



NEED AND IMPORTANCE OF YOGA AND PRANAYAM IN OUR LIFE

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Abstract

Eight different stages of growth in terms of one's physical, mental, social, and spiritual well-being are included in the Yoga in Daily Life practise, which is a method of yoga practise. When the body is healthy, the mind is able to be clear, concentrated, and tension is kept under control. This creates the opportunity to interact with loved ones and preserve connections that are socially healthy. When you are physically well, you are able to connect with your inner self, with other people, and with your environment on a much deeper level. This contributes to your spiritual wellbeing. Sanskrit is the language that gave us the word "yoga," which meaning "to connect" or "to unify." The physical movements of yoga have a rebalancing impact on not just the body but on the mind, awareness, and spirit. The fundamental objectives of "Yoga in Daily Life" are self-realization or the recognition of the Divine that resides within each of us, along with improved physical health, mental health, social health, and spiritual health. These objectives can be accomplished through the following means: love and assistance for all living beings; respect for life; protection of nature and the environment; a peaceful state of mind; a diet consisting entirely of vegetarian food; positive thoughts and an upbeat way of life; practises that strengthen the body, mind, and spirit; tolerance for people of all nations, cultures, and religions. It is well recognised that practising yogic methods may enhance one's overall performance. Pranayama is an essential aspect of yoga, although most people are unfamiliar with it. As was the case with a great number of other ancient Indian traditions, the art and science of yogic breathing remained virtually entirely unknown to the average person until very recently. These three primary energy channels can be cleansed together with the nadis with the use of pranayama procedures.

Keywords: *yoga, Pranayam,*

Introduction

The sages of ancient India are credited with the development of yoga, which is a traditional form of meditation. They found that the practise of yoga was an efficient tool for keeping their mental and physical activity under control. Eight different stages of growth in terms of one's physical, mental, social, and spiritual well-being are included in the Yoga in Daily Life practise, which is a method of yoga practise. When the body is healthy, the mind is able to be clear, concentrated, and tension is kept under control This creates the opportunity to interact with loved ones and preserve connections that are socially healthy. When you are physically well, you are able to connect with your inner self, with other people, and with your environment on a much deeper level. This contributes to your spiritual wellbeing. The flexibility of the spine is improved through yoga, which also leads to an overall improvement in the body's physical condition and a heightened

awareness of the significance of relaxation. It has been underlined that each exercise should be executed slowly, while synchronising movement with the breath, stopping motionlessly in each posture, and always with complete focus. While you are holding the positions, you will learn how to concentrate on your breathing via the practise of yoga. The practise of paying attention to one's breathing has been shown to reduce feelings of tension and worry. Regular practise of yoga results in improved sleep quality and duration, making it an effective treatment for insomnia. Yoga can assist in the battle against weariness and help you keep your energy levels up throughout the day. Because it helps alleviate the symptoms that are so commonly associated with autoimmune disorders, such as stiffness, malaise, exhaustion, and weakness, yoga has proven to be an effective treatment for a wide range of autoimmune conditions. Even young people can reap many benefits from practising yoga. Yoga breathing and yoga asanas are two methods that can help people with attention deficit disorder and hyperactivity learn to relax and gain control of their behaviours. It has been shown that practising yoga can assist victims of torture and other types of trauma recover. Because yoga is a sort of meditation, practising it leads to a sense of inner calm and purpose, both of which have a wide range of positive effects on one's health.

Objective

- [1] Study on Life is a system of practice consisting of eight levels of development.
- [2] Study on health of the body is of fundamental importance in life.

Peace of Mind, Consciousness and Soul

Everyone on this planet has the same goal, and that is to find a way to coexist peacefully with one's surroundings and oneself. On the other hand, in today's modern times, more mental and physical demands are continually being placed upon a variety of facets of life. The end effect is that a growing number of individuals experience both bodily and mental strain, such as stress, anxiety, and sleeplessness, and there is an imbalance in the amount of people who engage in appropriate levels of physical exercise. This explanation of methods and procedures for the development and enhancement of health, as well as physical, mental, and spiritual harmony, is of utmost significance, and it is exactly in this regard that "Yoga in Daily Life" thoroughly gives an assistance to aid oneself in helping oneself. Because I have spent a significant amount of time working in western nations over the course of many years, I am familiar with modern lifestyles as well as the physiological and psychological challenges that are confronted by people in this day and age. The information that I learned and the experiences that I had inspired me to create the method known as "Yoga in Daily Life" It is organised in a way that is sequential and progressive, taking into account all aspects of life and providing something beneficial for each stage. This method makes it possible for anyone of any age or physical make-up to embark on the traditional course of yoga practise. When designing this system to meet the requirements of today's people, a great deal of thought was put into the conditions that exist within today's society. Despite this, the fundamental purpose and impact of the ancient teachings were maintained throughout the process.

Sanskrit is the language that gave us the word "yoga," which meaning "to connect" or "to unify." The physical movements of yoga have a rebalancing impact on not just the body but on the mind, awareness, and spirit. In this way, Yoga helps us deal with the pressures, difficulties, and concerns that come with everyday life. Through the practise of yoga, we may cultivate a deeper awareness of who we are, as well as of the

meaning of our lives and our place in the universe. On the way to enlightenment, the practise of yoga brings about a union of the individual self with the universal self, which is the source of both supreme knowledge and endless happiness. The ultimate, cosmic concept may be found in yoga. It is the light of life, the global creative awareness that is ever alert and never goes to sleep; that has always been, that will always be, and that has always existed. During their meditative practises in India many thousands of years ago, wise men and saints known as Rishis investigated the natural world and the universe. They obtained an understanding of the links that exist across the cosmos as a result of their discoveries of the rules that govern the material and spiritual realms. They explored the rules of the cosmos, the laws of nature and the elements, life on earth, and the powers and energies at work in the universe - both in the physical world and on a spiritual level.

They also looked into the elements. The Vedas are a collection of ancient texts that provide descriptions and explanations of topics such as the oneness of matter and energy, the beginning of the cosmos, and the effects of the fundamental forces. A significant portion of this information has been unearthed and verified by contemporary scientific research. These are the experiences and realisations that gave rise to the expansive and all-encompassing system that is known as yoga, which in turn provided us with important and actionable instructions for the body, the breath, focus, relaxation, and meditation. Therefore, the methods that are described in this book have already been tried and tested over the course of thousands of years and have been discovered to be beneficial by millions of individuals.

There are Yoga Centres, Adult Education Centres, Health Institutions, Fitness and Sports Clubs, Rehabilitation Centres, and Health Resorts all around the world that teach the method "Yoga in Daily Life." It is appropriate for persons of all ages since it does not require any "acrobatic" abilities and also because it gives those who are physically unfit, as well as those who are disabled, sick, or convalescing, the opportunity to practise yoga. Simply using the term "in daily life" suggests that yoga is something that can and should be practised. The workout levels were determined after collaboration with medical professionals and physiotherapists, and as a result, anybody may perform the exercises on their own at home so long as they pay attention to the regulations and take the necessary precautions. The programme "Yoga in Daily Life" is a holistic one, which means that it takes into consideration not only the physical, but also the mental and spiritual components in addition to the physical. The path to self-knowledge and self-realization consists of thinking positively, not giving up, practising self-discipline, directing one's attention on the Supreme, praying, and treating others with compassion and understanding.

The main goals of "Yoga in Daily Life" are:

- Physical Health
- Mental Health
- Social Health
- Spiritual Health
- Self- Realization or realization of the Divine within us

These goals are attained by:

- Love and help for all living beings
- Respect for life, protection of nature and the environment

- A peaceful state of mind
- Full vegetarian diet
- Pure thoughts and positive lifestyle
- Physical, mental and spiritual practices
- Tolerance for all nations, cultures and religions

Physical Health

The state of one's physical health is of crucial significance in one's life. A physician named Paracelsus, who was born in Switzerland, is credited with making the insightful observation that "health is not everything, but without health everything is nothing." There are physical exercises (called asanas), breath exercises (called pranayama), and relaxation methods that can be used to maintain and improve one's health. The traditional yoga postures and breathing exercises known as Asanas and Pranayamas are organised according to an eight-tiered hierarchy in the book "Yoga in Daily Life." The hierarchy starts with "SarvaHitaAsanas," which translates to "Exercises that are excellent for everyone." This preliminary level is followed by seven further stages, each of which leads the practitioner step-by-step through the practise of asanas and pranayamas. The fundamental movements have served as the foundation for the creation of a number of specialised yoga programmes, including "Yoga for Back Pain," "Yoga for Joints," "Yoga for Seniors," "Yoga for Managers," and "Yoga for Children." The cleansing techniques of Hatha Yoga are other essential activities that may be found inside "Yoga in Daily Life," which can be used to maintain excellent health. These include activities such as Yoga Nidra, which is a form of deep relaxation; concentration exercises, such as Trataka; mudras and bandhas; and so on (special Yoga techniques).

The food that we eat is an even more important contributor to the preservation of our excellent health. What we put into our bodies has an effect on our mental states as well as our behaviours and characteristics. In a nutshell, the foods that we put into our bodies have an influence on which we are overall. Our physical strength and overall vigour come from the food that we eat. Grains, vegetables, legumes, fruit, nuts, milk and milk products, as well as honey, sprouts, salads, seeds, herbs, and spices - either raw or freshly cooked - are examples of foods that are considered to be nutritionally balanced and healthful. Avoid eating meals that have been stale, warmed, or denatured, as well as meat (including all products derived from animals), fish, and eggs. Additionally, it is in our best interest to abstain from alcohol, cigarettes, and narcotics because these things swiftly deteriorate our health.

Mental Health

The mind and the senses, rather than being under our direct control, often guide us through life rather than allowing us to direct them. However, in order to do this, we need to first conduct an introspective examination of the mind and then cleanse it. Our neurological system, and by extension, our bodily function, becomes unbalanced when we think negatively and allow ourselves to be afraid. This is the root of many different diseases and types of suffering. The foundation of mental health is comprised of lucid cognition, inner freedom, a satisfied state of being, and a sound sense of one's own capabilities. Because of this, we make it a point to work toward progressively overcoming our bad characteristics and ways of thinking, and instead work toward developing good ways of thinking and behaving.

The book "Yoga in Daily Life" provides a variety of strategies for achieving mental well-being, including the recitation of mantras, the upholding of moral values, the maintenance of positive relationships, and the perusal of illuminating literature in order to cleanse and liberate the mind. The method of "Self-Inquiry Meditation," also known as the "Self-Analysis Step-by-Step Meditation Technique," is an essential instrument for doing self-research and gaining an understanding of oneself. Through the practise of this meditation technique, we are able to make touch with our subconscious, which is the origin of our cravings, complexes, habits of behaviour, and preconceptions. The practise leads us to become familiar with our own nature - both as we are and the reasons why we are this way - and then brings us beyond self-acceptance to self-realization. This method enables us to overcome undesirable attributes and behaviours, and it also assists us in being better equipped to manage the challenges that we face in life.

Social Health

The capacity to be happy inside oneself and to be able to make others happy is an essential component of social health. It means to cultivate true interaction and connection with other individuals, to embrace responsibility within society, and to strive for the betterment of one's community. The capacity to unwind and take in the splendour of life is an essential component of good social health. Drug addiction has emerged as one of the most pressing issues of our day. It is unequivocal evidence of a social disorder. This ailment may be conquered with the help of the "Yoga in Daily Life" method, which also provides patients with a fresh and uplifting objective and reason for living their lives. Companionship has a significant impact on our psyche, and as a result, it shapes and builds our personality as well as our character. The necessity of maintaining healthy, constructive relationships with others has a profound effect on our mental health. The cultivation of one's spirit is greatly aided by the presence of positive company.

To put "Yoga in Daily Life" into practise means to engage in activities that are beneficial to both one and others. To practise yoga is to be active in the most positive sense possible and to work toward the betterment of all of humanity. This could mean doing meaningful and constructive work for our neighbours and the community; working to preserve nature and the environment; or working toward achieving world peace.

Spiritual Health

The main principle of spiritual life and the highest precept of mankind are:

AHIMSA – PARAMO- DHARMA

This tenet encourages nonviolence in all facets of one's being, including one's thoughts, words, feelings, and deeds. Praying, meditating, repeating mantras, thinking positively, and tolerating others are all paths that lead to spiritual wellness. The role of humans should be that of guardians rather than that of destruction. The capacity to give, to comprehend, and to forgive others are the attributes that truly define what it means to be human. One of the major tenets of the Yoga tradition is the practise of safeguarding all forms of life while also recognising and honouring their uniqueness and autonomy. When this principle is followed, not just between people, but also among all persons, nations, races, and religious faiths, there is a growth in tolerance, understanding, mutual love, and aid and compassion.

Self-Realization or realization of the Divine within us (Healthy Life)

Develop an unbreakable resolve to win. Exercise your self-control and become your own master. Develop your sense of self-assurance. Develop independent judgement. Do not argue. Never stop working toward the goal of becoming your true self. Put an end to this childish ego. Develop genuine love. Raise yourself beyond all distinctions, including those based on caste, creed, and colour. Put an end to the concept of "I-ness" and "Mine-ness." Look within for the joy that you have been chasing after in vain via the pursuit of sensuous items. Moksha is the ultimate goal of human existence. It is the freedom from both being born and dying. It is not the same thing as annihilation. It is the obliteration of this little 'I'. It may be attained through having awareness of one's own self.

In order for you to know the Truth, you will need to have a direct and intuitive experience. You will need to meditate on the Self in order to pierce through the screen of your own ignorance. Then others will be able to see your heavenly splendour and the spotless purity that you possess. Do not make an effort to push the unimportant and unrelated ideas out of your mind. The more you put an effort into it, the more they will come back, and the more powerful they will become. You will simply put a strain on your strength of will and your vitality. Develop a lack of concern. Infuse one's psyche with notions of the divine. The remaining ones will disappear over time. Through the practise of meditation, you can establish yourself in Nirvikalpa Samadhi.

Without practising absolute brahmacharya, it is impossible to make significant spiritual advancement. On the journey to spiritual enlightenment, there is no room for compromise. Take command of your body first. After that, cleanse your mind via the practises of prayer, Japa, Kirtan, Vichara, and meditation. Make a resolute decision: "From this day forward, I will be a flawless Brahmachari." Pray to the Lord to end desire in your life and give you the spiritual power to withstand the temptations that life brings. You will be better equipped to live a holy life if you make a habit of regularly studying the lives of saints. You will take on highly virtuous characteristics as a result. On the spiritual road, you will undergo a progressive transformation that will shape you. They will serve as a source of motivation for you. You will have a deep-seated desire inside you to make an effort toward God-realization. Make supplications to the Lord so he may make you a holy person.

The Techniques of Pranayama

It is well recognised that practising yogic methods may enhance one's overall performance. Pranayama is an essential aspect of yoga, although most people are unfamiliar with it. As was the case with a great number of other ancient Indian traditions, the art and science of yogic breathing remained virtually entirely unknown to the average person until very recently. It used to be the case that those who knew it were very hesitant to share their knowledge and experience with anybody else, unless a pupil could demonstrate via testing that he was prepared to accept it.

“Tasmin sati swaspraswas yogartivich Pranayama”

Pranayama is the regulation of inspiration and expiration. The inspiration of prana-vayuisshwasa and the expiration of prashwasa are both characteristics of Pranayama, and the cessation of both is distinctive of Pranayama. Patanjali in his Yoga Sutra mentions – Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi as eight angas(parts) of Yoga. In the current materialistic world, the third and fourth

parts, Pranayama and Asana (Postures), are regarded to be highly essential parts and are also suggested by contemporary medicine. This is because they focus on the breath and the body's postures, respectively. The positive effects of the various Pranayama techniques have been studied extensively and shown to have a solid scientific basis. 2- 3 there have been reports that pranayama causes an increase in chest wall expansion as well as an increase in lung capacity.

The ancient sages also discovered that among the thousands of nadis, there are three that are the most powerful energy channels. When these three nadis are sufficiently purified, they can promote the development of the human being on all three planes: the physical, the mental, and the spiritual, thereby allowing us to reach higher levels of consciousness. These energy passageways are known as the IDA, PINGALA, and SHUSHUMNA nadis, respectively. These three primary energy channels can be cleansed together with the nadis with the use of pranayama procedures. Yogis have known for a very long time that breathing through the left nostril stimulates the IDA nadi, also known as the "moon channel," which is connected to the parasympathetic nervous system. On the other hand, breathing through the right nostril stimulates the PINGALA nadi, also known as the "sun channel" (connected with sympathetic nervous system). We are able to stimulate the main energy channel known as SHUSHUMNA and harmonise the activity of the nervous system as a whole if we bring the functioning of both nadis, or aspects of the autonomic nervous system, into harmony with one another. This is accomplished by achieving functional equilibrium between the two nadis.

To be able to deal with the way that life is right now, it is necessary to discover the appropriate art and science of living. And without a shadow of a doubt, Yoga is the science of good living due to the fact that its focus is on both fully integrated parts of an individual, such as their spiritual, physical, mental, and social welfare. According to Claire (2004), practising yoga may help "reduce stress, maintain and improve your health and physical fitness, and assist in the formation of more harmonious and gratifying personal and sexual relationships" [2]. Additionally, it is beneficial to be more productive in one's employment (Ibid). To have a grasp on why the practise of yoga is so important in today's world, one must first have a solid understanding of the state of living in the modern day. This is a scenario that is economically, socially, and environmentally detrimental to human beings, causing mental and bodily misery. Family life has been significantly reorganised in their time period as a result of the rapid shifts in structure as well as ideals that are characteristic of modern society. Just to provide a few instances here and there: more mothers are now in the workforce, there is more strain on finances, nuclear families are less stable than in the past, the number of extended families is decreasing, and work schedules are becoming more demanding. Because people have less time to spend with one another, there is a rise in individualism and loneliness. To put it another way, people's lives in today's modern metropolitan culture are more complicated and sometimes fraught with stress.

As a direct result of this, the hectic schedules and stressful lives that characterise an urban and modern way of life are experienced by a large number of individuals. The body prepares itself, hour by hour and day by day, to assist us in coping with both the interpersonal and the impersonal pressures that we are exposed to. It is common knowledge that practising yoga may help correct poor posture, boost the body's oxygen intake, and improve the functioning of the respiratory, digestive, endocrine, reproductive, and excretory systems. Its effects on the feelings are similarly good since they quiet the mind, make us more attuned to our

surroundings, and reduce the amount of sleeplessness that is brought on by mental unrest. Persons who work in workplaces that are extremely competitive and stressful, as well as people who suffer from headaches, back and shoulder problems, allergies, and asthma, are all excellent candidates for practising yoga. In addition to treating behavioural disorders, yoga is also effective in treating manic depression and nervous breakdowns. The regular practise of yoga helps us to accept whatever physical or mental conditions we might be suffering from by increasing our immediate sense of well-being, concentration, and calmness (Anita:2014) [1]. Yoga helps us to accept our conditions because it increases our immediate sense of well-being, concentration, and calmness. [Citation needed]

Yoga is something that is experienced mostly through practise, and because of this, the modern man is able to benefit much from the many daily activities. "because to the metaphysical character of yoga, yoga practitioners have stated that it is impossible for our intellectual capabilities to comprehend or describe yoga, and that yoga can only be experienced in its pure form" (Heerman 2014). After putting my theoretical knowledge of yoga into practise, I decided to start writing this article.

Important

Before attempting to describe the relevance of yoga in contemporary life, it is important to first have an understanding of the characteristics of modern living. According to Soewondo (1996) [6,] the features of modern living may be broken down into three categories: job life, eating style, and family life. He described these categories as follows. People who live in the city have a lot of work to do, which means that they leave their homes very early in the morning and don't get back until late in the evening. The amount of time that they have to relax and unwind is limited because they have to drive in a very stressful traffic jam during the day. The contemporary man does not engage in a single activity but rather in a variety of activities for the purpose of earning their living. In addition, the modern man engages in robust commercial operations that are driven by technology that make the activities faster. In terms of eating habits, modern men do not have adequate time to make their own food, and as a result, they consume from fast food restaurants, which do not provide a healthy diet.

As a result of this, modern men eat less healthfully. Family life, family life is often that of a nuclear family type, and the amount of time that the father, the mother, and the children spend together is quite limited. As a result, the role that both the mother and the father play to satisfy the demands of the family is challenging and stressful. Above all else, as a result of growing levels of competition, particularly among advertising agencies, there has been a rise in the demand for children, which has made it difficult for parents to meet this need. Making adjustments to one's way of life can have a beneficial effect on one's physical, mental, and spiritual health. This calls for an adjustment in one's behaviour as well as a shift in one's attitude. The process of adjusting to, and adapting to, the change is beneficial to our health. As a result, regular yoga practise will bring about transformation in every aspect of your life. It contributes to the development of emotionally well, physically fit, and cognitively robust persons. Because of my hands-on experiences, I came to India from a culture with a distinct cultural background with the purpose of doing study here.

And as a consequence, I spent the entirety of the day occupying myself by reading and writing at the library. Sitting for extended amounts of time at the library makes my life steadily more uninteresting, even if I have not tested the influence that this has on the health of my metabolism. It should come as no surprise that

sitting for long periods of time alters the way in which our bodies handle carbohydrates and fats, which in turn raises the probability that we may develop cardiovascular disease or diabetes. There is no question that spending the majority of one's day sedentary may be just as hazardous to one's health as other factors that contribute to illness. I also found that I was increasingly vulnerable to feelings of stress and despair.

After that, I started going to the yoga class that was held in the evening at the University of Kerala. It takes me around 10-15 kilometres by bus for one trip to go to my training centre, and it takes me approximately the same amount of time to get back to where I live. I was able to demonstrate that I acquired a valuable life lesson from the yoga class. I decided to start engaging in a variety of physical activities. After finishing the three-month certificate programme, I have been exercising in the comfort of my own home, in the confines of my cosy living room, at least three times a week. This has helped me feel better overall. The practise of yoga unquestionably requires "discipline," "willpower," "commitment," and "much effort," yet the experience of yoga comes about in a way that is unanticipated (Farhi, 2005) [3]. The benefits of yoga for the modern individual may be broken down into three categories: the physical, the cerebral, and the spiritual. Asana practise has led many individuals to believe that yoga is merely a kind of physical exercise; however this is not the case. It is a whole-sided system of thought that can provide valuable understanding of how to make our life the best it can be, including not only the concern of the physical, but also the emotional, mental, and spiritual aspects of life. It goes beyond the physical fitness or posture. It is a system of thought that goes beyond the physical fitness or posture. In a broad sense, yoga may be described as a "style of life" (Claire: 2004) [2]

Conclusions

In conclusion, the primary premise of "Yoga in Daily Life" is the freedom to practise one's own religion. Yoga is not a kind of religious practise; rather, it is the origin of spirituality and knowledge, the basis upon which all faiths are built. The practise of yoga cuts across religious lines and illuminates the path to universal oneness. Through the disciplines of Mantra Yoga and Kriya Yoga, "Yoga in Daily Life" provides the spiritual seeker with direction on how to navigate the journey of life. Humans, being the most highly evolved beings that can be found on earth, are capable of awakening to their true essence and connecting with their inner God. God-Realization, or the coming together of one's soul with that of God, is the ultimate objective of the spiritual practise of yoga. The first stage is coming to terms with the fact that we are all one in terms of our shared origin and relationship to God. You have control over the decisions that will affect your health and wellbeing, as well as your ability to live a life that is free and full of joy. If you commit yourself to consistent practise with unwavering commitment, you will undoubtedly achieve your goals. I pray that all individuals who practise yoga and those who are on their path to practising yoga are blessed with abundant pleasure, prosperity, health, and harmony in their lives, as well as the blessing of God.

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