



## Relevance of Yoga in Present Days



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### Abstract

India has given lot of valuable contribution to the world. Yoga is one of them. Since 2015 international yoga day is celebrated with great aplomb throughout the world. People are making it a part of their life. All this itself speaks volume about the popularity of yoga in present day. Yoga is most popular medical stream which include asana, physical stretches, breathing exercise and technique to relax and focus the mind. Modern research and facilities bring us toward luxury life, at the same time we are losing peace of mind. This loosing peace of mind inviting variety of lifestyle disease. Yoga is most useful way to bring life toward peace of mind. It is also useful in therapeutic purpose for disease like obesity, diabetes, and hypertension. Unfortunately, now days many untrained people enter in yoga teaching. Learning yoga from untrained coach should be harmful to health. All asana performed under guidance of trainer only. Indication and contraindication of all asana and yoga is also important. If yoga done in scientific ways than we only get its benefits and yoga will become more popular at national as well as international level.

**Keywords:** Yoga; Importance; Present Day

### Introduction

Yoga is group of physical, mental and spiritual practise or discipline which originated in ancient India [1]. According to rigveda, origin of yoga is pre-vedic era. Swami vevekananda also said benefit of yoga throughout of his life.

### Nirukti Of Yoga[2]

According to Panini, the term yoga can be derived from either two roots yujir yoga or yuj sam-dhatu.

### Paryaya of Yoga

In Amarkosha, mentioned following paryayi words for yoga as-sanyog, dhan, yukti, sangti, anad, moksha.

### Definition of Yoga[3]

- 1) Patanjali you darshana defined yoga as controlling chittawrutti of mana (mind).
- 2) According to maharshi charak, controlling on all sense organ and gain happiness can be possible due to yoga only.
- 3) According to kanthaponishda, controlling on all organ is called as yoga.
- 4) According to kaiwalyopanishada, developing soul power with help of sadhana, bhakti, dhan is called as yoga.

### Benefit of Yoga

1. Improves flexibility.
2. Increased blood flow.

3. Perfect posture.
4. Improve bone health.
5. Builds muscular strength.
6. Drains lymph's and boosts immunity.
7. Helps one to focus.
8. Improve balance.

### Yoga and Karma Relation [4]

Ashtanga yoga is way of increasing skill of all karma (work). Ultimately its way of moksha. Good karma with yoga combine give moksha.

### Current Status of Yoga

Now days yoga become popular. Everyone accepts the benefits of yoga. Ramdev-baba like people bring yoga word at international level. In short we can said that its beginning of golden days of yoga. Due to its popularity, many untrained people entering in this filed, and started yoga teaching. Such people teach only asana on name of yoga. In that flow we all forgetting that yoga is made with eight anghas – yama, niyam, asana, pranayama, pratyahar, dhan, dharna, Samadhi respectively. Only doing asana is like eating only rice on name of dal-rice. If we do all eight yoga than we will get its real benefit. Ayush department also accept its importance and included as one separate branch of health science.

## Conculsion

Yoga is key of physical and mental peace. Due to its benefit, its becoming more popular. But at the same time, some untrained people entering & teaching yoga, which is harmful for society. If yoga can teach from well train person than we will get its all benefits. If such happen than, yoga will be popular at national as well as international level.

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