



Dr. Surander Singh

Vocational Teacher, Physical Education & Sports
Govt. Sen.Sec. School, Seekari, Ballabgarh

Abstract

The paper is very helpful to create the positive attitude towards Yoga Asana and Pranayama among students and all people of the society. The paper will give answer to the question, "Will Yoga Asana and Pranayama improve physical fitness, and increase physiological and haematological health"? It is very useful to suggest the training program of Asana and Pranayama for a particular person. The paper also motivates the new scholars to do research in fields of Yoga, which is, now days very popular in every segment of the society.

Keywords: Hatha, Yoga, Asana and Pranayama

Introduction

During the last few decades, the life style of the people has totally changed. The way of life and other social systems have changed greatly throughout the world. There is a lot of competition for survival in this modern world. Everyone is on peak in materialistic sense. Our present educational system has failed to achieve the ultimate aim of education. Today, the main aim of the students is collecting degrees and diplomas only.

Most of the youngsters and children have become patients due to different conditions of life and work culture. They are not spared from the stress and strains of life. They live in a hurry-up world of busy parents, incessant lessons, video games and irregular eating habits. They are not aware about their mental and physical fitness. It is very difficult to stay healthy due to a large number of problems in routine life.

We all are looking towards yoga for solving to various health problems which are common in this modern world. Thus yoga is a combination of discipline and art which directly affects the existence of man at every level. Therefore, the importance and need of yoga must be felt in every sphere of life. It develops the whole personality of an individual like physical, mental, moral and intellectual.

So, this study was conducted to know the effects of hatha yoga on physical fitness, physiological and haematological variables of school level students.

Yoga is a very archaic regulation. It is appreciable as a great influential tradition of India. Yoga is a way to wisdom with healthiness and satisfaction. Yoga assists to make one's life (the result of

intentionally planning and trying something), useful and noble. The remuneration of yoga helps every part of each stage. 'Silencing of the mind's activities which lead to complete realization of the native nature of the Supreme Being'.

Yoga is a historical foundation for healthiness and happiness in life. It is very helpful for harmony of mind and the body. Yoga is the way of becoming physically and mentally wellbeing. It contemporizes the function of the muscle and the mind. It is a path that can lead us towards health.

Yoga is not a very old story buried in nothingness. It is the most valuable and important need of today and the culture of tomorrow.

It is a mode of existence (life). It is a perfect procedure to educate our body, mind and inner spirit. This is an art of best living which was practised in India thousands of years ago but as yoga deals with full harmony of life; its instructions are applicable today as they were in the primordial period. Some people think yoga belongs to one religion but its benefits were experienced by the Buddhists, Jews, Muslims, Christians, Hindus and the Atheists also. Yoga is in unification together with each and every one. 'Our ancestors developed yoga towards combination of the body, intellect and spirit, the same time as harmonious complete'

Yoga is a science and method of precise living. It is working on each and every aspect of human beings life: the bodily, very important intellectual and

Physical Fitness

Some people use fitness as the synonym for health. But fitness is the ability of a person to

function effectively and live zestfully. It is the sum of physical, mental, emotional, social and spiritual components. These all components of fitness are related to each other. It is also termed as "Total fitness". Physical fitness is the one aspect of total fitness. It would include ability of functioning of body organs. A physically fit individual has adequate level of muscular strength, endurance, co-ordination, flexibility and balance.

Physical fitness is the capacity of an individual to perform the routine work and special task effectively. When we reach a good physical fitness level, we realise that it's most important for full growth and development.

A physically fit individual is more efficient to work hard and hard. He has the capacity to recover fast from fatigue. It's a very common thing that if we want to enjoy a healthy life and physical fitness we engage ourselves to well coordinated rhythmical movements which is very helpful for organic and functional promotion of the body. Physical fitness is our ability to strive and live effectively with full adjustment with our environment and nature. Our satisfactory level of fitness depends upon regular participation in physical activities

Many research reports strongly support that regular participation in yoga helps us to keep healthy and prevents from many diseases. It also helps to keep our heart strong. Regular exercises also enhance the capacity of oxygen consumption. We produce more energy because our metabolic process works in a healthy way. Physical fitness is our basic need. It is an important part of life. In every moments of life we need to be physically active. We can perform our best and effectively when we are physically fit. It helps to perform better in daily life style, sports and other activities.

Yoga

Yoga is the best method in present days for healthy life. The word yoga comes from the Sanskrit word "yuj" which means join, unite, harness, and "yoke" (Satyananda, 1969).

In ancient India yoga implied joining or integrating all aspects of life of an individual like physical, mental and spiritual. The roots of yoga originated in ancient India. In oral traditions of yogis the knowledge of yoga was first passed by Lord Shiva to the lives of men.

Yoga is also referred in pre-Vedic Indian tradition and also mentioned in Rig-Veda. Yoga is also

referred broadly in Hindu Upanishads but the origin of yoga to be much older than that. The chronology of earliest text describing yoga-practices is unclear, varyingly credited to the Upanishads (Singleton, 2010).

There are six famous branches of yoga:

Bhakti yoga: This branch of yoga mostly used in India as a path of heart and devotion.

Raj yoga: This branch of yoga is related to self-control. Yogis considered it as the king of yoga. Raj yoga practitioners achieve self-respect by learning to be masters.

Jnana yoga: this branch is related to mind. Yogis who practice this branch focus on mind, intelligence, wisdom and knowledge.

Karma yoga: karma yoga is related to service. Yogis related to this branch believed that one's present situation was based on his past action. If we are doing selfless service in present, our future will be free from negativity and selfishness.

Tantra yoga: This branch of yoga is mostly misunderstood of all the paths. Tantra yoga is related to using rituals in order to experience what is scared.

Hatha yoga: It is the most popular branch of yoga. This branch of yoga includes physical poses or asanas and pranayama.

Hatha Yoga

The origins of hatha yoga have come to the light in the eleventh century A.D. The word "hatha" derived from Sanskrit two words- ha and tha, "ha" means sun and "tha" means moon. It's also called sun-moon yoga. It helps to strike a balance between opposite parts of the individual's body like front and back, left and right. Hatha Yoga uses physical resources in order to achieve proper self development. Some yoga experts or yogis claimed that hatha yoga was developed by experts to help the people to remain healthy during the spiritual dark periods. 'In India hatha yoga is firstly related to Natha Sampradaya'.

Hatha yoga consists of eight limbs of practices but mainly concentrated on two limbs of the eight paths. These two paths were posture and breathing. Yoga teacher believes pranayama to be the most important for our body metabolic function. In a day we breathe roughly 23000 per day and use about 4500 gallons of air, which increase during exercise.

Thus breathing exercise is very important to health. Our prana or life force is directly related to our breath. We do not achieve optimal health and full potential of life if we breathe incorrectly.

Pranayama is the science of correct breathing. It teaches us how to control the life force. In pranayama we practice breathing correctly and deeply.

On the other hand yoga asana (posture) are very helpful to improve flexibility, balance and strength in our body. Each asana has a definite form and steps for improving the desired position of the body. Yoga asana and pranayama scientifically developed the health and increase the strength of all parts of the body. These both types of exercise improve muscular tissue to glands and internal body organs.

Hatha yoga helps us to make strong and physically fit as any other exercise program. We enjoy all the benefits of asana with safe and regular practice of them. They bring spiritual power in the body and mind. Asana are very helpful to control inner energy. Regular practice of yoga prevents us from various diseases including cancer, diabetes, high or low blood pressure, kidney failure and mental disorder. It has developed into a – based physical fitness, stress- relief and relaxation technique (Burley, 2000).

Yoga is a way to achieve perfect balance and harmonizing the body emotion. Yogasana, breathing exercises, bandha practices, shatkarma are the parts of yoga. We realize the higher perception of life with systematic practice of them. Yoga facilitate to make one's life focused, useful and noble. Thus yoga is a discipline which influences the progress of our day to day harmony to the human beings by physical practices with or without a toner on spiritualism. Hatha yoga emphasizes our physical health more than other yoga civilization (Paul, 1982).

There are two main limbs of Hatha yoga:

❖ **Asana**

❖ **Pranayama**

Asana: An asana is a body posture. It is also defined as a sitting meditation pose. But in hath yoga and modern yoga it's present as pose or position may be standing, inverted and twisting. Patanjali mentions the asana as one of the eight limbs of his system. According to yoga sutras asana is a position that is steady and comfortable. Asana also known as yoga poses or yoga postures in English. In Hatha Ratnavali provides a list of 84 asanas.

Yoga Asana are classified in to three main groups-

Asana used for meditative purpose: These postures are used for meditation. These types of asana are sitting on the floor. Padmasan (Lotus posture), siddhasana, Gomukhasana and Vajrasana etc are example of meditative asanas. The features of these asanas are:

- Broad base
- The buttocks or knees in horizontal plane
- Head, neck and trunk are in a line and balancing condition
- This is a steady and comfortable posture

Pranayama: Pranayama is a Sanskrit word which means "extension of the Breath or life force" the word pranayama composed of two words Pran which means life force and ayama means to control. Prana is the first expression of life. "Expansion of individual energy into cosmic energy is called pranayama".

Breath is produced by the motion of lungs. The ancient yogis used many types of breathing exercises to maximize the result of pranayama. We cannot survive more than a few minutes without our air. If we stop breath, life ends. The great yogis developed a unique system, Pranayama. It helps to increase, develop and control this life force. It helps to control our breath in a superior and extra ordinary way to achieve maximum benefits. Pranayama is a breathing training. It is the perfect method to synchronize all the organs of our body. It is the right way to mastering vitalizing effect on the body mind and spirit. Pranayama has three aspects the first is inhalation, the second is exhalation and the third is fixedness or suspension of breath.

The main three components of pranayama are:

- **Poraka** – To inhale the breath
- **Kumbhaka**- Retain the breath
- **Rechaka** – Exhale the breath

Pranayama is directly related to "control of breath", Control the life force by awareness and coordinated breathing. With regular practice of pranayama we decrease in the number of respiration made per minute.

Pranayama teaches us to breathe in a right way. We all can breathe but right method of breathing increases our lung capacity. It improves the quantity of air inhaled and exhaled and also helps to teach one's body to work in harmony. Pranayama is very useful and helpful part of their training. Because breathing rhythm and more

quantity of air means more stamina. When we are able to intake more air then we can get more oxygen every breath.

Our one third of lungs remains unutilized because of our shallow breathing. With the help of Pranayama we learn the deep breathing techniques and utilize our lungs to breathe effectively. It helps to intake more oxygen supply to our body, all the various organs and system work much more efficiently. It also helps to burn more body fat and digestion power also improves. Our immune system also strengthens because the flow of oxygen is increased. Pranayama helps to increase the expansion and contraction of our lungs so that they become capable for purifying more and more blood.

In other types of sports and exercise breathing is fast but not deep. Different types of wastes and impurities accumulate in innermost parts of body because oxygen does not reach these parts properly. After some time it seems as disease. With the help of Pranayama we purify and throw waste products out of the body.

Conclusion

Man's life has become very fast, busy and full of tension due to great development of science and technology. Our physical work has been largely taken away by the machines. But due to technology the pressure on the nerves has greatly increased. Physical, physiological and psychological processes of body are disturbed. The reason behind it is lack of regular physical activity and mental tension. This situation makes very negative impact on the organs and glands. Our real basis on this earth is physical; if we are physically weak then we will not be able to face the problems in life.

References

1. Subramani, Arumugam (2013). Effect of yoga asanas with pranayama practice on resilience and assertiveness among women students. *Journal of Physical Education and Allied Health Science*, 3(2), 92-96.
2. Tran, Mark, Holly, Robert, Lashbrook, Jake, & Amsterdam, Ezra. (2001). Effects of hatha yoga practice on the health-related aspects of physical fitness. *Preventive cardiology*, 4, 165-170.
3. Ulger, Ozlem, Atay, S., Arslan, E., Başoğlu, B., Yagli, N., & Aslan, U. (2007). Effects of Hatha yoga on

flexibility and balance of healthy women. *Fizyoterapi Rehabilitasyon*, 18, 72-78.

4. Sieverdes, J. C., Mueller, M., Gregoski, M. J., Brunner-Jackson, B., McQuade, L., Matthews, C., & Treiber, F. A. (2014). Effects of Hatha yoga on blood pressure, salivary α -amylase, and cortisol function among normotensive and prehypertensive youth. *Journal of alternative and complementary medicine (New York, N.Y.)*, 20(4), 241-250.
5. Kasparavičiūtė, Eglė, Siupsinskas, Laimonas, & Poderys, Jonas (2018). The effect of hatha yoga on psychoemotional characteristics in healthy subjects. *Baltic Journal of Sport and Health Sciences*, 1, 92-108.
6. Divya, T. S., Vijayalakshmi, M. T., Mini, K., Asish, K., Pushpalatha, M., & Suresh, V. (2017). Cardiopulmonary and metabolic effects of yoga in healthy volunteers. *International Journal of Yoga*, 10(3), 115-120.
7. Bal, B.S.; & Kaur, P.J. (2009). Effects of selected asanas in hatha yoga on agility and flexibility level. *Journal of Sports and Health Research*, 1(2), 75-87.