

Philosophy of Yoga; an Ideal way of Ideal Life

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ABSTRACT

The best way to prepare for life is to begin to live say Elbert Hubbard. Many people exist but only few live. Man slowly becomes the tool of his tools. He begins to live a life which is imposed on him. The safest principle of life is instead of reforming others it is better to set about perfecting yourself. To make a man to live his own life and to decide his own destiny, he must have balanced health and spirit. Though these are several means to balance and improve our heart and mind, sports plays an important role to do this, sports develop our health, retain our spirit and also teaches team spirit yoga, is one among the sports event. It purifies the inner soul of every human being and gives him a spiritual awakening. The philosophy of living one's own life by making other to live happily yoga fulfils our objectives of life. It ensures physical and spiritual universal self which to the purpose of the birth according to our tradition.

KEY WORD

Philosophy, Yoga, Cognitive, Stress, Yogic Practices, Fitness

INTRODUCTION

According to Aristotle, "philosophy is the grouping of the knowledge of the universals. The term philosophy is derived from two Greek words 'philos' and 'sophia' which mean 'loving' and 'wisdom'. Philosophy means 'love of knowledge'.

"Philosophy provides direction: It enables use of knowledge;

It promotes beliefs and values".

The final goal of humankind is concerned viz., total eradication of suffering and attainment of a state of eternal peace, as also the means for the same; knowledge of the truth (tattvajnana) as in yoga. Recognition of the presence of human suffering was the starting point for all the systems. Attainment of a state of total freedom from misery called liberation was the final goal.

Yoga is not only ancient but also very practical. Philosophy of yoga is also the same as like the final goal of humankind. The philosophy of yoga is caring, sharing and empowering. Philosophy of yoga holds not only the answer to all man's problems but also offers a scientific way to transcend his problems and suffering.

The philosophy of yoga is union of individual self (jeevatma) with universal self (paramathma). It means by character. According to yoga philosophy, there is no lifeless matter, for everything is consciousness itself. If there is movement, there must be some kind of energy to cause it and that energy is the basis of all life. The philosophy of yoga is be conscious to attain self- realization.

SCOPE OF YOGA

Yoga has a very wide utility. Yoga is a universal, scientific, treasury for all. Everybody can practice yoga with economy of time, energy, space as well as money. There is no restriction of caste, creed, country; race etc., there is no age limit. Young, old, decrepit, diseased or weak person will attain success if he practices yoga untiringly.

Yoga promotes health. Good health can be defined as a perfect balance or harmony of the body, mind and personality of the whole person. Yoga is a system which always leads toward a good health. It preserves a high standard of health, vigor, vitality and longevity. Modern man is being compelled to saw himself from personal deterioration and mental frustration and among the most valuable aids in this encounter is yogic art. Unlike most western traditions of health and healing, which have tended to separate body and mind? Yoga has a strong link between the two. Yoga promotes the body's own natural healing resources. Yoga relaxes body and mind. This relaxation generates a lot of health benefits. For example, there are a large number of dormant arteries in the heart. In persons who do yoga continuously for some years, these arteries get activated and grow this is called revascularization. If two such on either side of the block grow and join, the result will be a natural bypass. Research shows certain conditions show a striking improvement within weeks, while others take much longer to show the full benefits.

Man should be master of his own destiny; man should have power to cure his disease and to control his premature death. Yogic practices are definite aids to this end. Yoga is not only preventive or curative but also be used for recouping and rehabilitation

during convalesce after an acute illness. Yoga therapy is thus a blessing to humanity. It is really a boon to mankind. It shows the way out of this rotten condition to healthy life.

Yoga will stretch, relax and strengthens the joints and muscles which make the body stronger, beautiful, more flexible and relaxed. It tones up the internal organs of the body viz., liver, spleen, pancreas, intentions, heart, lungs and brain; It brings steadiness and lightness of limb. It purifies and strengthens the nervous system.

It activates the secretion of gland. It improves digestion and energizes internal organs. It improves circulation of blood and vital airs. It helps our bowel functions very well. The power to bear heat and cold, hunger and thirst is increased. It keeps up the body free from impurities. It makes us look and feel better too. It gives us that extra bounce. It helps us to sleep better and to be more aware of ourselves physically.

COGNITIVE DEVELOPMENT

Yoga washes the brain in fresh oxygen and increases the production of new neurons which in turn improves mental performance. Yoga stimulates the production of Beta Endorphins and endorphin Optus in the brain which in turn helps to elevate mood.

Research has shown that yoga can harmonize the brain wave patterns. It leads to improve integration within the brain and an increase in alpha waves a type of brain activity associated with calmness and creativity.

Yoga enhances affective or volitional qualities. It increases self-knowledge, and self-esteem. Moral qualities such as honesty, truthfulness, purity, simplicity, modesty, tolerance, duty consciousness, will power, discipline, initiative, determination, boldness, resoluteness, persistence and self-control are developed. The problems we face may not change. But the calm and control engendered by yoga give a clear and positive attitude about facing them

Yoga clearly is the real solution, both for individual fulfillment and social harmony. It allows for the need of the individual while encouraging the individual to feel a sense of responsibility towards others. It is a significant social phenomenon. It increases the scope of human abilities, enriches the life of the individual and that of society as a whole. Man's all-round development is a necessary condition for social progress. Yoga

improves health, comprehensive and harmonious development of a person and that of society. It promotes human welfare.

Recent research findings show a much higher rate of health problems among non-religious people as compared to religious people. Spiritual well-being is defined as an affirmation of life in a relationship with god, self, community and environment that nurtures and celebrates wholeness. Yoga is a kind of psychosomatic preparation for spiritual upliftment. It also gives a practical and scientifically prepared method of finding truth in religion.

Yoga develops physical or fitness qualities harmoniously on the functional side. Fitness components like endurance, strength, speed, power, agility, flexibility and balance are increased allowing us to work better and longer with less fatigue.

Greater mobility gained in yoga helps to improve sports skills. Yoga raises sporting achievements. There are many naturally gifted sports people who fail to achieve their full potential. They are many naturally gifted sports people who fail to achieve their full potential. They may have been born with unusual physical power and agility, but they lack total concentration and control over their emotions. Yoga can improve not only physical fitness, but also improve 'mental' game.

Moreover, many sports such as golf, tennis, badminton and squash encourage the 'leading' side, whether right or left handed. Practicing these sports develops the side holding the bat or racket more than the passive side, resulting in stronger muscles on one side of the body. Yoga can help to redress this imbalance and the problems it can cause. Working both sides of the body in a yogic practice will help to release tension in the muscles and strengthen the body in a balanced way. The effect of yoga is always to bring into balance the different parts of the body, and to lead to a harmony between body and mind. Injury management in sports also remains an intrinsic process of yoga.

Yoga brings behavioral transformation. Yoga is aimed at helping individual to their health and then implements principles and programmes to change their behavior so as to improve the quality of life and achieve total wellness. Yoga helps in quitting drinking and smoking habits, the most common causes of death.

A tense body burns up more energy than a relaxed one, and prevents the blood from getting to the muscles. It is necessary to relax, where possible during most sporting events or between games so as to minimize energy consumption and circulate the blood to the working muscles. The health of the nerves depends largely on the health of the spine. With our upright posture, compared with the horizontal spines of animals, the pressure of gravity on the spine is very great. All the yoga postures involve stretching and strengthening the different parts of the spine. It is the combination of stretching and strengthening which is significant. When a stretch in yoga is held for a half a minute or so, the initial stretch reflex disappears as the stretch is maintained and muscle activity is reduced resulting in true muscular relaxation. It provides bliss or super sensuous joy. Yoga enables a person to experience heavenly love. Yoga tackles our emotionality effectively. Yoga like pair of good shoes will save us from the miseries of life.

STRESS

Stress is often called the twentieth century disease. It is now recognized as a medical problem and as a significant factor in causing heart diseases, high blood pressure, high blood fats and high cholesterol counts. Generally, in people who are stressed, anxious or depressed the right frontal cortex relatively under active. What yoga might do, the researchers reasoned is nudge this balance in a favorable direction. Scientific evidence further states that when one is experiencing stress, the brain produces high levels of two specific hormones-adrenalin and cortisol which damage the systems of the body. A study conducted at Edinburg university shows that controlled release of cortisol due to yogic practices helps us less effect of heart disease and brain damage. Recent study shows that yoga may increase the amount of serotonin and melatonin, the calming neurotransmitters in the brain. Yoga alleviates both the stress and the stress that causes smoking and drinking after quitting.

Yoga is scientific. Based on truths, It helps to learn about the inner man. It helps to know about him. It is a window of 'self'. It is a journey of discovery, bringing a better understanding of 'self':

The important scope of practicing yoga is the perception of matters, physical and non-physical, as also the real states of God and of matter, liberation from the painful bondage of matter and the establishment of mocha, the abode of everlasting bliss. All human beings will be enlightened with godliness it is the goal of human life, it is the aim

of Nature; it is the desire of divinity. To hasten man towards the goal, the system of yoga is evolved. With the help of yoga, we can reform, we can rectify the human character, we can refine the human nature, we can transform a brute man into a godly one.

Yoga has benefits for women as they undergo the different stages of their reproductive life. Yoga can ease physical and emotional symptoms before and during menstruation. Specially devised programmed used during pregnancy help prepare for child birth. And in later life, Yoga can help mitigate problems during and after menopause.

Yoga helps to mould spiritual Leaders too; India today is in need of a strong and healthy race of men. Various factors have brought out their degeneration. Regular and judicious practice of these valuable yogic practices will doubtless pave a long way in regenerating the race and in the production of such a strong and h

YOGA PROVIDES JOB OPPORTUNITIES IN DIFFERENT SECTORS

- 1) Teaching (Schools,colleges,universities,special schools)
- 2) Fitness and Health related opportunities (community centers, Industries, Health clubs, camps, Resorts, spas, correctional institutions, Hospitals, sports Associations, old age homes) earthy society.
- 3) Sports media opportunities (Writing Books, Sports Broadcasting, Sport Telecasting, Journals and Magazines)
- 4) Yoga and sport related opportunities (Research, sport consulting).

It helps to reach the highest state of happy.

Yoga provides opportunity to its lovers to teach and specialize in an area which are abundant such as yoga for physical fitness, yoga therapy, spiritual yoga, prenatal or postnatal yoga, and yoga for kids, yoga for couples, yoga for seniors and corporate yoga.

After giving learning experiences, the behavior changes occurred in learners. They are required to be examined and also in the beginning the potentialities are to be known. In yoga, evaluation, measurement and appraisal find its place for assessing total experiences.

Yoga helps the allied sciences to flourish directly or indirectly. Professionals in other fields also can use yoga to improve individual's optimal performance. In

some cases perhaps knowledge of yoga will motivate further study in any field of Endeavour. It makes great personal and even business sense.

Yoga is thus, an indispensable science. It is an enchanting panorama of human excellence. Yoga is a panacea to pressure the delicate fabric of humanism. Yogic way of life is an experience which cannot be understood intellectually and will only become living knowledge through practice and experience. It benefits all people under all circumstances of life.

SCHOOLS OF YOGA IN THE NEW MILLENNIUM

Divisions of yoga and practices of yoga have become more numerous and within the 20 years more influential such as

- 1) Flow yoga (focuses on cultivating the qualities of balance, flexibility, strength and endurance on both physical and psychological domains).
- 2) Iyengar yoga (focuses on promoting an overall state of wellness, health, rejuvenation, regulating breathing ,adapting yoga poses for therapeutic values and other physical conditions with the use of blocks, chairs and other physical conditions with the use of blocks, chairs and other props). It is developed by B.K.S. Iyengar, the Michelangelo of yoga.
- 3) Viniyoga (A methodology for developing personal practice developed by T.K.V.Desikachar; makes relevant to every person and every situation adapted to suit individual needs and circumstances; slow, repetitive movements linked with breathing).
- 4) Ashtanga Yoga (taught by Sri.K.Pattabhi Jois involves synchronizing breathing with progressive series of poses -a process producing intense internal heat and a profuse, purifying sweat; it is a gymnastic type of yoga. It is the fast, athletic power yoga.
- 5) Power yoga (incorporates Sun salutations, floor exercises, back bends and standing postures for high energy)
- 6) Ruff yoga or dogga (allows one to meditate with dogs)
- 7) Yogilatis (a combination of yoga and palates, power, artistic and passion yoga.).
- 8) Cardiac yoga (combination of Meditation, Pranayama and stationary exercises meant for cardiac patients)

Yoga thus, contributes to wholeness and wellness. There are many different paths of yoga. Assessment is to be done whether the style and level is right and then to be continued.

MODERN DEVELOPMENT IN YOGA

In the new millennium, yoga is aimed at helping individuals recognize components of lifestyle that are detrimental to their health and then implement principles and programmed to change their behavior so as to improve the quality of life and achieve total wellness.

Western interest in yoga at present is increasing at an amazing rate. 10 core yoga practitioners are worldwide now. One out of eight Germans does yoga. Maharishi Mahesh Yoga's Transcendental meditation is practiced by more than six million people. Professional people everywhere in America, actors, musicians, lecturers whose lives are constantly under strain and whose schedules demand top physical and mental fitness are learning yoga. Roughly 16.5 million people are practicing yoga in United States. The pioneering work job teachers like Swami Vishnudevanands, B.K.S.Iyengar and swami satchidanands heralded the dawn of a new generation in America. Americans spend some Rs.25, 000 cores a year on yoga for classes, equipment, clothing etc., Circulation of yoga Journal published in U.S. is 3, 25,000.

Yoga took wings on its own in England. It is a part of curriculum in British schools which improves children's co-ordination and balance, builds strength and stamina and promotes healthy sleeping patterns. In England yogic postures are being taught to music while children are stretching into the triangle pose (Trikonasana), they will sing." I am a little teapot'; They do yogasanas for the rhymes such as Row , Row the Boat, Yoga Buga, an organization in England teaches children with age group of 2-12. Three and four year old children spend 15 minutes doing simple deep breathing poses that too after their lunch break. At present, 1,00,000 School children take part in yogic classes in England. Apart from that, 6000 yoga clubs are in existence for all walks of life.

Now, Yogic practices are permitted in Russia too. Even in the Middle East and Iran, Yoga is a pet with Muslims. Reports say yoga has become a \$225 billion market in the west.

B.K.S. Iyengar is to modern yoga what Ravi Shankar is to classical Music. He remains the father of this worldwide phenomenon. He started Ramamani Iyengar Memorial Yoga institute (RMYI) in Pune in 1975. His institute has about 1600 to 1800 students. His institute is now revered as this Mecca of yoga learners. He has given 15,000 demonstrations so far, worldwide. His book “Light of Yoga” is considered as the Bible of yoga. It was translated into 18 Indian and foreign languages. He has more than 300 centers in countries like to U.S, Argentina, Bermuda, Chile, China, Switzerland and Spain.

“Friends of Yoga” an organization established by Madhavan has spread to more than eight countries very particularly popular in west Asian Countries.

‘Yogi Yoga centre’ established in 2003 by Mohan Bandari at Beijing today has seven schools boarding 3500 students. Across china, the number of people enrolled in his 51 centers is well over 10,000.

Corporate sector is too no exception. A group of about 500 employees of the Jindal Group are learning yoga lessons in Bangalore through the “Friends of Yoga Club” Another group of about 400 employees at Dubai Aluminum smelter and the marine repair Major Al Jadaf is taking part yoga classes as a part of improving and managing their human resources.

Recently yoga classes in schools are introduced in Tamil Nadu. Suryanamaskars are made compulsory in Madhya Pradesh. Classes are held in selected Tamil Nadu temples too.

Thus, people all over world have now embraced yoga as a way of life. Yoga has come into it own. A new outlook, new health, new happiness, a new awareness and a new philosophy rush in and vividly transform the individual life. Yoga has a great message for mankind. Yoga thus implies integration of the personality of man as a whole.

MISCONCEPTIONS ON YOGA

yoga has been connected with magic and miracles or with miraculous feats of endurance like being buried alive, flying in the air ,walking on water or walking on burning coal, drinking an acid, chewing Glass etc., Quite a few persons still think it is a system of stunts, gymnastic skills and of limb-twisting.

To most people, yoga is a form of physical education wherein one has to attain proficiency in a few, difficult asana , gain mastery over a few spectacular kriyas and to hold the breath in some form of kumbhak or retention for as long time as possible.

Many believe that there are specifics for each disease in yoga and that what the yogi has to do is merely to prescribe some special asana or breathe in exercises or kriyas. Yoga is an obstacle for marital relations.

Many believe that yoga is tying your body in knots or standing on your head or following some arcane ritual, only for hermits; only for monks, only for vegetarians To most westerners, the term yoga brings to mind Indian gurus in long, flowing robes and the pretzel like poses of popular lore. Many people book upon yoga as a stunt. In the west, yoga is most often seen as a series of physical poses or postures only

But behind these stereo types lies a rich, time –honored teaching on how to achieve physical health, psychological well-being and spiritual peace. It involves a wide range of techniques including body, breath, voice work, diet, meditation, study and reflection. It is a tool for positive change. It is something for everybody whether young or old, fit or unwell, active or sedentary. It enhances the quality of life.

Some persons complain that the body gets heated up, producing burning sensation in the body and the eyes and also constipation while practicing Asana. These results are not the outcome of the Asanas. Diet and habits if regulated nothing unpleasant will be produced. The best remedy is to reform the diet. Yoga now is embraced as a way of life. Yoga has come into its own. Yoga is a Journey, not a destination.

CONCLUSION

“A sound mind in a sound body” is a well known adage. To keep our mind and body sound has suggested us many methods. Yoga is one among them. The philosophy of yoga is spiritual living. A man should try not to become a man of success but a man of value. The yoga practices motivate a man to be a spiritual man. It enables decent living and free from bad habits. Yoga has relevance even in this world of information technology. This has a great scope and it provides job opportunity to yoga experience a great development every day. In future the misconceptions will be thrown away by its benefits and definitely it will ensure a better way of living.

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