



Yoga education for enhance quality of life

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Abstract

We all want to live a peaceful, healthy life, but it is not possible for various reasons like physical, mental, social problems. In this study, I have focused on how yoga education helps to improve youth's quality of life. Because at present, the youth are leading the way in degrading their quality of life, which will hinder us to build a better society, so it's necessary to improve their quality of life. Now the popularity of yoga education is gradually increasing. The pillars of yoga education are Patanjali Yoga sutra, Bhagavad Gita, Hatha Yoga, and Upanishad. The verses of the texts are very important if it is possible to transmit scriptural thoughts among the youth, then surely their standard of living will improve and peaceful society will be formed.

Keywords: quality of life, yoga education

Introduction

Quality of life is a multidimensional concept; The World Health Organization (WHO) defines quality of life as individuals' "perception of their position in life in the context of the culture and value systems in which they live, and in relation to their goals, expectations, standards, and concerns." [1]. Quality of life determined by various factors; like Income, Health, Education, Social interactions, Economic security and physical safety, Governance and basic rights, Living environment [2]. We all want to enhance our quality of life, but that's so difficult to achieve in the 21st century. Every day new problems are arising which are degrading our quality of life, such as physical problems, mental problems, social adjustment problems, or so many other problems. These different types of problems are constantly stuck in our lives and as a result our quality of life has gradually deteriorated. At present, the quality of life of the youth is also declining due to lots of pressures of youth like educational pressure, career-building pressure, physical problems and social pressure. These pressures are making their lives miserable and causing various psychosomatic disorders. Now the question is how to improve the quality of life of the youth. Quality of life is not scientifically measurable it is very subjective to the individual depending on their experiences, life satisfaction. Yoga is one of the valuable philosophies in India. Its main goal is to unite the body and mind, through different activities like Astanga yoga, Hatha yoga, Jnana yoga, Bhakti yoga. In ancient times, the yogic lifestyle was closely associated with the daily life of all people. Now again we realize the importance of yoga, therefore various institutions in India have started yoga education programs. Yoga education is an education that develops the youth physically, mentally, socially and spiritually. To know how this is possible, we need to know the content of yoga education.

Various Yoga Education program & Related Content

Yoga education is now being taught in various institutes in India and outside India through various courses like Certificate course, BA, B.Sc, PG Diploma, Masters, and

Ph.D. All these courses include various subjects like Yoga Darshan, Samkhya Darshan, Bhagavad Gita, Ayurveda, Anatomy physiology, Yoga therapy, and Practical's (asana, pranayama, mudra, bandha, kriya). All these subjects and activities help to strengthen the students physically, Mentally, socially and spiritually.

The objectives of the article: To understand the importance of yoga education for developing the quality of life.

Yoga Education for Physical, Mental, Social and Spiritual development

Swami Kuvalayananda defines "Yoga has a complete message for humanity, it has a message for the human body, it has a message human mind, and it also has a message for the human soul".

Yoga is called practical philosophy because in the yoga philosophy *Maharshi Patanjali* mentions various ways by which we can improve ourselves physically, mentally, socially and spiritually. The Rajayoga, Hathayoga, Bhagavad Gita plays an important role in this regard which improves our quality of life.

Role of Rajayoga & Yoga Darshan for developing quality of life

Raja Yoga is the Royal Path ("Raja" means king), the yoga of meditation. Its focus is to quiet the mind. Raja yoga practitioners aim to establish "a mental link with the supreme source of all spiritual energy and power, the supreme soul, with the purpose of freeing the individual soul from misery, pain, fear, illness, phobias and enabling the soul to experience peace, happiness, prosperity [3]. Rajayoga is also called Astanga Yoga, it refers to the eight-limbed paths described by Patanjali in the Yoga Sutra and its eight paths are Yama, Niyama, Asana, Pranayama, Prathyara, Dharana, Dhyana, and Samadhi. Among these limbed, the Yama and Niyama are further divided into five, such as the five Yamas are ahimsa (non-violence), satya (truthfulness), asteya (not stealing), brahmacharya

(moderation) aparigraha (not hoarding), and the division of the niyama referring to self-restraints or personal ethics, which include saucha (purity), santosha (contentment), tapas (austerity), svadhyaya (self-study) and Isvara pranidhana (surrender to higher consciousness). If we obey or try to obey all the Yama and Niyama properly in our lives, then we will be able to improve ourselves from the inside and outside. On the other hand, Asanas, Pranayama, Prathyara, Dharana, Dhyana, Samadhi, plays an important role in improving the physical and mental strength as well as the spiritual. For this reason, the practice of Rajayoga plays an important role in improving the quality of life.

In the verse, no 1:33 Maharshi Patanjali has mentioned how we can keep our mind prasadamaya or blissful मैत्री करुणामुदितोपेक्षाणां सुखदुःखपुण्यापुण्यविषयाणां भावनातश्चित्प्रसादनम् ॥

मैत्री (friendliness)	←→	सुख (happy)
करुणा (helpfulness)	←→	दुःख (misery)
मुदित (gladness)	←→	पुण्य (virtuous)
उपेक्षाणां (indifference)	←→	अपुण्य (non-virtuous)

This kind of thinking changes our mental state. Therefore, if we change our mental state, there is no doubt that we can improve our quality of life.

Role of Hathayoga for developing quality of life

Sri Adinath is said to be the creator of Haha Yoga and this tradition of yoga propagated through guru-disciple tradition like from Adinath to Matsyendranath, Matsyendranath to Gorakshanath. We get a clear knowledge about Hatha Yoga from various Hathayogic texts like Hathapradipika (HP), Gheranda Samhita, Hatharatnavali. The purpose of Hatha Yoga is to make the body healthy, strong, and long-lived. The idea of Hatha Yogi is that the body needs to be controlled in order to master any power. The ultimate goal of Rajayoga and Hathayoga is the same.

The precondition of sadhana is to keep the body healthy "शरीरमाद्यं खलु धर्मसाधनम्" the meaning of it this body is surely the foremost instrument of doing good deeds, if the body and mind are not healthy, it is not possible to do any worldly or spiritual work properly [4]. This is why hatha yoga has given more importance to asana, pranayama and mudra. The Hathapradipika has mentioned some rules before starting yoga practice, such as the right place which is away from all distractions, Sadhak and Badhak tattva which is so essential for maintaining our good quality of life. Badhak Tattvas are अत्याहारः प्रयासश्च प्रजल्पो नियमग्रहः । जनसङ्गश्च लौल्यं च षड्भिर्योगो विनश्यति ॥ HP 1:15॥ excessive eating food, overexertion, talkativeness, urge to follow rules, more public contact and wavering attitude, these six elements decrease our quality of life and उत्साहात् साहसात् धैर्यात् तत्त्वज्ञानाच्चनिश्चयात् । जनसङ्गपरित्यागात् षड्भिर्योगः प्रसिद्ध्यति ॥ HP 1:16॥ enthusiasm, courage, patience, realization, determination and abandoned public contact these six are facilitating factors which are very important in improving our quality of life. The Hatha yoga texts have also placed a lot of emphasis on Mitahara, which means "moderate diet". The concept Mitahara has described in

Hathapradipika सुस्निग्धमधुराहारःचतुर्थांशविवर्जितः । भुज्यते शिवसंप्रीत्यै मिताहारः स उच्यते ॥ 1:58॥ that means the food consume which is agreeable and sweet and leave one-fourth of the stomach for air circulation and for the digestive process, this process will help keep us physically and mentally fresh. The Shiva Samhita is an important text of hatha yoga which is mentioned in the verse 3.20 and 5.24 mitahar is required for holistic health [5]. The Hatha Yoga text also mentions various other techniques that keep our body and mind healthy and develop the quality of life like shatkarma (inner body cleansing), pranayama (breathing techniques), mudra & bandha. Six inner body cleansing are dhauti (cleanse teeth and body), basti (cleanse bladder), neti (cleanse nasal passages), trataka (cleanse eyes), nauli (abdominal massage) and kapalabhati (cleanse phlegm). Pranayama is also one of the important practices of Hatha yoga. It is a breathing technique done in several ways, inhaling (puraka), holding (kumbhaka) and exhalation (rechaka) for a period. This breathing technique is so important because in the verse no HP-2:2 mentioned that चले वाते चलं चित्तं निश्चले निश्चलं भवेत् । योगी स्थाणुत्वमाप्नोति ततो वायुं निरोधयेत् ॥ that means when prana moves, chitta (the mental force) moves, when prana is without movement, chitta is without movement. By the steadiness of prana, a yogi attains steadiness [6, 7]. So pranayama help to keep ourselves mentally strong and steady. Different types of mudras and bandhas are also very important in increasing our level of energy.

Role of Bhagavad Gita for developing quality of life

As mentioned earlier physical, mental and social problems affect our quality of life. But we should know what the root cause of all these problems. If we go through the different scriptures then we will be able to understand about the root cause of all these different problems. One of the important scripture is the Bhagavad Gita from which we get proper idea in this aspect. Verse 62 and 63 of the second chapter of the Bhagavad Gita is mentioned ध्यायतो विषयान्मुंसः सङ्गस्तेषूपजायते । सङ्गात् संजायते कामः कामात्क्रोधोऽभिजायते ॥ 2.62॥ When people think about the things of the senses, they become addicted to it, lust arises from addiction and anger arises from desire. क्रोधाद्भवति संमोहः संमोहात्स्मृतिविभ्रमः । स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥ 2.63॥ Anger leads to delusion, from delusion memory get clouded from clouding memory the intellect get destroyed, when the intellect goes one is ruined. In this way our lives gradually move forward on the path of destruction. However, the Bhagavad Gita also mentions how we can lead our lives in the right path. विहाय कामान्यः सर्वान्पुमांश्चरति निःस्पृहः । निर्ममो निरहंकारः स शांतिमधिगच्छति ॥ 2.71॥ This verse has been said that we need to give up all material desires greediness, proprietorship, and egoism then we will be able to get perfect peace. Verse no 6:17 of Bhagavad Gita is very important in the aspect of quality of life युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु । युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ This means that proper eating, recreation, balanced in work, exercise, effort and pure sleep are very important to cure our suffering and improve our quality of life. Food plays a big role in keeping our body healthy and mind fresh. Nowadays one of the big reasons of various diseases is consume low quality and unhealthy food. Therefore, what kind of food we

should eat that is also mentioned in this yoga shatra
 आयुःसत्त्वबलारोग्यसुखप्रीतिविवर्धनाः। रस्याः स्निग्धाः स्थिरा हृद्या
 आहाराः सात्त्विकप्रियाः॥ 17.8॥ we should always eat juicy,
 nourishing, and tasteful food which really enhances person's
 life span, increase virtue, strength, health and happiness [8,9].
 On the other hand we have to give up
 कट्वम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः। आहारा राजसस्येष्टा
 दुःखशोकामयप्रदाः ॥ 17.9॥ Food that is too bitter, sour, salty,
 very hot, pungent, dry and burning, these qualities of food
 are causing pain, sorrow and disease [8, 9]. So we need to
 follow the various instructions and philosophical thoughts of
 Bhagavad Gita for the transformation of our life.

Conclusion

Now the big challenge is to keep our quality of life appropriate. But we must accept this challenge. If we can change our thinking, ahara, vihara, then we will be able to change the quality of life. Already mentioned that what kind of thinking, ahara, vihara we need to follow. Therefore, if we can integrate the various verses of Scripture into our lives then we will surely be able to make our lives more beautiful. That is why today it is necessary to inculcate the culture of yoga among the youth through yoga education to improve their quality of life.

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