

Role of Yogic Diet and Its Significance for Yoga Practitioner

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Abstract

Yoga is an art practiced for healthy living. The importance of yoga has grown over the past decades mainly due to health problems caused by modern lifestyles. Yoga has become prominent to stay physically healthy and mentally fit. Yoga becomes effective with right nutritional intake as it provides the required energy to body and plays important role in active functioning of brain. This paper mainly focuses on the history of yoga and its significance in modern life. Apart from this it also threw light on different type of yogic diet and various diets taken by yoga practitioner.

History of yoga in India

The word **yoga** was first mentioned in the oldest sacred texts, the Rig Veda. The Vedas were a collection of texts containing songs, mantras and rituals to be used by Brahmans, the Vedic priests. **The origin of yoga is considered to be as old as human civilization. But there is no strong evidence to prove this statement.** The number of seals and fossil remains of Indus, Saraswati valley civilization with Yogic motives and figures performing Yoga Sadhana suggest the presence of Yoga in ancient India.

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and Body, Man & Nature. Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny.

Presently, everybody has conviction about yoga practices towards the preservation, maintenance and promotion of health. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in yoga, and is termed as a yogi, having attained to a state of freedom referred to as mukti, nirvana or moksha. Thus the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya). Yoga has spread all over the world by the teachings of great personalities like Swami Shivananda, Shri T. Krishnamacharya, Swami Kavalayananda, Shri Yogendra, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya Rajanish, Pattabhijois, BKS. Iyengar, Swami Satyananda Sarasvati and the like. Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health are natural consequences of yoga, the goal of yoga is more far-reaching.

As per historical evidences, **yoga** period is divided into following period:

Vedic Yoga - As per the Vedas, the Vedic Period is the origin of yoga in India. The oldest known yogic teachings are known as Vedic yoga or archaic yoga, and can be found in four

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