



MENTAL HEALTH MAINTAIN THROUGH YOGA

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Abstract:

Yoga is going to be popular throughout the world for the overall development of humanity. Health is the most important for living and enjoying the life to the individual and society. If we are enjoying peaceful and satisfied life infect it is heaven. If we are unhappy and disturbed, this is narak. Both things are being created by us. Therefore, there is necessary that we should have to create fitness among us from the mental point of view, health point of view, social point of view and physical point of view. In the paper, I explained in detail how we can release the stress through yoga. It is also highlighted that what type of diet should have to taken for the improvement of mental health. It is also discussed that how yoga remove the depression of a person and what type of diet schedule should take for the holistic health. Value education, mental health and yoga aspects are also tried to highlight. It is also elaborated that how we can increase the memory, concentration, intelligence, peace, relaxation of body and mind and sleep etc. In spite of this, it is also considered in mind by elaborating the psycho-somatic disorders in sports can be removed through yoga process. In addition to this it is also discussed how holistic approach of the total health can be developed and how anxiety, tension, depression could be removed through yogic process.

Keywords:- Psycho-somatic, disorders and Mental health

Introduction:

Yoga' "The union of Atma and Parmatama is called Yoga" the word yoga is derived from root, 'yuj' which mean union or merger. It can be said in other way,, merger of soul with God is called yoga. Patanjali says that "Yogaschitavritinirodh" i.e withdrawal of sense organs from the worldly objects and their control is yoga. Practically yoga is science which deal with health of body and harmony of mind. It can be practiced by the people of any age caste, creed and religious. The main purpose of yoga is to provide the sound body and tension free mind which aspect is directly related to health fitness of human being.

Stress management and Yoga: Stress is the body physical, mental and chemical reactions to the circumstances that frighten, excite, confuse, challenge, surprise, anger endanger or irritate. The events that cause stress may be good or bad this reaction in the body creates migraine headaches, hypertension, bronchial asthma, pepticulcer coronary artery disease, sleep onset insomnia, enuresis drug addition and alcoholism etc..Process of evaluating types of stress has been explicitly done on the basis of breathing awareness, postural elevation and flexibility etc. An anti stress plan which constitutes progressive muscle elevation, systematic desentization and yoga relaxation has also been proposed. There is no doubt that meditative activities like Dharna, Dhyana, Yam and Smadhi types can easily decreased the stress due to the regular practices.

As we know there are various reasons for stress are found among the society like students and staff. Optimum stress is helpful for the physical and mental activities and it can be removed by doing Astang yog. Therefore, it is essential to implement yoga in syllabus and since, it is our cultural heritage from time immemorial must be executed in the schools and colleges to achieve stressless healthy life.

Yoga and Diet:

There is no doubt that it is absolutely psychologically diseases which is called 'anorexia nervosa'. Such patient are found 95% female. This diseases mostly appears during the adolescence between the age 12 to 18 years. Some of these patients quit eating, some take laxatives and some make themselves vomit immediately after eating. At the beginning of the disease most of them have normal feeling of hunger but they teach themselves to ignore them.

Many female among them are amoretic and also bulimic. Bulimia nervosa is defined as consumption of extremely large quantities of food in very short period of time followed by self induced vomiting. Anorxia reduce the weight and create extreme weakness, cessation of menstruation, swelling of the neck dizziness, ulcer, erosion of the esophagus, erosion of the back of teeth, broken blood vessels in the face, low pulse rate and blood pressure.

After doing experiment on the various peoples of the diseases and female positive result to remove their disorders. The experts suggested the special yoga practice that I indicate are asanas that increase agni like mayurasana, pashchimatana asana, vakrasana, practices like yogmudra, ashvini mudra, uddiyana bandha, pranayama like bhastrika, suryabhedana and nadishodana, kiryas as agnisara and kapalbhati, meditation and relaxation yogic activities are suggested by various researcher have observed that their concentration had increased and their body awareness had improved. After long and regular practice many patients were treated positively and removed the eating disorders.

Mental Health and Yoga:

Modern education system seems to ail in the integrated development of the body, mind and spirit. In new education policy (1986) it has been emphasized how terms formation of values based on our traditions is absolutely necessary. Yoga encompasses all perspectives of value education. Similarly, mental health of the human is also attached with the society and society is attached with value education along with individuality but Maharshi Patanjali has presented an excellent scheme for value education and mental health through two prolonged approaches i.e. psychological and physiological side by suggesting the practice of Yamas, Niyamas, Asanas, Pranayama and Meditative Activities etc. Emotional balance is controlled by tackling the autonomic nervous system through Hathyog Pradipika like Kiryas, Asanas, Pranayama, Mudras and Bandhas.

Yoga and memory:

The object of Nadi Suddhi pranayama is the purification of nerves. In this research study which is concerned with effect of Nadi Suddhi on the memory of children. The practice was given to the children of 13 years old students in the morning session only Nadi Shuddi was practiced. After comparison of the control and experimental group, the experimental group

memory was found improved. There are lot of studies have also been done which have indicated positive result. Meditative activities of yoga are also experimented with significance improvement by the various researchers. Here it can be said that memory can be increased by the yogic activities.

Depression and Yoga :

There are various studies have proved that depression can be released after yogic training for example Dr. Harbans Singh studied to find “the effect of yogic exercises on the depressed patients”. The chief complaints of the patient were decreased self confidence, hesitation in verbal communication, tension, sadness of mood, decreased interests in routine work from five years which was found increase gradually after giving the training of consisting the yoga asanas & dhyana. In this regard various studies are also tested on the such patients with significance improvement. The above mentioned aspects were improved.

Yogic principles of diet and health:

So health yogic texts have recommended quantitative as well as qualitative control over diet. Bhramacharya mentioned in ‘Yama’ of the Ashtanga Yoga refers not only to sensual control but following the nature for living a natural life. As per nature the ideal food of human is lot of fruits natural, raw vegetable, sprouts and few nuts. But due to civilization for many years and generations we have craving for cooked food. Hence, one will have to go for a practical nature diet in which principle of ‘some thing is better than nothing’ is to be followed. Breakfast should be comprised exclusively fruits. plenty salade, sprouts, cooked vegetables and soups should constitute bulk of our meals. Natural fruits are alkali-genic where as non-vegepulses and processed refined, hunk foods are highly acid – genic, hence destructive to health. Above principles of diet gives us holistic approach to health.

Psycho disorder and yoga :

Sportsman confront a variety of psycho-somatic problems during training and during competition which are likely to interfere with the performance levels of such sports persons. Initially these problems are concerning the physical and physiological aspects such as the body flexibility, agility balance, vital capacity, hormonal disorders, blood pressure problems etc. Similarly the psychological aspects like, attitudes, stress, motivation, monotony, anxiety,

neurosis, fear, positive self-esteem and lack of will power are some among the list of such vital parameters that need effective means of intervention in the process of ensuring best results. Yogic intervention in the training is indeed very good solution of such problems. In the recent world majority of the countries are using the yogic pattern in the training programme to enhancing the performance of sports. It is rather a credential to the merit and potentials of yogic practices as the same were allowed years ago in the countries like USSR and USA. Practice of certain specific asanas, kiryas, pranauama, meditation, autosuggestion and mental practices of skills and game like situation provide effective and potential means of intervention through yogic practices.

Yoga and intelligency :

As we have discussed above to increase the concentration and memory by meditation Yam Niyam , Dharna, Dhyan and Pratahara etc. There is no doubts intelligency is concerned with concentration and memory of mind directly. If we increase the concentration and memory that it is clear, intelligency can also be increased by the yogic practice.

Yoga and positive attitudes :

As we know “Yam” is social code of conduct in which has clearly been mentioned the behavior of man with each other. “ Ahimsasatyastayebrahamcharyaprigrah”. The man who will adopt these all above aspects it mean has purified his mind if he has purified his mind, then he has positive attitudes. Similarly ‘Niyam’ aspect can be put on the same way. Therefore, it can be said that yogic process is great process to create the positive attitudes of the individual and society.

Anxiety tension, depression and yoga:

These three psychological variables are related to each others and depend upon the state of mind. It is really very simple that if the mind is purified you will remain away from above such problems of mind, because your mind always be sound through the yam, niyam & meditative activities etc. After soundness and purification of mind as per yoga elaboration and its activities, then you are absolutely away from anxiety, tension and depression.

Peace, sleep, relaxation and yoga:

Yoga nidra is a very good method for peace, sleep and relaxation of body and mind. Yoga nidra is a state between waking and sleep. Many experts of yoga have developed methods to achieve this different kind of consciousness. Dr. Balaji Tambe has developed yoga nidra methods i.e. 'meditation and peace and relaxation and sleep'. These two different methods were used on the patients after analysis the positive and significant difference were found. It is pertinent to mention here that the result indicated deep relaxation of body and mind. Peace of mind and sleep were also found sound. In addition to this anxiety level was seen down very much in all the patients. In spite of this dhyana and other meditative activities are also very perfect effective in this way.

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