YOGA AS A LIFESTYLE
A HOLISTIC APPROACH TO HEALTH
INTERNATIONAL YOGA DAY
21ST JUNE
Yoga is mentioned in Indian texts, Upanishads and Bhagavad Gita.

- **Third century C.E.**
  - Hatha yoga originated during medieval times

- **1300s to 1500s**
  - Explosion of physical anatomy, forms of dance movements in Europe

- **Modern asana is an amalgamation of these diverse influences**

- **1800s to 1900s**
  - Revived yoga

- **Today**
  - International Yoga Day
  - **21st June**


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**Eight Branches of Ashtanga Yoga**

1. **External disciplines - Yamas**
2. **Internal disciplines - Niyamas**
3. **Postures - Asanas**
4. **Breath control - Pranayama**
5. **Withdrawal of senses - Pratyahara**
6. **Concentration - Dharana**
7. **Meditation - Dhyana**
8. **Union & integration - Samadhi**

**Mechanisms of Yoga**

- All aspects of human psycho-physiological functioning improved
- When the breath is steady, emotions become more balanced
- When the body is still, the mind starts to calm down
- Conscious focus on the present moment - the NOW
- Integrate breath pattern with coordinated smooth body movements
GENERAL GUIDELINES TO PRACTICE YOGA

Yoga is advised after 7 years of age

Daily practice of yoga (45-60min) is essential
Best time for yoga - early morning

Stomach should be empty during practice of yoga or minimum of 2 hour gap post food intake

Place should be spacious, clean, airy and calm

Clothes should be comfortable to practice yoga on floor mat

It is always advised & desirable to learn or practice yoga under the guidance of qualified yoga teachers

Yoga helps to achieve rest & relaxation which reduces stress & strain


SURYA NAMASKAR - SOUL OF YOGA
(for all age)

**BENEFITS OF SURYA NAMASKAR**
- Improves blood circulation
- Promotes weight loss
- Regulates menstrual cycle
- Tones muscles
- Improves hair and skin quality
Boosts self-confidence, acceptance of rapid changes during puberty
Helps build self-esteem, concentration, better body, mind connection
Stress relieving, healthy mind-set
Overall feeling of wellbeing
Increases flexibility and better metabolism
Improves muscle strength and toning
Promotes weight reduction and weight management
Better respiration, cardio and circulatory health, energy

“Yoga – A Way of life focuses on a proper and healthy lifestyle”

MAIN COMPONENTS OF YOGA

► **ACHAAR**: Regular physical activities and exercise

► **VICHAAAR**: Vital for wellbeing “right thoughts and right attitude” towards life.

► **AHAAR**: Nourishing diet with adequate intake of fresh water; balanced satvik diet, prepared & served with love and affection

► **VIHAR**: Recreational activities to relax body and mind for good health

► **VYAVAHAR**: Healthy inter-personal relationships—essential for good social health

YOGA FOR IMMUNITY BOOSTER - NEED OF HOUR

Ustrasana (Camel pose)  Adho mukha shvana asana (Downward dog pose)

Matsyasana (Fish pose)  Kapalbhati

• Supports and stimulates the thymus gland
• Improves overall circulation
• Improves oxygen flow & aids the transfer of energy from nutrients to cells
• Improves the flow of sinuses and flushes out mucous from the lungs
• Rejuvenates internal system
• Helps to remove toxins from body
• Affects energy pathways, so that body heals more efficiently

THERAPEUTIC YOGA TO OVERCOME LIFESTYLE DISEASES

Ushtra asana  Parighasana

Obesity: Yoga helps to dissolve fat cells by stretching and reduces the abdominal fat.

Diabetes Mellitus: Yoga helps lower stress levels, blood pressure, blood sugar level and increases blood circulation.

Viparita karani  Ardha matsyendrasana

Yoga for Diabetes

Hypertension: Yoga increases blood circulation to lower part of body and helps regulate blood pressure.

Cardio-vascular disease: Yoga strengthens the chest muscles and increases the capacity of lungs by expanding thus, improved blood flow to the chest region.

Adho mukha svanasana  Sethu bandha sarvanghasana

YOGA FOR CHILDREN AND ADOLESCENTS (10-18 YEARS)

HEALTH BENEFITS
- Improves fitness and physical health
- Reduces stress and anxiety
- Improves optimism
- Improves focus and school performance
- Improves self-esteem and body image
- Encourages creativity
- Develops discipline and self-regulation

YOGA FOR ADULTS & ELDERLY (40 - 70 years)

HEALTH BENEFITS

• Strengthens core balance
• Increases flexibility
• Promotes relaxation
• Facilitates deeper breathing
• Boosts blood circulation
• Provides a social opportunity
• Reduces high blood pressure

CONCLUSION

Yoga has a great potential in preventing and managing lifestyle disorders and if started early, may possibly manifest a cure.

Yoga is generally safe, simple to learn and can be practiced by everyone even sick, elderly, or disabled individuals.

Therefore, it is recommended that yoga should be considered as a beneficial adjuvant along with balanced nutrition at any age as a holistic approach to health.

Compiled & Contributed by Indian Dietetic Association (IDA), Mysore Chapter