

Yoga and Its Contribution In Indian Society

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Introduction.

Yoga is a most important and precious gift given by the nature from ancient time to get connected throughout the life with nature. It is the practice of uniting the mind and body in order to achieve the perfect harmony between both. It helps a person to know higher level of consciousness by getting control over the body in all aspects like physically, mentally, socially and intellectually. Moreover, it is very necessary to practice yoga again to make lives of people better. Daily yoga practice provides inner and outer body strength. It helps in strengthening the body immunity system thus prevents from various diseases and cures different diseases. It acts as an alternative system of medicine if practiced continuously. It also reduces the side effects of many heavy medicines taken on daily basis.

Yoga is very safe, easy and healthy way to get fit whole life without any problems. It just needs regular practice in right way of body movements and breathing. It regularizes the connection between three components of our body such as body, mind and soul. It regularizes the functioning of the all body organs and prevents the body and mind to get disturbed because of some bad situations and unhealthy lifestyle. It helps in maintaining the health, knowledge and inner peace. By providing a good health it fulfils our physical needs, through knowledge it fulfils our psychological needs and through inner peace it fulfils the spiritual need thus it helps in maintaining the harmony among all.

Yoga

Yoga is a way to learn and understand the spiritual India. Also, yoga is associated with the culture and heritage of India. In Sanskrit, yoga means 'to unite' and describes a way to live a healthy life. In yoga, the mind is disciplined through meditation and the body is aligned and strengthened. As per yoga, it is actually the nervous system of the body that affects our health. The nervous system gets purified with daily yoga and thus keeps our body healthy and strong.

Meditation

Meditation is a practice where an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself. The term meditation refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity, and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well being while engaging in any life activity.

The Origin of Yoga

The origin of yoga is considered to be as old as human civilization. But there is no strong evidence to prove this statement. In spite of extensive research in this field, there are no concrete findings regarding the origin of yoga. It is believed that yoga originated in India about 5,000 years ago. Many Western scholars earlier used to believe that it was not 5,000 years ago but in the period of the Buddha (around 500 B.C.) when yoga came into existence. During the excavation of the earliest known civilization of Indus Valley, very astonishing facts came forward. The soapstone seals that existed during that period have been found engraved with figures resembling that of a yogi sitting in a yoga-like posture. Originally, yoga started for the betterment of a community rather than the self.

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 Vedas – Rig Veda, Yajur-Veda, Sama-Veda and Atharva-Veda. Rituals and ceremonies associated with Vedic yoga attempt to beat the restrictions of the mind. Hence, Vedic yoga was closely connected with the ritual life of people at that time. Yoga was considered as a way to connect with the invisible world and revolved around a sacrifice – a sacrifice of the self. Sacrificers, for a prolonged period of time, used to focus on just one thing similar to meditation. Thereby, Vedic yoga is considered