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Review Article

### APPLICATION OF ASTANGA YOGA IN 21<sup>ST</sup> CENTURY IN VIEW OF SOCIAL HEALTH

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#### ABSTRACT

*Yoga* is a science, science of well-being, science of youthfulness, science of integrating body, mind and soul and also beneficial to social health. Indicators of social health include the rates of crime, rape, murder, theft, drug abuse etc.

Following of *Yama* results in decrease of murders, theft, rape cases and increases Truthfulness, Social Harmony, Trust, Internal happiness. Following *Niyama* results in driving out vices like Anger, Greed, increases discipline, intelligence, social acceptance and feeling of self satisfaction and positive attitude. If all these qualities a person acquires then his role in a society will be positive and he will be beneficial to society and can be considered as socially healthy. If *Asana* and *Pranayama* is being done daily then there will be physical health, increasing the capacity to do work, resulting in increase in per capita income and finally resulting in good social health. *Pratyahara* and *Dharana* will improve the mental health in turn social health will be improved. *Dhyana* and *Samadhi* will improve the spiritual dimension of health resulting in improvement of social health.

A study of 604 inmates of Taipei Too-Chen Detention Center, and Taichung Detention Center in Taiwan The study revealed that the inmates who had undergone the yoga and Meditation program reported calmer minds, and a general feeling of well-being. Over half of the group reported a reduction in negative emotions.

A person is said to be socially healthy, when he is accepted, respected and loved by all in the family, by his friends, relatives, friends, neighbors, colleagues and others. This can be achieved by practicing *Astanga Yoga*, which will help in achieving each and every aspect of social health and also even the other dimensions of health.

**Keywords :** Yoga, Application, Social, Health, 21<sup>st</sup> Century.

#### INTRODUCTION

Yoga is a perfect practical system of self-culture. Yoga is an exact science. It aims at the harmonious development of the body, the mind and the soul. Yoga is the turning away of the senses from the objective universe and the concentration of the mind within. Yoga is eternal life in the soul or spirit. Yoga aims at controlling the mind and its modifications. The path of Yoga is an inner path whose gateway is your heart<sup>1</sup>.

Yoga is the discipline of the mind, senses and physical body. Yoga helps in the co-ordination and control of the subtle forces within the body. Yoga brings in perfection, peace and everlasting happiness. Yoga can help you in your business and in your daily life. You can have calmness of mind at all times by the practice of Yoga. You can have restful sleep. You can have increased energy, vigor, vitality, longevity and a high

standard of health. Yoga transmutes animal nature into divine nature and raises you to the pinnacle of divine glory and splendour<sup>2</sup>.

Yoga is a word from the ancient sanskrit language that means union, the attainment and merger of the individual human consciousness with the cosmic consciousness. The word Yoga is also used to describe the different Yogic techniques employed the different disciplines that are used to facilitate the awareness and experience of body, mind and spirit integration. Whereas health according to WHO, the health should include Physical, Mental, Social and spiritual well being<sup>3</sup>.

Yoga has for thousands of years had a holistic understanding of the Human being, its subtle physiology and the connection between mind and body. The vast philosophies and disciplines of Yoga have remained essentially the same for thousands of

years. Currently western science is exploring the benefits of Yoga and its effects on mind and body with keen interest. Scientific research has been expanding at a modest rate for at least the last three decades<sup>4</sup>.

Yoga views the Human body as a composite of Mind, Body, Spirit and supplies unique techniques that create a harmony between these increasingly more refined aspects of our total personality. One of the yogic models used to describe, what constitutes the human beings total personality is known as the Pancha Kosha (five sheaths or bodies) theory. The five body theory can be experienced through awakening of the major chakras, Sushumna and Kundalini i.e. Yoga<sup>5</sup>.

Health is a state of complete physical, mental and social, spiritual well-being and not merely the absence of disease or

infirmity. A person is said to be socially healthy, when he is accepted, respected and loved by all in the family, by his friends, relatives, friends neighbors, colleagues and others. Indicators of social health and mental health include the rates of crime, rape, murder, theft, drug abuse etc. Socio economic indicator is Per capita income<sup>6</sup>.

### DISCUSSION

Yoga is not a religion. It is a science, science of well-being, science of youthfulness, science of integrating body, mind and soul and also beneficial to social health. The Astanga Yoga is said below along with its meaning<sup>7</sup>:

Yama	Behavior- interactions
Niyama	Behavior- individual
Asana	Posture
Pranayama	Breathing
Pratyahara	Withdrawal of senses
Dharana	Concentration
Dhyana	Effortless now
Samadhi	Complete absorption

#### ROLE OF ASTANGA YOGA IN SOCIAL HEALTH

YAMAS	INITIAL EFFECT	FINAL RESULT
Ahimsa	No murders	Social Harmony
Satya	Truthfulness	Trust Will Increase
Asteya	No Theft Cases	Internal Happiness
Brahmacharya	Reduction In Rapes	Sexual Crime Reduced
Aparigraha	No Greed	Socially Healthy

If a person will not follow these rules then he can do social crimes and can be considered socially ill. These rules make him a socially healthy person and he can be beneficial to society.

#### NIYAMA:

Shaucha: it is of two types external and internal. Santosh: it means the absence of desire to possess more of the necessities of life than are necessary for its preservation. Tapa: it is the

capacity to face all odds and difficulties in the performance of righteousness. Swadhyaya: it means study of scriptures, other religions literature, etc. Ishwarpranidhan: it means total dedication of all thoughts and actions to the supreme<sup>8</sup>. If all these qualities a person acquires then his role in a society will be positive and he will be beneficial to society and can be considered socially healthy.

NIYAMAS	EFFECTS
Shaucha	Driving out all vices like Anger, Proud, Greed
Santosh	If person is satisfied then he will not except bribe and it will reduce corruption
Tapa	Social acceptance Will increase
Swadhyaya	Person will be involved in positive things
Ishwarpranidhana	Person will do noble works.

#### ASANA & PRANAYAMA:

ASANA & PRANAYAMA	IMPROVES	BENEFICIAL FOR	RESULTS IN
Bodily posture, breathe control	Physical health	Family & society	per capita income will be increased

If per capita income of a country will improve, the living standard like basis infrastructure for living etc will improve hence in return it will improve the Social Health of the country.

**PRATYAHARA & DHARANA:**

Sense control and concentration improves mental health.

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community<sup>9</sup>.

PRATYAHARA & DHARANA	IMPROVES	RESULTS IN
Sense control & concentration	Mental health	Social health

**DHYANA & SAMADHI:**

DHYANA & SAMADHI	IMPROVES	RESULTS IN
Meditation & absorption into the universal	Spiritual health	Social health

**RESEARCH WORKS:**

Recent medical studies indicate that spiritual people exhibit fewer self-destructive behaviours (suicide, smoking, and drug and alcohol abuse, for example), less stress, and a greater total life satisfaction and hence achieving social health<sup>10</sup>.

Yoga in Tihar jail was undertaken and final result was Reduction of stress, decrease in future criminal acts by the participants, enhancement of social relations among them. A study of 604 inmates of Taipei Tu-Chen Detention Center and Taichung Detention Center in Taiwan. The study revealed that the inmates who had undergone the yoga and Meditation program reported, calmer minds, and a general feeling of well-being. Over half of the group reported a reduction in negative emotions such as anger, depression, and fear. The program had benefits in people with destructive mindset, and resulted in sustained reductions in smoking, drinking, and alcohol abuse<sup>11</sup>.

**CONCLUSION**

A person is said to be socially healthy, when he is accepted, respected and loved by all in the family, by his friends, relatives, friends, neighbors, colleagues and others. Indicators of social health include the rates of crime, rape, murder, theft, drug abuse etc.

This can be achieved by practicing *Astanga Yoga*, which will help in achieving each and every aspect of social health and also even the other dimensions of health. *Yoga* is a science, science of well-being, science of youthfulness, science of integrating body, mind and soul and also beneficial to social health.

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