Relation Between Yoga & Health by Neeraj Chandra

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The practice of yoga there is a century, and passed the test of time. It is optimal for the human body. Yoga practice allows the body to maintain flexibility and good form, and maintain its functions are active. In the prevention of disease and prolong life yogic practices are unparalleled in their results with other systems. Yoga - is the best that created the human genius.

Yoga exercises create harmony and balance in all functional systems of the body by means of appropriate practices and strengthen each body part. They also allow you to develop a full control of bodily functions and mental activities, so that you can maintain good health throughout of life. Even elderly people can stop the aging process, as slows the decay of tissues, and leveled all the ravages of age. Poor eyesight, gray hair, loss of teeth, flabby muscles, wrinkled skin, slouching, decreased joint mobility, and other negative signs of aging are eliminated.

If you practice Yoga inexorably to perform with due concentration and understanding, the result will appear in a few weeks. Regular practice will strengthen your nervous, lymphatic system, muscles and help keep them in good condition. The muscles of the chest and strengthens the respiratory tract are cleared. Blood circulation improves, and its flow can be directed to any organ or gland without too much strain the heart. The food will be absorbed better, and its waste will be excreted from the body faster. The internal organs and endocrine glands will work in optimally. The spine changes its shape and become more flexible. Reproductive function will improve their work. The body becomes light and flexible, with better neuro-muscular coordination and more efficient metabolic processes. With the flexibility of body and mind, feelings and change for the better.

Effect of yoga on human health:

* The body, through the practice of yoga becomes proportional to the size, and there is a natural harmony and functional balance between the various organs, leading to improve Health and well-being.

* All body parts are included in the practice with minimal effort, without the surge, fatigue, excessive heat and sweat.

* Yoga exercises strengthen the weak parts of the body without shortness of breath and rapid breathing that accompany sporting activities. They are particularly effective in strengthening the abdominal muscles.

* Enslaved the muscles regain their elasticity. Also increases joint mobility and restored, even in old age.

* Involuntary muscles are developed and managed by the concentrated pressure on them.

* It improves the heart and entire cardiovascular system.

* You can achieve conscious control over most of the autonomous functions of the body that can not be done with the help of other physical exercises.

* Minor structural and functional abnormalities can be corrected, and the harmonious development of the whole body is achieved through the practice of asanas. Weak abdominal muscles, the curve of the back, bulging flabby thighs, bent shoulders, sunken chest can be corrected, and their shape

can be restored. The spine is straight and flexible. All parts of the body become symmetrical position, which leads to improved posture.

* Yoga helps to get rid of obesity by removing excess fat, and distributing the remainder of the whole body in the correct proportions. Weight loss occurs through the implementation of practices poses.

* Asanas help to regulate weight. If your weight is below normal, it will increase if the above - will diminish.

* Forming proper breathing.

* Blood pressure returned to normal, and more blood goes to the greater number of tissues.

* Improved sleep.

* Eye color is more vivid, and deep voice. Waist is slim.

* Elimination of undigested food residue will be more regular, and the accumulated toxins in the body can easily be displayed without additional medication.

* You can get rid of the use of tranquilizers and stimulants, with negative side effects.

* While working on the cause of discomfort, you can avoid a lot of psychosomatic disorders, without the intervention of doctors and medicines.

* The high level of endurance and resistance to disease develops due to the proper functioning and efficiency of the internal organs, and the formation of internal bodily self-adjustment mechanism.

* Even after a long illness, the practice of yoga accelerate the recovery process, as They restore and conserve energy and increase vitality.

* Significantly increases the ability to withstand heat and cold, to overcome the pain and stress loads

* Yoga teaches the art of relaxation. Fatigue, as muscular and mental, is eliminated. There is a relaxation and increased adaptability.

* All stress: physical, mental, emotional gradually eliminated, the body, mind and emotions are functioning perfectly until old age.

The practice of yoga and spiritual achievements

* Through yoga practice, you can achieve benefits such as higher levels of consciousness, mental calm, serene clarity.

* Continued practice allows for greater control over emotions, as mind is gradually freed from the influence of emotions.

* The practice of yoga helps to curb disorderly thoughts and increase the power of concentration.

* Yoga, as a practical discipline that provides an opportunity to draw attention inward, and as a result, the integration of the personality is formed, and awakened a new consciousness. When the mind turned inward and reassured, feeling under control, animal passions restrained, a strong desire to satisfy them disappears, the temptations of the outside world ceases to attract, then there state of inner calm. Illusions vanish, and all your thoughts, words and actions are relevant and meaningful.

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