

IMPACT OF YOGA AND MEDITATION ON MODERN LIFE

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ABSTRACT

In today's world, obesity is becoming more and more common, and many people are suffering from health problems as a result of being overweight. However, there is a way to improve your health and control your weight without having to go through all of the trouble and expense of undergoing surgery or taking other kinds of extreme measures. You can achieve complete control of your body by being both physically and mentally fit. One way to achieve physical fitness is through yoga. Yoga has been shown to help people to control their stress levels, and in turn, this can help to improve your overall health. In addition, meditation can also be very beneficial in helping to improve your mental health. Some of the benefits include reducing distress, blood pressure, and improvements in resilience, mood, and metabolic regulation.

Keywords: Blood pressure, mood, metabolic regulation

INTRODUCTION

In today's fast-paced society, it is more important than ever to increase your daily activity level in order to maintain both cardiovascular fitness and a healthy body weight. Fitness doesn't just refer to being physically fit – it also includes having a strong mind. Anyone can function best if their body and mind are in sync. Yoga is a great way to improve your physical fitness and mental well-being at the same time. By doing yoga exercises that increase your flexibility, coordination, and strength, as well as your concentration skills, yoga can help you manage stress, anxiety, and depression. And by including aerobic, anaerobic, and resistance training in your fitness program, you'll also be building your core.

The holistic science of yoga is the best method for prevention as well as management of stress and stress induced disorders (Peal, 2018). Numerous studies have shown yoga to have an immediate down-regulating effect on HPA axis responses to stress. Effectiveness of yoga against stress management is well established (Kirkwood et al, 2005).

LITERATURE REVIEW

Bhole (1977), explained that there are different types of Yoga, each with its own philosophy. Karma Yoga (the path of detached action), Jnana Yoga (knowledge of self), Bhakti Yoga (trust in the supreme order), and Raja Yoga (asana, pranayama, meditation, etc.) are all parts of the Yoga tradition. He said that practicing these types of Yoga regularly can have a positive impact on your mental, physical, emotional, and spiritual well-being.

Yoga helps us to develop our whole personality, by combining four different types of yoga: Karma Yoga, Bhakthi Yoga, Jnana Yoga, and Raja Yoga. This is called Integrated Yoga. The paper "Managerial effectiveness and quality of work life: Indian insights" (1987) and "Managerial Transformation by Values: A Corporate Pilgrimage" Saga by Chakraborty SK show that practicing yoga makes us more effective and less stressed at work.

According to Chakraborty SK, a Holistic and Integrated Yoga Module comprising of the philosophy of Raja yoga (Asanas, dhyana, pranayama, etc), Jnana Yoga (knowledge of self), Karma Yoga (path of detached actions), Bhakthi Yoga (trust in the Supreme order).

In the paper "randomized, controlled, six-month trial of yoga in healthy seniors: effects on cognition and quality of life" By Barry S. Oken, Daniel Zajdel, Kristin Flegal, Shirley Kishiyama, Mitchell Haas, Dale F. Kraemer, Julie Lawrence, Cathleen Dehen, And Joanne Leyva focuses on the impact of yoga on cognitive functions, mood, fatigue, and overall quality of life among the seniors. The study was conducted on 135 men and women within the age group of 65–

85 years and their cognitive measures focused on attention and alertness were studied for a six-month period.

In this paper, “Benefits, barriers, and cues to action of yogapractice: a focus group approach” published in the American journal of health behavior, authored by nancy l atkinson, rachelpermuth-levine, studied focus groups of individuals who had never practiced yoga before in their life and studied the positive changes that were recorded.

The paper "Psychology of Meditation and Health: Present Status and Future Directions" looks at the benefits of meditation on mental health and how it effects the body. It talks about how meditation can change blood pressure, heart rate, brain activity, and other things in the body. It also discusses how people perceive and think when they're meditating, and how it can improve their cognitive abilities.

IMPACT OF YOGA:

Physiological Impact: Yoga helps the body to trigger a series of beneficial chemical processes, which help to slow the heart rate, reduce the level of blood lactate, lessen the muscular tension, lead to more efficient gas exchange in the lungs, and lower levels of cortisol and adrenal levels. This has a number of benefits, including boosting the immune system and increasing energy levels, as well as increasing strength.

Regulation of Blood pressure: To normalize blood pressure, doctors take a reading from your arm and use that number to compare it to normal values. If your blood pressure is high, the doctors will try to lower it by doing things like exercise, altering your diet, or using medications. Yoga and Pranayama can help improve blood flow in the body, which can help treat high blood pressure and low blood pressure. Stretching the muscles and veins in the body can make the arteries more flexible and reduce the stiffness of the arteries, which in turn lowers blood pressure. It results in the creation of positive energy leading to a better and improved lifestyle. Certain Asanas have the power to slow the heart rate by soothing the nerves and minimize the chances of a heart attack.

Mental health: It has been found through studies that the benefits of Yoga include increased focus, concentration levels and mental clarity. It also helps to bring down the stress levels, reduce depression and anxiety. Since the stress is reduced, the sleep cycle is improved. Yoga as a way of life boosts feelings of self image and wellbeing.

Body Defence mechanism Practicing meditation regularly has a positive effect on the brain, causing it to produce more of the neurotransmitter serotonin and reducing the levels of the negative neurotransmitter cortisol. This has a negative effect on cognitive skills, high blood pressure and blood sugar levels, and immune system health.

Understanding of self: One of the most unique benefits of Yoga is that it leads to a better understanding of one's self, a certain tranquility and awareness level. While some enjoy the spiritual aspects of the practice, the fact is that it has the power to change a person as a whole by developing their personality.

Mindfulness: Meditation, or as Westerners like to term it "Mindfulness", has the ability to enhance skills like attention, memory, and emotional intelligence.

Resilience: is a skill that helps you bounce back from difficult experiences. It can help you feel more confident and optimistic in the face of challenges, and make you less likely to feel overwhelmed or stressed.

Emotional Stability and Intelligence: Studies have shown that meditation can help reduce anxiety levels, making people more resilient when under stress. This program helps you learn how to be more emotionally intelligent. You'll learn how to better understand and manage your own emotions, as well as the emotions of others. Meditation has been found to help you better control your emotions by helping the mind take control over the body. **Improve creativity:** Some things can help you be more creative, like having a lot of fun, or being in a good mood. Scientists

have found that when your mind is calm, you are more likely to come up with creative ideas. This is because when your mind is relaxed, it is more likely to explore different possibilities. This is what is known as divergent thinking, which is one of the key requirements for creativity.

Boost Relationship: One of the ways that mindfulness can improve relationships is by helping individuals be more aware of their own thoughts and feelings, and not react automatically. This can help to build trust and communication between people, which can lead to stronger relationships.

Induce focus: When someone is under a lot of stress, they tend to focus on just a few things, which can make it harder to feel empathy for other people. This can have a negative effect on their ability to work well together, and on their relationships as a whole. Meditation can help improve your mood, which can make you more focused and productive in your work and relationships. When you take medication to improve your focus, it can make it easier for you to stay on task and pay attention. Meditation helps us to be more focused and to think better. It also helps us to improve our cognitive and decision-making skills.

Good night's sleep and feel more energetic : This medicine helps you get a good night's sleep and feel more energetic the next day. Meditation helps you get a good night's sleep and helps you feel more rested and energetic during the day.

Feel good : means feeling stable and in control of your emotions. It's helpful to be able to manage your feelings well so you can be more productive and flexible. A meditation practice can help you to become more aware of your emotions, which will help to balance your nervous system.

FINDINGS

The study found that Yoga can be helpful in maintaining a sense of wellbeing and alleviating a range of health problems and ailments. This makes it a good alternative for medical therapy for problems like stress, anxiety, depression, and other mood disorders.

CONCLUSION

The benefits of practicing yoga and meditation include feeling more relaxed, feeling more confident, having better body image, being more efficient, and having better relationships. This has a positive effect on your outlook on life.

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