

## The Need of Yoga on Physical Fitness

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### Abstract

The paper is highlighting the yogic benefits for reaching optimum level of physical fitness of an individual. The human body needs sound relation to nature and its natural remedies which are available in our surround in this seminar I tried to highlight the need of yoga and its benefits for human being to be in physically fit.

Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities.

### Introduction

Vigor is the limit of a single physical framework to perform work, it is wanted in each parts of life i.e., for strolling, utilizing, sitting, standing, dozing, perusing, Dancing or any possible major or minor, things needs vigor. This vigor could be enhanced by Yogic asana and kriya.

### Significance of Yoga

The saying Yoga hails from the Sanskrit word "Yuj" which intends to join single ("Jivatma") with matchless awareness ("Paramatma").

- "SAMATVAM YOGA UCHYATE" – yoga is offset (Bhagwad Gita).
- "YOGA KARMASU KAUSHALAM" – yoga is skilled activity (Bhagwad Gita).

### Significance of physical fitness

Physical fitness is a state of well-being with flat danger of rash health issues and vigor to partake in an assortment of physical exercises.

### Physical fitness contains two identified thoughts

- General fitness (a state of health and well-being).
- Specific fitness (an assignment situated definition dependent upon the capacity to perform particular parts of games or occupations).

Physical fitness is for the most part realized through right nourishment, exercise, and rest i.e., yoga [1] is a practice that having significant part with individual to arrive at ideal level of physical fitness.

### Types of yoga

- Ashtanga Yoga – Discipline of Mind
- Hatha Yoga – Discipline of Body and Prana [2,3]
- Bhakti Yoga – Discipline of Emotions
- Karma Yoga – Discipline of Actions
- Gyan Yoga – Discipline of Intellect

### Standards of yoga

- Proper unwinding
- Proper activity
- Proper inhaling
- Proper Diet
- Positive thinking and contemplation

### Profits of yoga

- Increased adaptability.
- Increased grease of joints, ligaments and tendons.
- Massaging the form's interior organs.
- Toning the muscles.
- Help in listening to and feeding the form.
- Also cools your brain
- Help to decrease the weight.
- Yoga can improve focus.
- Help in evacuation of poisons in the form & support in relaxations.
- Yoga can expand your respiratory fitness levels.
- It can expand our circulatory fitness levels.
- It can expand our expiratory fitness levels.
- It can expand our digestive fitness levels.
- Provide an all-encompassing methodology towards your welfare.
- Gives clearness to your consideration.

### Some Yogic Asanas with their benefits to Physical Fitness

#### Shavasana (Corpse pose)

##### Profits

- Returns cardiovascular flow to typical
- Slows heart rate, decreases pulse
- Teaches complete unwinding
- Stills and centres the brain

#### Paschimottanasana (Head to knee pose)

##### Profits

Head to knee posture assists offset glucose levels and the metabolism [4].

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- Improves adaptability of sciatic nerve and ankle, knee and hip joints
- Increases adaptability of the trapezes, deltoid, erector spinae and biceps
- Stretches and reinforces pelvic support, hip joints, knee joints and
- Mobilizes joints and expands versatility in the lumbar spine
- Strengthens and extends the hamstrings
- Improves focus and mental continuance

### **Tadasana (Tree pose)**

Benefits

Assists to remedy terrible carriage

- Increases hip and knee adaptability and portability
- Stretches spine
- Releases stomach tension
- Relieves lower back torment
- Tightens gluteus muscles

### **Poorna salabhasana (Full locust pose)**

Benefits

- Firms muscles of the abdomen, upper arms, hips and thighs
- Increases spinal strength and flexibility

- Improves flexibility and tone of spinal muscles
- Helps relieve and prevent lower backache
- Helps cure or relieve lumbago, rheumatism, arthritis and menstrual
- Problems Helps cure loss of appetite
- Helps correct bad posture
- Improves function of liver and spleen

### **Conclusion**

Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities.

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