

**To Study the effectiveness of yoga on Physical, Mental, Emotional Well-being of Individuals**<sup>1</sup>Jyoti, Research Scholar, Department of Naturopathy & Yoga Sciences, Apex University, Jaipur<sup>2</sup>Dr. Charu Mehandiratta, HOD Naturopathy & Yoga Sciences, Apex University, Jaipur**Corresponding Author:** Jyoti, Research Scholar, Department of Naturopathy & Yoga Sciences, Apex University, Jaipur**Type of Publication:** Original Research Article**Conflicts of Interest:** Nil**Abstract**

Yoga is extensively rehearsed as a means to promote physical, cerebral and spiritual well-being. While a number of studies have proved the efficacy of yoga for performing in healthy individualities and those passing illness or pain. We propose an analogue between the physical, cerebral and spiritual goods of practice as espoused in yoga traditions. To this end, we present a composition a to Study the effectiveness of yoga on Physical, Mental, and Emotional Well-being of individualities, which may give suggestions regarding the possible mechanisms of action of yoga upon well-being. Physical systems actuated through yoga practice include musculoskeletal, cardiopulmonary, autonomic nervous system and endocrine functioning. Cerebral benefits include enhanced managing, tone efficacy and positive mood. Spiritual mechanisms that can be understood within a Western medical model include acceptance and aware mindfulness. We present empirical substantiation that supports the involvement of these disciplines. Still, fresh well-conducted exploration is needed to further establish the efficacy of yoga for health countries, and to understand how posture, breath and pensive exertion affect the body, mind and spirit.

**Keywords:** Yoga, Health Physical, Mental, Emotional Well-Being.**Introduction**

Well-being is the word which was rehearsed from time old. As society evolved sluggishly – sluggishly good was anatomized. With the end of time psychology word came in actuality into the field of good. Good was considered as private as well as cerebral. 1st time cerebral good was accepted by society in 16th century. Veritably soon this term came veritably notorious among educator, scholars and health interpreters. Progress of the existent was assessed by the cerebral good. It involves comfort, weal, wealth, success and uproariousness of the life. Aristotle was a great champion who has used the good of the psychology. This term was used as Eudemonia in Greek which was meant evermore essential being (Chekola, 1974). Starting notion of good was led by evenness between useful and empty impact (Bradburn, 1969). With the time inflow, only useful impact was accepted as cerebral good (Andrews and McKennell, 1980; Veroff, 1982; Campbell, Converse, and Rodgers, 1976). Standard of living and pleasure living is the two parameters of private good (Keyes and Ryff, 2002). Change is the nature law and it applies on society as well. Reform in the society was passing time by time. Standard of living and pleasure living was also changing with the modernization. Inquiry into living with

standard and living with pleasure was getting more critical. There was a need for eternally and evermore defined result for living (Bryant and Veroff, 1982; Ryff, 1985, 1989a). Principles of introductory life tendency, personality change and psychosocial stages are leading factor in mortal development and development (Buhler, 1935; Erikson, 1959 and Neugarten, 1973). Eudemonia is overhead of standard of living and pleasure living. It's coming together of several aspects of implicit division of good (Ryff, 1989b, 1995). Cerebral well-being is union of multidisciplinary features that involves six unique angles. Tone- acceptance is tone- recognition of oneself. Particular growth is sustained progress in all aspect of life as mortal being. Purpose in life is a tone- confidence about utility of life. Positive relation is having sound connections with others. Environmental mastery is the gift to balance ourselves with the present situation. Autonomy is tone-chastened life (Ryff et al., 1995). Still Separate study confirms that degree of well-being is the marker of having positive feeling for the planned ambition (Keyes and Haidt, 2003). Adding rates of psychosocial disturbances give rise to increased pitfalls and vulnerability for a wide variety of stress related habitual pain and other illness. Relaxation exercises aim at reducing stress and thereby help these unwanted issues. One of the extensively used relaxation practice is yoga and yogic breathing exercises. Yoga is a physical, internal, and spiritual practice or discipline that aims to transfigure body and mind. The term yoga is deduced from the nonfictional meaning of "interconnecting together" a span of nags or oxen, but came to be applied to the "interconnecting" of mind and body. Historically, while yoga has been rehearsed for centuries by colorful societies, it's only lately that the goods of yoga have been studied more extensively within the scientific community. One possible reason for the difficulty in probing yoga is that there feel to be as numerous unique descriptions of yoga as there are individualities. Similar challenges including those of methodology have been bandied by Caspi and Burleson (2005). Perez-de-albeniz and Holmes (2000) have reflected that yoga is described as relaxation, attention, altered state of mindfulness, suspense of logical study, and conservation of tone observing station. From a cerebral perspective they describe yoga as a more generally used, nonfictional meaning of the Sanskrit word yoga which is "to add", "to join", "to unite", or "to attach" from the root yuj, it's a fashion for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments. Yoga, have long rehearsed as a way of fastening the mind, heightening particular perceptivity, and gaining lesser mindfulness of the present moment (la Torre, 2002). While yoga in the western world traditionally has had religious. Connotations and associations, mind-body ways similar as relaxation response. Relaxation response involves a profound sensation of calmness achieved through means similar as yoga, prayer or breathing exercises (Benson, Corliss, and Cowley, 2004) numerous studies have tried to determine the effectiveness of yoga as a reciprocal intervention for cancer, schizophrenia, asthma, and heart complaint. According to David Gordon White, from the 5th century CE onward, the meanings of the term "yoga" came more or less fixed, but having colorful meanings Yoga as an analysis of perception and cognition; Yoga as the rising and expansion of knowledge; Yoga as a path to premonition; Yoga as a fashion for entering into other bodies, generating multiple bodies, and the attainment of other supernatural accomplishments; Specific types of yoga, still may have specified format to follow. Kabat-zinn's stress reduction and relaxation program specifies a set of yoga styles to help cases reduce stress. Yoga is used for treatment of cancer cases to drop depression, wakefulness, pain, and fatigue and to increase anxiety control. Awareness grounded stress reduction (MBSR) programs include yoga as a mind-body fashion to reduce stress. A study set up that after seven weeks the group treated with yoga reported significantly lower mood disturbance and reduced

stress compared to the control group. Another study set up that MBSR had showed positive goods on sleep anxiety, quality of life, and spiritual growth in cancer cases. Yoga has also been studied as a treatment for schizophrenia. Some encouraging, but inconclusive, substantiation suggests that yoga as a reciprocal treatment may help palliate symptoms of schizophrenia and ameliorate health-related quality of life. Yoga remedy involves instruction in yogic practices and training to help reduce or palliate structural, physiological, emotional and spiritual pain, suffering or limitations. Yogic practices enhance muscular strength and body inflexibility, promote and ameliorate respiratory and cardiovascular function, promote recovery from and treatment of dependence, reduce stress, anxiety, depression, and habitual pain, ameliorate sleep patterns, and enhance overall well-being and quality of life.

### **Origin And Evolution of Yoga**

Yoga is a part of Indian culture and religion. It's believed that yoga is begun in Bharata and yoga symbols were set up in Indus Valley civilization also (Sports Digest, 2009). Yoga is wisdom of mindfulness for living with chastity which involves all corridor of yoga (Swami Chinmayananda, 1984). Yoga works as catalyst for general well-being (Satyananda, 2008). According to Iyengar, "Yoga is the true union of our will with the will of God". Utmost people know that the practice of yoga makes the body strong and flexible. Yoga is basically an art of understanding all about the soul and to realize the tone. Yogic practice energizes and heals the body, mind and intellect and is associated with cerebral good (Nagendra, et al. 2010). Yoga is a mind and body practice that teaches getting tone-apprehensive which substantiations the conduct of council learners (Mahesh, et al. 2019). Yoga opens the door for mind to act as slave through tone-mindfulness and easiness. It eliminates superficial sense of life and mystifies essential and ingrain recognition (Tripathi, et al. 2018). Yoga removes internal knots to enhance the attention timing during graduate study. Mindfulness of inside stuff and outside makes realizing the distractions in council scholars which in turn increases the attention duration (Sugumar and Ponnuswamy, 2018).

### **Yoga – A Science**

All the millions are made up of abecedarian patches and the abecedarian patches got began from the space. Knowledge about the patches and millions is wisdom and the knowledge about the space and its metamorphosis is church. Combination of wisdom and church is wisdom of divinity – Yoga. In one of his mistresses Vethathiri Maharishi clarifies, "The Universe minus cosmic bodies is the thick darkness (Pure space – in church)". Mind has the capacity to shrink to the flyspeck position and expand to the position of Universe. Yoga is the means to attain this super quality.

### **Yoga – An Art**

One converts the power, which is available naturally, into a power which gives benefits also this gift is called an art. In yoga, the natural internal power is formalized and is converted as peace, happiness and bliss and hence yoga is an art.

### **Yogic Concept of Body**

According to Taitreyi Upaninad, Bhagu Valli, body actuality of mortal being is divided in five layers. Paucakosa conception helps to realise the mortal eventuality as multi-dimensional in nature and action. Each jacket differentiates with other in position of vibration and interpenetrates each other. The vibration increases from gross to subtle (Balayogi, 2004).

Vedic Book describes about three bodies

- Gross/ Physical Body – Annamayakosa
- Subtle/ Astral Body – Praanamayakosa, Manomayakosa and Vijuanamayakosa
- Karana/ Causal Body- Anandamayakosa

Of all these, the anandamayakosa give immense bliss and give regard of pure mindfulness. At the point when the campaigners dwell in this jacket, they've recollected or understood their factual nature.

### **Gross Body**

It's called annamayakosa. Body made from meat and heart is called gross body. Physiological complaint is affected in this body only. Whole allopathic treatment is for this body only. Yogic life helps to maintain this subcaste. Maturity of the people are working to fit this body and neglecting others. Asana help to maintain this body.

### **Energy Body**

This is the most important body in all five layers. Breath belongs to these surroundings only. Breath happens due to prana sakti. Breath is the ground between this body and time and space. That's why breath is as significant in body as well as universe. However, he turns to the present, if one observes the breath. Observing the breath can lead us to the source of the life. Breathing is nearest door by which one can enter in different being while living in this being. Cakra's wisdom and wisdom of Naaiare coming in this body only. Disturbance in the breath leads physiological complaint. Practice of praeayama is the result for this cube. Contemplation on prae leads to overcome anguish and promotes the auspiciousness.

### **Mental Body**

This is the third layer of the human personality. This layer is responsible for balancing the emotions. Creativity emerges from this faculty only. This faculty involves random thinking. Challenges are converted in opportunity by this faculty. Stress and mental tension are cured in this sheath only. Origination of disease starts in this compartment only. Meditation and devotional sessions are the solution of problems originating in this faculty.

### **Intellectual Body**

This subcaste helps to raise the position of understanding in actuality of mortal personality. Power of demarcation is achieved by this faculty only. One can touch the vijuanamaya kosa after softening the mind. This subcaste has successional thinking. This is veritably productive and performing faculty. All worldly achievements are due to intellectual body. All scientists glorify this faculty. Western gospel including wisdom and technology stops then. But this intellect jacket is deficient and exacting phase. One can broke down if one continuously stays with intellectual body.

The mortal body has several glands, numerous of which are ductless. The colorful hormones they produce kill origins in the body as they mingle with the blood. However, all would be complaint-free, If these glands work as well as they should. Yoga gives strength to these glands to do their job duly. Each gland secretes a different fluid that affects a different function in the body (Balayogi, 2004).

The pituitary and pineal glands are positioned inside the reverse of the head, thyroid and para- thyroid are positioned in the neck region, the thymus is located in the casket, and the pancreas is positioned below the stomach.

Different glands and organs are actuated by colorful yoga asana in unique ways as follow

1. Pituitary – śīrñāsana and sarvaigasana.
2. Para thyroid – sarvāigāsana and halasana.
3. Thyroid – matsyasana and unorasana
4. Pancreas – padahastasan, halasana, naulikriya, uoayan bandh and pascimuttan asana
5. Adrenal – cakrasana, gomukhasana, halasana, pascimuttan asana.
6. Liver – sarvaigasana, urdhva padmasana

Hormones buried by ductless glands are veritably important for a healthy life. When hormones are at a particular performance position, the body can serve to its optimum. The indecorous functioning of these glands is generally the primary cause of utmost conditions. Fortunately, there are yoga asana that spark each of these glands (Balayogi, 2004).

Yoga way is a path of action. As per Yoga vasinoha yogo cittarodhohi. Yoga is a technology to soften the mind and purifying it. This Book further declares that manau prasamno upayauti abhidhiyate. Mellowing the mind is nominated as yoga. Mind is tuned from harsh state to gentle state. Reining of the mind is needed because mind is filled with rajas and tam as. Patanjali in his YOGA SUTRA gives the description of yoga that yoga is a way of controlling the mind yogau citta vatti nirodhau. Yoga isn't simply doing an asana by the body, through the body, and for the body. The sadhak learns to unite one part of the body with another part of the body, the body with the mind, the body with the breaths and senses, also the breath with the mind and senses and this takes one to the tone- consummation path. It's this junction which justifies the description of the word yoga which means, 'to unite (Iyengar, 2006).

One of its profitable rates is that it develops a store of physical good through the act of an arrangement of exertion called asana which keep the body perfect and fit. Yoga practices with mantra droning are abecedarian for advisable evacuation of venoms for good blood inflow and for all inner procedure to work fluently. Away from the physical side of life, Yoga gives economic impacts to the intellectual capacities also different breathing conditioning or strategies a remarkable personality and mind, offering internal peace and a capacity to defy changes and manage issues. Yoga in this manner has a part both in constantly feasible life, and in the plaint, auspicious plan of effects. Its profitable requirements are to be endured and delighted (Iyengar, 1999).

### **Usefulness of Yoga**

Yoga is rehearsed across the globe since long time. By the experience of accomplished yogi and empirical exploration, utility of yoga is grouped into three orders i.e. cerebral, physiological and biochemical goods (Swami Sivananda, 2002).

### **Psychological Benefits**

1. Mood improves and private well- being increases
2. Pressure and query reduce
3. Ill will reduce
4. Attention duration increases
5. Memory sharpens
6. attention strengthens
7. Skill capability enhances

8. Mood stops swinging between intoxication and despair
9. Mindfulness sustains
10. Socializing chops strengthens
10. Cerebral well- being increases

#### **Physiological Benefits**

1. Balancing of nervous system
2. Inflexibility increases
3. Balancing of metabolism
4. Weight balancing
5. Grip strength increases
6. Eye- hand collaboration improves
7. Dexterity chops ameliorate
8. response time improves

#### **Biochemical Benefits**

1. Boosting of vulnerable system
2. Antioxidant effect strengthens
3. Pain operation
4. homogenizing in viscosity lipoprotein

#### **The following yoga ways that can help calm an unsettled mind.**

1. Do Yoga Asanas and relieve your stress of mind.

These yoga postures can help achieve a happy and healthy mind and body. Asanas help release pressure and negativity from the system.

- (Bow Pose)
- (Fish Pose)
- (One- Legged Forward Bend)
- (Bridge disguise)
- (Cat disguise)
- (Two- Legged Forward Bend)
- (Standing Forward Bend)
- (over Facing Canine)
- (Headstand)
- (Corpse Pose)

#### **Breathe right with pranayamas to relieve Psychological condition**

Taking your attention to the breath can help free the mind of the gratuitous clutter of studies that breed anxiety. Try the following breathing practices Kapal Bhati Pranayama (Skull- Shining Breathing fashion) Bhastrika Pranayama Nadi Shodhan Pranayama (Alternate Nostril Breathing) – effective in releasing stress from the system (where the exhalation is longer than the inhalation) Bhramari Pranayama (Bee Breath).



Meditate to enjoy the gift of a relaxed mind, Contemplation can be an excellent fashion to relax a distracted mind, give you a sense of calm and peace, and also observe with diurnal practice how your mind works to keep you involved in small, petty effects around. It can also help you not worry too important or get anxious of the unknown future. You might have frequently heard the term ‘adrenalin rush’. This happens when we get too anxious about a implicit trouble. For case, while taking an adventure lift. At such a time, the position of adrenalin hormone goes advanced, leading our heart to beat briskly, making the muscles tense and our body sweat profusely. Scientific exploration has shown that regular contemplation practice can help significantly reduce the position of this stress hormone.

### **Apply yoga philosophy in your life; stay happy and enjoy every moment**

Knowing and applying the ancient yoga knowledge in diurnal life, which talks about some simple yet profound principles (yamas and niyamas) of yoga, can be the secret to happy and healthy living. For case, the Santosha principle (niyama) teaches the value of pleasure. The Aprigraha principle can help us overcome covetousness or the desire to keep enjoying further, which can be a reason for stress and anxiety. Also, the Shaucha principle addresses about cleanliness of the mind and body. This rule can particularly help if you tend to get too anxious about catching contagious conditions. The yamas and niyamas of yoga will also help us eat nutritional food and live a healthy life which greatly helps to overcome anxiety and stress.

### **Pray, keep faith and smile**

Prayer is the stylish form of consolation and support to keep you anxiety-free. Developing habits of diurnal prayer, chanting or singing bhajans (spiritual songs) fill you with positive energy and also help still the mind. They also inseminate a sense of deep faith that all happens for the stylish and that there's an advanced godly power that takes care. Also, make a conscious trouble to smile further and further. It'll inseminate confidence, calmness and positivity presently. Try it out right now!

### **Think about what you can do for others**

When we constantly remain wedged in ‘me and mine’, it makes room for stress and anxiety. We keep fussing about what will be to us. Rather, shift your attention to how you can be of some use to others around you. Amping yourself with some service exertion can give you deep satisfaction and immense joy.

### **Know the impermanence of the world**

Know the evanescence of the world when this consummation sets in that everything around us is temporary and would change, we come relaxed and settled from within. A feeling of ‘this too shall pass and not remain ever’ arises in us and frees us from anxiety. Contemplation can help us see this founding principle of life.

### **Conclusion**

Yoga exercises help a person to maintain physical and internal fitness as they're conscious about their health and well-being. Breathing exercises KapalBhati and Brahmri have been reported to be helpful in reducing ailse.g. Hypertension, cardiovascular complaint, anxiety, depression etc. and also in reducing stress and positive geste. Rapid development in the field of wisdom and technology have revolutionised mortal life at the material position. But in actuality, this progress is only superficial, under, ultramodern men and women are living in conditions of great internal and emotional stress, to problem of physical complaints, anxiety, depression, aggression, perversity medicine dependence, all bring a dark

shadow on the future of nation. One need only regard at the frontal runner of diurnal review to be reminded of the acute suffering and deep despair which affect the whole nation. Man is physical, internal and spiritual being. Yoga helps promotes a balanced development of all the three.

Yoga isn't a religion; it's a way of living whose end is' a healthy mind in a healthy body. Yoga offers a means to reduce the physiology and cerebral responses to stress. Thereby facilitates attainment of perfect equilibrium and harmony, promotes tone mending, removes negative blocks from the mind and poisons from the body, enhances particular power, increases tone mindfulness, helps in attention focus and attention, especially important for children, reduces stress and pressure in the physical body by cranking the parasympathetic nervous system. Current achievement Grounded, demanding and high- tempo society has incurred increased pitfalls and vulnerability for stress related habitual pain and other ails adding rates of psychosocial disturbances give rise to increased pitfalls and vulnerability for a wide variety of stress related habitual pain and other illness. Relaxation exercises aim at reducing stress and thereby help these unwanted issues. One of the extensively used relaxation practice is yoga and yogic breathing exercises.

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