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The role of yoga philosophy in human excellence

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Abstract--The art and science of yoga is dedicated to creating union between body, mind and soul. Its objective is to assist the practitioner in using the breath and body to foster an awareness of ourselves as individualized beings intimately connected to the unified whole of creation. In short it is about creating balance and equanimity so as to live in peace, good health and harmony with the greater whole. This art of right living was perfected and practiced in India thousands of years ago and the foundations of yoga philosophy were written down in the Yoga Sutra of Patanjali, approximately 200 AD. This sacred text describes the inner workings of the mind and provides a blueprint for controlling its restlessness so as to enjoy lasting peace. Yoga is now practiced by millions across the globe. This is great for humanity, however a lot of yoga that is being practiced today is merely just asana & some amounts of pranayama. Even asana has been diluted to a mere form of exercise and often teamed with other things (like heat, chocolate, music, weights etc..) that are completely external to classical yoga. Very few practitioners go beyond asana. While we are probably getting healthier with yoga we must remember that there is much more to this prehistoric art. And it is up to us to preserve it for the generations to come. Yoga Philosophy is the uplift of Human empowerment.

Keywords--Yoga Philosophy, Health benefits, Unity of Mind and body, Human excellence, Natural force, Spiritual benefits.

Introduction

Yoga is an ancient Indian body of knowledge that dates back more than 5000 years ago. The word “Yoga” came from the Sanskrit word “Yuj” which means “to unite or integrate”.¹ Yoga then is about the union of a person’s own consciousness and the universal consciousness. Ancient Yogis had a belief that in order for a man to be in harmony with himself and his environment, he has integrated the body, the mind, and the soul². For these three to be integrated, emotion, action and intelligence must be in balance. The Yogis formulated a way to achieve and maintain this balance and it is done through exercise, breathing and meditation- the three main Yoga structures. In Yoga, the body is treated with care and respect for it is the primary instrument in man’s work and growth. Yoga Exercise improves circulation, stimulate the abdominal organs, and put pressure on the glandular system of the body, which can generally result to better health³. Breathing techniques were developed based on the concept that breath is the sources of life. In Yoga, students gain breathing control as they slowly increase their breathing. By focusing on their breathing, they prepare the minds for the next step- Meditation. There is a general misconception that in meditation your mind has to go blank. It doesn’t have to be so. In meditation students bring the activities of the mind into focus resulting in a “quiet” mind⁴. By designing physical poses and breathing techniques that develop awareness of our body, yoga helps us focus and relieves us from our every stress⁵. The philosophy of Yoga puts forward, in non-technical or non-metaphysical terms, the thesis that you are essentially an all perfect entity totally free from any imperfection and not subject to any undesirable, imperfect, negative experience whatsoever. Every day from the time of your birth, you keep trying to avoid the discomfort and pain that is brought by hunger. You do not want to remain on an empty stomach even for an hour or two beyond your usual time for breakfast or lunch. If the lunch is missed, you are very, very perturbed, very much disturbed, very much distressed. You become very morose and irritable also. This is such a daily and common experience, and such a routine experience, that no one pays any attention to it from the philosophical angle, from the analytical metaphysical angle. Yoga philosophy says “No you are really free from all these things, you have no affliction, you have no hunger, no thirst, no sleep, and no fatigue. You have no pain, you have no pleasure and you have no distress, no agitation, no worry, and no anxiety. You are a being full of perfection, complete in yourself, lacking nothing, full of joy, full of peace, full of bliss.” Yoga is one of the six fundamental systems of Indian thoughts collectively known as *darsana*. As one of the six *darsana*, yoga has its origin in the Vedas, the oldest record of Indian Culture⁶. It was systematized as a special *darsana* by the great Indian sage Patanjali in the *Yoga Sutra*. Although this work was followed by many other important texts on Yoga, Patanjali’s *Yoga sutra* is certainly most significant. The practice of Yoga only requires us to be attentive to our actions. Each of us is required to pay careful attention to the direction we are taking so that we know where we are going and how we are going to get there; this careful observation will enable us to discover something new. Whether this discovery leads to better understanding of God, to greater contentment, or to a new goal is completely personal matter. So yoga is one of the spiritual ways of life⁷. Yoga philosophy offers the analogy of a perfectly clear crystal which is transparent and pure. The yoga philosophy is all aspects of human life, including our relationships with others, our behaviour, our breathing

and our meditation path⁸. Finally Yoga Philosophy is healthy, scientifically, and naturally a feasible option for the dynamic force of life.

Method

Provide sufficient details to allow the work to be reproduced by an independent researcher. Methods that are already published should be summarized and indicated by a reference. If quoting directly from a previously published method, use quotation marks and also cite the source. Any modifications to existing methods should also be described. Czichos & Saito (2006), *Materials and Methods* describes how the study was conducted. Explaining the research model, theory, the technique of collecting the data, the technique of analyzing the data, hypothesis, research chronological, including research design, research procedure (in the form of algorithms, Pseudocode or other), how to test, and data acquisition. The description of the course of research should be supported references, so the explanation can be accepted scientifically (McDonough & Shaw, 2012).

Discussion

Health Benefits

From lowering blood pressure to increasing pain tolerance, the following health benefits can all be discovered within the body.

- Blood pressure. A consistent yoga practice decreases blood pressure through better circulation and oxygenation of the body. These two exercises can help lower blood pressure.
- Pulse rate. A slower pulse rate indicates that your heart is strong enough to pump more blood with fewer beats. Regularly practicing yoga provides a lower pulse rate.
- Circulation. Yoga improves blood circulation. By transporting nutrients and oxygen throughout your body, yoga practice provides healthier organs, skin, and brain.
- Respiratory. Like the circulatory system, a lower respiratory rate indicates that the lungs are working more efficiently. Yoga decreases the respiratory rate through a combination of controlled breathing exercises and better fitness.
- Cardiovascular endurance. A combination of lower heart rate and improved oxygenation to the body (both benefits of yoga) results in higher cardiovascular endurance.
- Organs. Yoga practice massages internal organs, thus improving the ability of the body to prevent disease. Additionally, an experienced yoga practitioner becomes better attuned to her body to know at first sign if something isn't functioning properly, thereby allowing for quicker response to head off disease.
- Gastrointestinal. Gastrointestinal functions have been shown to improve in both men and women who practice yoga.
- Immunity. Yoga practice has frequently been correlated with a stronger immune system. Read this article for more on the immune system and yoga, including some poses that specifically work on areas of immunity.

- Pain. Pain tolerance is much higher among those who practice yoga regularly. In addition to pain tolerance, some instances of chronic pain, such as back pain, are lessened or eliminated through yoga (see below for more on back pain).
- Metabolism. Having a balanced metabolism results in maintaining a healthy weight and controlling hunger. Consistent yoga practice helps find the balance and creates a more efficient metabolism⁹.

The Power Yoga

The benefits of yoga provide both instantaneous fulfillment and lasting transformation. In the fitness world, both are exceedingly important. Too much time with too few results can be exceptionally discouraging, and monotonous routines week after week can lead to stagnation. Yoga can change your physical and intellectual capacity quickly, while preparing the mind and body for long-term health¹⁰. Most yoga studios and local gyms offer yoga classes that are open to all generations and fitness levels. It's exciting to enter a room full of young teens, athletes, middle-aged moms, older gentlemen, and even fitness buffs and body builders. Everyone can feel accepted and included and, unlike other sports or classes that focus on niche clients, yoga tends to offer open arms. Whether you like to say "Om" or you can't stand the word "yogi"; whether you are 90, 60, or even 5, yoga can help you¹¹.

Yoga Promote Overall Health and Wellness

Yoga is not just about working out; it's about a healthy lifestyle. The training of yoga allows students to find stillness in a world consumed with chaos. Peace and self-possession achieved through focused training appeals to everyone¹². Yoga's deep breathing and meditation practices help foster an inner shift from to-do lists, kids and spouse's needs, financial concerns, and relationship struggles to something a little bit bigger than the issues you face. Yoga helps relieve stress and restless mind, helping you to become more focused¹³.

Yoga also improves the mind

Mental health issues such as depression, anxiety, stress, and sleep disorder are among the foremost common reasons for people to hunt treatment with special therapies such as yoga¹⁴. Yoga encourages one to relax, slow the breath and specialize in the present, shifting the balance from the sympathetic system¹⁵. One of the goals of yoga is to attain tranquility of the mind and make a way of well-being, feelings of relaxation, improved self-confidence, improved efficiency, accumulated attentiveness, down irritability, associated with an optimistic outlook on life¹⁶. The following yoga generates balanced energy that is important to the performance of the immune system. Yoga ends up in an inhibition of the posterior or sympathetic space of the hypothalamus¹⁷. This inhibition optimizes the body's sympathetic responses to disagreeable stimuli and restores involuntary regulative reflex mechanisms related to stress¹⁸. Yogistic practices inhibit the areas chargeable for fear, aggressiveness and rage, and stimulate the satisfying pleasure centers within the median neural structure and alternative areas resulting in a state of walking on air and pleasure. This inhibition ends up in

lower anxiety, heart rate, metastasis rate, blood pressure, and flow in students active yoga and meditation¹⁹

Consistent yoga practice improves depression and may cause an important increase in monoamine neurotransmitter levels including decreases within the levels of monoamine oxidase, a catalyst that breaks down neurotransmitters and cortical systems. A variety of therapeutic approaches is out there for the management of depressive disorders, however several patients intercommunicate and complementary therapies thanks to the adverse effects of medication, lack of response or just preference for the complementary approach. A variety of studies demonstrates the potential helpful effects of yoga interventions on depression, stress, and anxiety whereas yoga will increase physical, emotional and non secular wellness, and brings a few bound peaces, of that several willcer patient's desire²⁰. Yoga, respiratory exercises, and meditation can reduce stress, promote healing, and enhance quality of life for patients with cancer. The expansion of tumors and alternative cancer indicators are exacerbated by stress, therefore it's particularly vital for individuals with cancer to scale back and manage stress impact fully²¹. Several premises exist as principle for applying yoga-based interventions with cancer patients. Analysis suggests that yoga can manufacture a revitalis effect on mental and physical energy that improves fitness and reduces fatigue. Additionally, once active yoga, an elementary stress is placed on acceptive one' moment-to-moment experiences making heedfulness and not forcing the body past its comfy limits. Having this healthy sense of acceptance is vital for people handling dangerous sickness because it decreases the strain one experiences from unpleasant symptomatology²². Initially, cancer patients probably enjoy the poses themselves that are designed to exercise every and each muscle, nerve and secreter throughout the body. The postures exactly address the tension, holding, and blockage of energy in any particular joint or organ. As this tension is released, energy flows additional pronto throughout the body and allows patients to experience a way of redoubled well-being, strength and as a balance of mind, body and soul²³.

Multidimensional Aspects of Yoga

One of the benefits of yoga is that you can choose a yoga style that's personalized to your lifestyle, such as hot yoga, power yoga, relaxation yoga, prenatal yoga, etc. Whether you prefer to practice at home, in a private session, while watching a DVD or at a studio or gym, there are a huge variety of options available to go well with your goals and needs. If you're a yoga beginner, hatha yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase strength through using more of your own body's resistance, power yoga may be right for you²⁴. If you're ready for a deeper practice, Bikram also called "hot yoga," In Bikram yoga, the room temperature is set to around 105 degrees Fahrenheit, resulting in greater elimination of toxins from the body through the increased production of sweat. No matter your fitness level, fat percentage, or health history, yoga has a style for you.

Constructive Training and Flexibility

Yoga's focus on strength training and flexibility is an incredible benefit to your body. The postures are meant to strengthen your body from the inside out, so you don't just look good, you feel good, too. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates²⁵. When the core is working properly, posture is improved, thus alleviating back, shoulder, and neck pain. The digestive system gets back on track when the stretching in yoga is coupled with a healthy, organic diet, which can relieve constipation, irritable bowel syndrome (IBS), and acid reflux²⁶. Another one of the benefits of yoga is that stretching and holding postures also causes muscles to lengthen, which gives the body a longer, leaner look.

Yoga Build Energetic Muscle

Adapted from the basic Ashtanga yoga, power yoga requires increased energy, focus, and strength. Although power yoga evolved from the basics, it certainly is not a basic course. Most poses are held for five full breaths versus the usual one to three breaths. Muscles are challenged as the mind and body have to work together simultaneously to hold a position without giving up²⁷. Breathing, posing, moving, and increasing flexibility happen together at one time, this unearths a new level of discipline in your mind and body. Isometric exercises are one of the best ways to build core strength. Isometric, stemming from the words "same" and "length²⁸", simply translates to holding one position without moving. Power yoga uses isometric exercises along with other postures that are designed to make the core and back stronger. Flexibility and balance stem from your core, so it's important to train this area of the body. In turn, you can increase the strength and health of your entire body. Generally a high-temperature room is used in this practice to help keep the muscles warm and release additional toxins from the body.

Effect on the Physical Body

Here's a list of some of the most beneficial aspects of power yoga:

- It increases endurance, strength, and flexibility.
- Mental endurance and physical stamina are tested through holding postures for extended breaths.
- Arm and shoulder strength is increased as you use your own body weight for resistance.
- Lats, traps, and other back muscles begin to support the spine better than before.
- Abdominals and oblique's are refined and toned through building core muscles.
- Posture begins to correct itself over time.
- Hip flexors are stretched and strengthened.
- Glutes, quads, hamstrings, and calves are strengthened.

No matter what ails your aching body, or if you just want to take your fitness to a higher level, power yoga's ability to build muscle has an undeniable effect on the total body.

Conclusion

Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body. 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 as it has ever been. The aim of yoga is attainment of physical, mental and spiritual health. 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. 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.

Stress includes a negative impact on the system and prolonged exposure will increase status to malady and ends up in physical and psychological state issues comparable to anxiety and depression, Active yoga and meditation as a method to manage and relieve each acute and chronic stress helps people overcome different comorbidities related to diseases and leads to exaggerated quality of life. As a non-pharmacological sort of treatment, yoga primarily based interventions are another choice for the treatment of mood disorders. additional investigation of yoga as a therapeutic intervention in depressive disorders is required and future studies ought to obtain to identify that yoga-based interventions is only and what levels of severity of depression are additional possible to retort to the current approach. Consistent with Buddhist philosophy the roots of addiction are within the mind and therefore the application of aware meditation encourages addicts to just accept the fundamental duration of human expertise and helps them to develop a detached awareness of thoughts. Yoga and meditation practices exert positive influence on addictive behaviours. Through the practice of yoga, addicts shift from self-inflicted hurt and disrespect toward their bodies to more respectful, caring, and tender behaviours

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