

## IMPORTANCE OF YOGA AND MEDITATION IN MODERN AGE

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### **Abstract:**

*Meditation and Yoga have a unique general significance in the ancient Indian culture and tradition. From time immemorial sages and saints have from time to time emphasized the importance and necessity of yoga and meditation. The present research paper reflects on the importance of yoga and meditation in today's modern life.*

**Keywords:** stress, pandemic, Health, meditation, yoga

### **Introduction:**

At present, many people are experiencing mental stress along with work stress. The stress is relieved when each task is completed but what about mental stress? Have you thought about it maintaining good mental health is just as important today? In it, you sit in one place and work for hours while working from home. Therefore, mental stress is felt more. After lunch at the office, you go for a walk on campus or even go for a different atmosphere for tea and coffee. It is natural to feel lonely and uncomfortable as there is nothing you can do about it right now. Yoga is an accurate treatment of many physical and mental ailments. Yoga brings together physical and mental disciplines that can help us achieve peace of body and mind. It helps you reduce stress and anxiety. Yoga has many styles and forms. Hatha yoga in particular can be a great option for stress management. Hatha is one of the most common styles of yoga and beginners will love its slow, fast, and easy movements. But most people can benefit from any style of yoga. Yoga unites our mind, body, and soul. But whether you use yoga for spiritual

transformation or stress management and physical well-being, the benefits are innumerable. Feelings of intimacy can also be found. The nationwide outbreak of the corona virus has worried us all, and the lockdown is likely to lead to more mental problems such as stress and anxiety. Everyone is at home because of the ongoing lockdown. Trade, government agencies, private offices are closed. So many hands do not work. Many are facing financial difficulties due to a lack of employment. In the lockdown, many families are stranded elsewhere. Yoga is an elixir that helps both the body and the mind to get rid of the symptoms of anxiety and depression for the mentally disturbed citizens for some reason. This research paper sheds light on how yoga and meditation are beneficial in reducing the stress and anxiety.

### **Pranayam:**

Pranayama is a part of yoga and involves various methods of breathing. The purpose of pranayama is to stimulate, transmit, regulate, and balance the life force in the body. These processes depend on nasal breathing. Breathing is an important part of our lives. Properly covered, it will withstand plenty of adverse conditions. The practice of pranayama in yoga controls your breathing and balances your body and mind. For a healthy life, you can do this pranayama on an empty stomach at any time of the day. Life flows through the thousands of subtle energy paths that we call 'Nadi' and through the energy centers, which we call 'Chakra'. One's 'state of mind' depends on the quantity and quality of the transmitting soul as well as how it communicates through the pulse and the chakras. If the level of life is high and

its flow is continuous, light, and slow, then its mind remains calm, positive, and energetic. Due to lack of knowledge and lack of awareness about breathing, partial as well as a complete obstruction between the pulse and chakras of all normal individuals can cause his breathing to be jerky as well as incomplete. It can lead to increased anxiety, fear, uncertainty, stress, conflict, and other negative qualities.

### **Kapalbhati Pranayama:**

The Sanskrit word 'Kapalbhati' means - Kapal = forehead and Bhati = energetic, light. That is the technique of pranayama that sharpens the intellect. This technique helps to keep both body and mind in balance. In this type of pranayama, 80% of toxins are expelled from our body through exhalation. The regular practice of Kapalbhati makes your intellect sharp and sharp. This type produces energy in the internal organs of the body. This can be especially beneficial for diabetics. Also, regular craniotomy improves metabolism and helps in weight loss. It improves blood circulation, brightens the face.

### **Bhasrika Pranayama:**

In Bhasrika Pranayama, the breath is inhaled and exhaled rapidly. This type increases the energy level in the body. The benefit of this pranayama is that it gives energy to the body and removes obstructions in the nose, throat, and sinuses. This type of pranayama can also be beneficial in stomach ailments, indigestion, and gas. Rapid exhalation frees the air cavity in the stomach and intestines.

### **Shitli Pranayama:**

The Sanskrit word Shitli means cold. Shitli is a type of pranayama that cools your body. In cold pranayama, the air is inhaled through the mouth and exhaled through the nostrils. Breathing through the tongue cools the body and relaxes the central nervous system. This type of pranayama can reduce colic, fever, bleary

disorders as well as irritability. This type of routine also controls high blood pressure.

### **Nadi Shodhan Pranayama:**

In Nadi Shodhan Pranayama, it is possible to balance the left and right brain by breathing alternately through the left and right nostrils. This has to do with the rational as well as the emotional side of your personality. It is a form of pranayama that clears the airways and improves blood circulation. This prana improves the amount of oxygen and carbon dioxide in the body. As a result, impure blood is drained and pure blood is supplied to the body. It also helps maintain balance in body temperature.

### **Ujjayi Pranayama:**

In this mode breathing slowly calms the mind. Slow breathing activates the limbic and pituitary processes in the body. Which helps to deal with problems like anxiety, worry, stress, depression? Apart from this, Ujjayi Pranayama is also beneficial for headaches and sinus ailments. This type is beneficial in relieving anxiety, worry, and improving the digestive system.

### **Anulom Vilom:**

According to the advice of Sri Sri Ravi Shankar, the founder of Art of Living, Anulom Vilom is a form of pranayama that purifies the mind and provides immediate relief from stress. This type protects the organs and strengthens the nervous system. The lungs become healthy and the whole body is supplied with abundant oxygen so that the body gets internal cooling. Practicing this pranayama regularly also relaxes the nervous system.

### **Bhramari Pranayama:**

Bhramari Pranayama is named after the black beetle in India. This is because in this mode when you exhale, you hear a humming sound

like a beetle. This pranayama is a boon for those with high blood pressure. It also relieves anxiety and worries quickly and relaxes the mind. Bhramari pranayama helps you with headaches like migraines. This type of regular exercise helps control blood pressure. It also improves memory and concentration.

### **Suryabhedan Pranayama:**

In this, the air is taken from the right nostril to the lungs and released through the left nostril. This type helps to keep the whole physical activity active and efficient. It also cures diseases caused by an insufficient supply of oxygen in the blood. This type cleans the nose and destroys the germs in the stomach.

### **Few asnas for stress relief:**

#### **Surya Namaskar:**

If you greet the sun every day, many of your ailments will go away along with staying fit. If you have a problem with stress, saluting the sun at least twice a day will reduce mental stress. Because the sun mask has many benefits. Daily sun salutation increases the concentration of the mind. It also increases the elasticity of the body, brightens the skin, strengthens the bones, increases digestion, and relieves stress in the head.

#### **Tadasana:**

The style of the body during Tadasana is like rigid, that of a palm tree, hence the name is Tadasana. Tadasana is done standing up straight. Keep your toes parallel and your arms straight at your waist. Then slowly bring the arms up to the shoulders and stand on the lower legs while carrying them over the head. Then move the paws in the opposite direction and keep the neck straight and stand in the same direction again.

#### **Bhujangasana:**

In this asana, the body shape becomes like a snake, that is, this asana is called Bhujangasana.

Sleep on your stomach first. Connect both legs. The chin should be touch on the floor. The corners are bent at the waist. Now slowly lift the upper part of the waist as high as possible with both hands. Look up at the sky. If you put the heel of one foot on the seam and keep the other leg straight from the knee to the knee, then you will see a gomukhasaddhya figure. Gomukh is the mouth of a cow. In this asana, the structure of the feet like Goumukha and the steps look like her ears, hence the name Goumukhasan. This asana is mentioned in both Hatha Yoga Pradeepika and Gherand Samhita.

#### **Shavasana:**

A corpse is, of course, a corpse. Breathing is like making your body looks dead. In this asan, lie on your back side and keep some distance between your legs. The toes should be on the outside and the heel on the inside. Both hands should be six inches away from the body. Keep your hands free. The neck should be straight and the eyes should be closed. Leave the whole body loose. Then focus on the breath and attention on inhaling and exhaling. At the same time feel slight warmth while exhaling, feel it too. Then focus on the chest and navel, respectively. Count the numbers in reverse order from one hundred to one in mind. If you make a mistake in counting the numbers, start again from the hundred. this asana is very useful in this pandemic situation.

#### **Meditation:**

Meditation having many benefits for your body, mind and soul. The relief from meditation is many times greater than the relief from deep sleep, deeper the relaxation, the more dynamic your work. There are two important benefits of meditation. Resistance to stress from entering your body-mind system and Helping to relieve stress in your body-mind system You get both benefits at the same time and they keep you refreshed and happy. Some benefits of meditation in modern age are

- **Stability and Harmony of Emotions:** Meditation brings inner purity and nourishment on a mental level. Meditation helps to calm the mind whenever our emotions are aroused, we feel mental instability, and emotions are exaggerated.
- **Harmony with all creation:** When you meditate, your mind is filled with the vastness of the sky, peace and joy, and these are the things you spread in the atmosphere and create harmony in creation.
- **Personality -development:** If we give place to meditation in daily life, the soul develops, and gradually develops and experiences what is pure consciousness. When the soul develops and expands, the turmoil in life becomes negligible. Feelings of anger and frustration become fleeting. You start living in the present and look at things from the past with a "done is gone" look.
- **Individual Transformation:** Meditation can bring about real personal transformation in you. When you begin to understand more about yourself, naturally the curiosity to know the secret of life, the secret of the universe, increases. And then the question "What is the meaning of life? What is the purpose of life? What is the world, what is love? What is knowledge?"

### **Conclusion:**

Yoga is indeed an integral part of Indian culture and along with history, yoga has also seen changes. So let's really be a part of India and adopt yoga for the betterment of body and soul. In modern age People who are under stress are advised to include not only medical treatment and meditation but also yoga which is very

useful in relieving stress to restore their lives. Yoga is an ancient technique that works on both body and mind and is very effective in recovering from trauma. It is very useful to practice yoga for good physical and mental health. This practice is to be done spontaneously, voluntarily. , Pranayama is all that comes before our eyes, but the scope of yoga practice is very large. These include prayers, supplementary exercises, asanas, pranayama, mudra, bandha, purification, holding, yogic diet, etc. Yoga and meditation not only develops the body but also the mind. Positive thoughts are created in the mind and mental stress is reduced.

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