

# YOGA AND MEDITATION- BENEFITS OF YOGA AND MEDITATION IN HEALTY LIFESTYLE

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## **Abstract**

*Yoga and meditation are important part of healthy lifestyle. Yoga is a multifaceted spiritual tool with enhanced health and well being as one of its positive effects. The component of yoga which are very commonly applied for health benefits are Asans (Physical Postures), Pranayama (Regulated Breathing) and meditation. Considered fundamental for the development of physical well being, meditation in itself and a preparation for deep meditation. Meditation is simply spend quiet time, away from all distractions and just breathing. Yoga and meditation works anti depressant has immense benefits on the health. Both are helps relieve stress and alleviates anxiety. Yoga meditation gaining popularity as an accessible, acceptable and cost effective practice for mind and body. People are turning to yoga for mental Health improvement because of preferences for Self Treatment as opposed to clinical intervention; perceived greater efficacy than medication. Yoga and Meditation has minimal side effects and is cost- effective in comparison with pharmacological treatments and physiotherapy.*

**Key Words:** Yoga, Meditation, Health, Lifestyle

## **Introduction**

Yoga originated in India several thousand years ago as a system of physical and spiritual practices. It was formalized in the second century BC in the form of the Yoga Sutras, attributed to the scholar Patanjali. The word 'yoga' means 'union' or 'yoke' or 'joining'. Originally, yoga was a method for joining a regular imperfect human being with the divine principle, or God. It is

aimed to unite the mind, the body and the spirit. Through the practice of yoga, the mind can be trained to relax through deep breathing and become focused while holding the breath. This practice will lead to control of the mind. Doing yoga, not just the physical portion, but also immersing oneself on to the mental aspect of it, can help improve mental health. Yogis (those who do yoga) believe that yoga can reduce, and eventually prevent, the build-up of repressed emotions in the mind. The process is gradual but the effects, if yoga continues to be practiced, are lasting. "Yoga is a very effective stress reduction and relaxation tool. Performance of various postures requires the tensing and stretching and then relaxing of muscle groups and joints, which effectively produces relaxation in much the same way that a massage does. Yoga practice also draws attention towards breathing, which produces a meditative and soothing state of mind", says Mark Dombeck, Ph.D

### **Meditation:**

Meditation can be defined as a practice where an individual focuses where an individual their mind on a particular object, thought or activity to achieve a mentally clear and emotionally calm state. Meditation may be used to reduce stress, anxiety, depression and pain. It may be done while sitting, repeating a mantra, and closing the eyes in a quiet environment.

Meditation has been practiced since antiquity in numerous religious traditions and beliefs. Meditation is precise techniques for resting the mind and attaining a state of consciousness that is totally different from the normal walking. It is the means for fathoming all the level of ourselves and finally experiencing the center of consciousness within. Meditation is not a part of any religion, it is a science, which means that the process of meditation follows a particular order. has definite principles, and produce results can be varified.

### **Health Benefits of Yoga and Meditation**

Yoga and Meditation When practiced together strengthen the mind body connection, improving overall fitness and well being. Many styles of Yoga combine Meditation with the Physical Routines, which use controlled breathing throughout the yoga poses. We can meditate without practicing yoga poses. We can meditation with the Physical routines, Which use controlled breathing throughout the Yoga Poses. We can meditate without practicing Yoga by simply relaxing, clearing our mind and concentrating on controlled breathing. Both Yoga and Meditation when used consistently

have proven health benefits.

### **Yoga and Management on Mental Health**

#### **(1) Regulates your adrenal glands**

Yoga lowers cortical levels. If that doesn't sound like much, consider this. Normally, the adrenal glands secrete cortisol in response to an acute crisis, which temporarily boosts immune function. If your cortisol levels stay high even after the crisis, they can compromise the immune system. 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. In rats, high cortisol levels lead to what researchers call "food-seeking behavior" (the kind that drives you to eat when you're upset, angry, or stressed). 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.

If you take a positive approach and practice yoga, you'll sense, initially in brief glimpses and later in more sustained views, that you're worthwhile or, as yogic philosophy teaches, that you are a manifestation of the Divine. If you practice regularly with an intention of self-examination and betterment—not just as a substitute for an aerobics class—you can access a different side of yourself. You'll experience feelings of gratitude, empathy, and forgiveness, as well as a sense that you're part of something bigger. While better health is not the goal of spirituality, it's often a by-product, as documented by repeated scientific studies.

#### **(2) Gives you peace of mind**

Yoga quells the fluctuations of the mind, according to Patanjali's Yoga Sutra. 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.

#### **(3) Boosts your immune system functionality**

Asana and pranayama probably improve immune function, but, so far, meditation has the strongest scientific support in this area. It appears to have

a beneficial effect on the functioning of the immune system, boosting it when needed (for example, raising antibody levels in response to a vaccine) and lowering it when needed (for instance, mitigating an inappropriately aggressive immune function in an autoimmune disease like psoriasis).

#### **(4) Releases tension in your limbs**

Do you ever notice yourself holding the telephone or a steering wheel with a death grip or scrunching your face when staring at a computer screen? These unconscious habits can lead to chronic tension, muscle fatigue, and soreness in the wrists, arms, shoulders, neck, and face, which can increase stress and worsen your mood. As you practice yoga, you begin to notice where you hold tension: It might be in your tongue, your eyes, or the muscles of your face and neck. If you simply tune in, you may be able to release some tension in the tongue and eyes. With bigger muscles like the quadriceps, trapezius, and buttocks, it may take years of practice to learn how to relax them.

#### **(5) Maintains your nervous system**

Some advanced yogis can control their bodies in extraordinary ways, many of which are mediated by the nervous system. Scientists have monitored yogis who could induce unusual heart rhythms, generate specific brain-wave patterns, and, using a meditation technique, raise the temperature of their hands by 15 degrees Fahrenheit. If they can use yoga to do that, perhaps you could learn to improve blood flow to your pelvis if you're trying to get pregnant or induce relaxation when you're having trouble falling asleep.

### **Yoga and Meditation on Physical Fitness**

#### **1 Improves your flexibility**

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes, never mind do a backbend. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You'll also probably notice that aches and pains start to disappear. That's no coincidence. 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.

#### **2 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. Move it several inches forward, however, and you start to strain those muscles. Hold up that forward-leaning bowling ball for eight or 12 hours a day and it's no wonder you're tired. And fatigue might not be your only problem. 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.

#### **3 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. But even yoga exercises that don't get your heart rate up that high can improve cardiovascular conditioning. 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.

#### **4 Drops your blood pressure**

If you've got high blood pressure, you might benefit from yoga. Two studies of people with hypertension, published in the British medical journal *The Lancet*, compared the effects of Savasana (Corpse Pose) with simply lying on a couch. After three months, Savasana was associated with a 26-point drop in systolic blood pressure (the top number) and a 15-point drop in diastolic blood pressure (the bottom number—and the higher the initial blood pressure, the bigger the drop).

#### **Conclusions**

Yoga and Meditation affects every cell of the body. It brings about better neuron-effectors communication, improves strength of the body, increases the optimum functioning of all organ-systems, increases resistance against stress and diseases and brings tranquility, balance, positive attitude and equanimity in the practitioner which makes him lead a purposeful and healthier life.

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