Yoga and Wellness

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Dr. Prashant Kumar Rai

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Preface

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and beginners may like its slower pace and easier movements. But most people can benefit from any style of yoga — it's all about your personal preferences.

Yoga education can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Yoga education helps in self discipline and sel-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Pratyhara indicates dissociation of one's consciousness (withdrawal) from the sense organs which helps one to remain connected with the external objects. Dharana indicates broad based field of attetion (inside the body and mind) which is usually understood as concentration. Dhyana (Meditation) is contemplation (focussed attention inside the body and mind) and Samadhi – integration.

Bandhas and Mudras are practices associated with pranayama. They are viewed as (the) higher Yogic practices mainly consisting on adopting certain body (psycho-physical) patterns along with (s well as) control over respiration.This further facilitates control over mind and paves way for higher yogic attainment.Shat-karmas

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are de-toxification procedures, help to remove the toxins acumalated in the body and are clinical in nature.

Pranayama is the extension and control of one's breath. Practicing proper techniques of breathing can help bring more oxygen to the blood and brain, eventually helping control prana or the vital life energy. Pranayama also goes hand in hand with various yoga asanas. The union of these two yogic principles is considered as the highest form of purification and self-discipline, covering both mind and body. Pranayama techniques also prepare us for a deeper experience of meditation. Know more about various pranayama techniques in these sections.

The modern life tempts us with comfort. And to make our life more comfortable and convenient we pay for it with obesity, hypertension and cardiac problems. Although we have hi-tech medical facilities, we are still leading a stressful, unhealthy and unstable life. In this situation, yoga can bring peace to our body, mind, and soul and add more value to our life. The importance of yoga in modern life is abundant. Yoga teaches us the knowledge of how to lead a healthy living. It improves our concentration, creativity and sharpens our memory. To maintain a positive physical and mental health, yoga is a must.

The book delineates every aspects of Yoga. It not only provides the systematic history of succession of Yogic knowledge, starting from the beginning, but it also spreads light on the various aspects of Yoga.

—Dr. Prashant Kumar Rai

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