.

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2. Builds muscle strength

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

3. Perfects your posture

Your head is like a bowling ball—big, round, and heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it. Hold up that forward-leaning bowling ball for eight or 12 hours a day and it's no wonder you're tired. Poor posture can cause back, neck, and other muscle and joint problems. As you slump, your body may compensate by flattening the normal inward curves in your neck and lower back. This can cause pain and degenerative arthritis of the spine.

4. Prevents cartilage and joint breakdown

Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used. Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up. Without proper sustenance, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out brake pads.

5. Yoga for back pain

The most important benefit of yoga is that most poses aim to lengthen and stretch the spine, causing the impacted nerve in the spine to be decompressed and your pain to alleviate. Over time, the spine becomes compressed by repetitive motions and weight gain. The vertebrae are pushed against the discs and joints in between each set of vertebrae, causing the discs and joints to gradually deteriorate. This may result in a vertebra or joint moving out of alignment and impacting a nerve in the spinal cord.

Yoga stretches aim to open the diaphragm and lengthen the spine, taking pressure off of the vertebrae and decompressing the impacted nerve in the spinal canal. This will reduce back pain and move the vertebrae into the correct position in the spine.

6. Better your bone health

It's well documented that weight-bearing exercise strengthens bones and helps ward off osteoporosis. Yoga's ability to lower levels of the stress hormone cortisol may help keep calcium in the bones. Both men and women reach their maximum bone mass around age 30. You can lose up to 20 percent of your bone mass in the five to seven years after menopause. Eighty percent of those with osteoporosis are women, and half of all women will have an osteoporosis-related fracture after age 50. But unlike some other weight-bearing activities, yoga won't damage cartilage or stress the joints. Instead, it lengthens muscles and holds them there, creating tension on the bone.

7. Increases your blood flow

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result.

Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released. Inverted poses, such as Head stand, Hand stand, and Shoulder stand, encourage venous blood from the legs and pelvis to flow back to the heart, where it can be pumped to the lungs to be freshly oxygenated. This can help if you have swelling in your legs from heart or kidney problems. Yoga also boosts levels of haemoglobin and red blood cells, which carry oxygen to the tissues. And it thins the blood by making platelets less sticky and by cutting the level of clot-promoting proteins in the blood. This can lead to a decrease in heart attacks and strokes since blood clots are often the cause of these killers.

8. Drains your lymph's and boosts immunity

When you contract and stretch muscles, move organs around, and come in and out of yoga postures, you increase the drainage of lymph (a viscous fluid rich in immune cells). This helps the lymphatic system fight infection, destroy cancerous cells, and dispose of the toxic waste products of cellular functioning. There are more than 200 different viruses that can enter our body at any given moment. In our hectic, everyday lives, we're prone to runny noses, coughs, head colds, stomach aches and many other illnesses. Yoga can also help us fight infections by boosting our immune system, reducing stress and strengthening our body's functions and systems. If the immune system is weak, the bacteria can go into the lungs and cause bronchitis or pneumonia. Yoga is one of the main tools for maintaining the health of our respiratory system. Breathing technique and asana (posture) help improve the mechanical efficiency of our lungs by conditioning the respiratory tract that increase the elasticity and strength of the whole lung.

9. Ups your heart rate

When you regularly get your heart rate into the aerobic range, you lower your risk of heart attack and can relieve depression. While not all yoga is aerobic, if you do it vigorously or take flow or Ashtanga classes, it can boost your heart rate into the aerobic range. Studies have found that yoga practice lowers the resting heart rate, increases endurance, and can improve your maximum uptake of oxygen during exercise—all reflections of improved aerobic conditioning. One study found that subjects who were taught only pranayama could do more exercise with less oxygen.

10. Drops your blood pressure

High blood pressure can lead to heart attacks, strokes, and other unhealthy cardiovascular events. High blood pressure is a medical condition in which the pressure of the blood pushing against the blood vessel walls is persistently high. High blood pressure forces the heart to work harder to pump blood throughout the body. When blood pressure is high for prolonged periods, hardening of the arteries, heart failure, and other ailments can develop.

Many studies show that yoga can be a very effective and non-invasive way of reducing high blood pressure. The yogic practices of meditation and pranayama (breathing exercises) are also particularly beneficial for people who suffer from high blood pressure.

11. Regulates your adrenal glands

Yoga lowers cortisol levels. Yoga reduces levels of the stress hormone cortisol. The adrenal glands secrete cortisol in response to an acute crisis, which temporarily boosts immune

function. Temporary boosts of cortisol help with long-term memory, but chronically high levels undermine memory and may lead to permanent changes in the brain. Additionally, excessive cortisol has been linked with major depression, osteoporosis (it extracts calcium and other minerals from bones and interferes with the laying down of new bone), high blood pressure, and insulin resistance. The body takes those extra calories and distributes them as fat in the abdomen, contributing to weight gain and the risk of diabetes and heart attack.

12. Makes you happier

One study found that a consistent yoga practice improved depression and led to a significant increase in serotonin levels and a decrease in the levels of monoamine oxidase (an enzyme that breaks down neurotransmitters) and cortisol. Study found that the left prefrontal cortex showed heightened activity in meditators, a finding that has been correlated with greater levels of happiness and better immune function.

13. Lowers blood sugar

Yoga lowers blood sugar and LDL (“bad”) cholesterol and boosts HDL (“good”) cholesterol. In people with diabetes, yoga has been found to lower blood sugar in several ways: by lowering cortisol and adrenaline levels, encouraging weight loss, and improving sensitivity to the effects of insulin. Get your blood sugar levels down, and you decrease your risk of diabetic complications such as heart attack, kidney failure, and blindness.

14. Helps your focus

An important component of yoga is focusing on the present. Studies have found that regular yoga practice improves coordination, reaction time, memory, and even IQ scores.

15. Relaxes your system

Yoga encourages you to relax, slow your breath, and focus on the present, shifting the balance from the sympathetic nervous system (or the fight-or-flight response) to the parasympathetic nervous system. The latter is calming and restorative; it lowers breathing and heart rates, decreases blood pressure, and increases blood flow to the intestines and reproductive organs.

16. Improved digestion

Yoga promotes healthy digestion by moving the body in ways that facilitate more rapid and efficient transport of food and waste products through the bowels. Healthy digestion helps lower the risk of colon cancer and diseases of the digestive track.

17. Prevents IBS and other digestive problems

Ulcers, irritable bowel syndrome, constipation—all of these can be exacerbated by stress. So if you stress less, you’ll suffer less. Yoga, like any physical exercise, can ease constipation—and theoretically lower the risk of colon cancer—because moving the body facilitates more rapid transport of food and waste products through the bowels. And, although it has not been studied scientifically, yogis suspect that twisting poses may be beneficial in getting waste to move through the system.

18. Gives you peace of mind

Yoga quells the fluctuations of the mind. In other words, it slows down the mental loops of frustration, regret, anger, fear,

and desire that can cause stress. And since stress is implicated in so many health problems—from migraines and insomnia to lupus, MS, eczema, high blood pressure, and heart attacks—if you learn to quiet your mind, you’ll be likely to live longer and healthier.

19. Better Memory

Since yoga improves blood flow to the brain, it’s often viewed as a brain-boosting workout. According to one study published in the *Journal of Physical Activity and Health*, just 20 minutes of yoga a day could have big brain benefits. Researchers had 30 female college-age students spend 20 minutes practicing yoga and 20 minutes doing an aerobic exercise. Researchers gave participants a cognitive assessment test after both the yoga session and the aerobic session. They found test scores to be “significantly superior” on tests that were taken after the yoga session. The great brain-boosting pose is *Padahast asana*. It involves bending over so that your head eventually is near your knees with enough practice.

Conclusion

Yoga is a subject which can be looked at intellectually and some useful and beneficial ideas imbibed. Yoga can be imbibed by adopting certain attitudes which alter the nature of the *samskaras*. Yoga can be imbibed by living in an ashram environment and trying to be aware of the physical, mental and spiritual dimensions at the same time. Yoga can be learnt in a classroom environment as science, as psychology, as an applied subject, with the aim of providing new understanding and insight into the life process, into areas where *karmas* are performed, into areas which shape the inner being in terms of awareness, inner development, the experience of harmony or balance, eventually culminating in the experience of *samadhi* and the fullness of wisdom, *prajna*.

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