

EFFECT OF YOGA ON THE HUMAN BODY

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Article Info

Received:20/02/2025

Revised: 26/02/2025

Accepted:13/03/2025

Keywords: Yoga, body, mind, and spirit.

Abstract

The present paper highlights the significance of traditional yoga practices in promoting a healthy and balanced life. Yoga, derived from the Sanskrit word “Yuj,” meaning to unite or join, symbolises the union of body, mind, and spirit. This study explores how various yogic techniques—such as asanas (postures), pranayama (breathing exercises), and meditation—positively influence different systems of the human body. The physiological, psychological, and emotional benefits of yoga are well-documented, including improved flexibility, enhanced respiratory and cardiovascular function, stress reduction, better hormonal balance, and overall mental clarity. Through a holistic approach, yoga not only aids in the prevention and management of lifestyle diseases but also fosters inner peace and well-being. The paper emphasises the need for integrating yoga into daily routines to enhance quality of life and achieve harmony between the physical and mental dimensions of health.

INTRODUCTION

The present paper has been undertaken to focus on and explore the relationship between yoga and physical education. The physical fitness of human beings is the main objective of physical education and sport. It is, therefore, essential for all physical education students and teachers to know about physical fitness, its components and their relationship to yoga. It is Yoga, which is one of the ancient practices to keep the fitness of human beings.

The word 'yoga' is derived from the Sanskrit language and means 'union' or 'merger'. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.

However, the origin of yoga is recognised from a very ancient area. On the 10.

consideration of Patanjali's writing also became the basis for a system referred to it as "Ashtanga Yoga" (Eight-limbed Yoga). This eight-limbed concept, derived from the 29th Sutra of the 2nd look, became a feature of Raja yoga, and is a core characteristic of practically every Raja yoga variation taught today. The Eight limbs of yoga 1 are:

Materials & Methods :

7. Yama (the five "abstentions"): Nonviolence, truth, non-covetousness, chastity, and abstaining from attachment to possession.
8. Niyama(The five "observances"): Purity, contentment, austerities, study, and surrender to god.
9. Asana: Literally means "seat", and in Patanjali's Sutras refers to seated positions used for meditation. Later, with the rise of Hatha yoga, asana came to refer to all the "postures."

11. Pranayama ("lengthening prana"): Prana, life force, or vital energy, particularly the breath, "ayama", to lengthen or extend.
12. Pratyahara ("Abstraction"): Withdrawal of the sense organs from external objects.
13. Dharana (Concentration): Fixing the attention on a single object.
14. Dhyana ("Meditation"): Intense contemplation of the nature of the object of meditation.
15. Samadhi ("Liberation"): merging consciousness with the object of meditation.

Conclusion:

On the Consideration of Patanjali's writing, Yoga consists of Asana, Pranayama, meditation and Ashtanga Yoga which are related to physical fitness. Asana is very useful to improve physical fitness. However, regular practice of Bujangasana, Chaakrasana, and other Asana improve the flexibility of player. In general flexibility means the range of movements around the skeletal joints of the body. The flexibility is not a general body character but it is specific to each body region. If a person has highly flexible shoulder joint, it does not necessarily mean that he or she will have good knee flexibility than then other. For a good physical fitness, it is essential that a person has quit flexible joints and able to maintain his her body flexibility.

Exercise Training of Yoga:

This is the most effective factor in improving the flexibility component of one's physical fitness. In other words, the flexibility component is improved more rapidly and retained longer as compared to other fitness components. Training of stretching exercises continued for two to three weeks, increasing one's flexibility of the concerned joint.

Flexibility can be measured by tests depending upon the aim of the tester, the specificity of the body joints, or the specificity of the sports category. Flexibility tests are as follows. 1. Liner Measurement Flexibility Tests: in this type of test, flexibility is measured in linear units. i. e, centimetres or inches by the use of a flex meter. 2 Sit and Reach Test: This test is used to measure the flexibility of the back and leg

muscles. It is a kind of absolute and linear test of flexibility.

The effect of the practice of Bhujangasana can be measured by two major flexibility tests as mentioned above. Also the research revealed that special exercise of Yoga Asana is useful to improve the flexibility and performance of player. Special exercise of Yoga Asana for a game is one kind of training to improve performance in the game. So, it is Yoga Asana exercise which is necessary to improve the flexibility of players in game. 'Bhujangasana exercise improves the flexibility of players. And the effect of Bhujanga Asana exercise on the flexibility of players is a positive one.

Also 'Dhyana' (Meditation) is one of the crucial Ashtanga yoga. Meditation occurs through the practices of Pranayama. It plays very vital role while making decisions in the game. If a player keeps his mind sportive and active while playing in the game, he will succeed in the game. Nevertheless, it is the only concentration that enables able to play actively, and this can occur through meditation. On this consideration, there is a positive relationship between yoga and physical education.

In summing up, there is a correlation between Patanjali's Ashtanga yoga and the fitness of the human body. Also, the research experience supports the view that the practices of Asana, and Pranayama can have subtle effects on the flexibility, brain and fitness of players and influence the individual's level of improvable performance in the sport. So, there is a correlation between yoga and physical education.

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Cite this article:

Mirza Saba Yunus, 2025 “Effect of Yoga on the Human Body” *JES Bulletin*, 3(2):279-281