

## **Yoga & its Components**

**Objectives:** At the end of this lesson you shall be able to

- state the origin of yoga
- define yoga and its components
- explain the benefits of yoga
- state the precautions while performing yoga.

### **Describe the purpose of Yoga**

The word "Yoga" has been derived from the word "Yuja". It means "to join", "joining two things" is known as yoga. Examples of yoga.

- 1 Joining Prana and apana.
- 2 Joining shakti and shiva.
- 3 Joining soul with God.
- 4 Joining moon with sun.

### **Definition and components of Yoga**

Some very important definition of yoga

- 1 Yoga is a physical, mental and spiritual practices. The term yoga can be derived from the word "Yuja" which means union, becoming one. Thus the union of body and mind is called yoga.
- 2 According to Patanjali yoga is defined as "Yoga chitta vritti nirodha" meaning that control of mind is yoga.
- 3 Shri Vyas has written, "the meaning of yoga is Samadhi".

The aim of man is to achieve all the comforts of life and to make the living soul one with god so that it may get rid of the cycle of births. Death and rebirths and attain salvation.

### **Components of Yoga**

Patanjali rishi has told eight components of yoga :

- Yama
- Niyama
- Asana
- Pranayam
- Pratyahar
- Dharna
- Dhyana
- Samadhi

### **Benefits of Yoga**

- 1 Yogasana improve our resistance power against disease and do not allow any external matter to accumulate in the body
- 2 Increases the blood circulation and lowers the blood pressure
- 3 Yogasanas increase the elasticity of our body and make the body more supple and active
- 4 Asanas improve mental power and help in controlling the sense organs
- 5 Yogasanas help to increase the blood purification.

### **Precautions while performing Yoga**

- 1 Always yogasanas should be done in the morning and evening also if the stomach is empty
- 2 The place of asanas must be clean and peaceful and performance should always be given to a place which is open from all sides.
- 3 Yoga mat, dhoti or a blanket should be spread on the ground. This would protect you from the small stones
- 4 Yogasanas are a non-violent activity. No jerks should be given to the body while doing them.
- 5 Always increase your practice of asanas gradually.
- 6 A yoga practitioner is required to pay due attention to his food also. The food should be light, easily digestible, natural as far as possible and satvic
- 7 People suffering from fever or chronic disease should not do asanas.
- 8 Asanas should not be practised during menstruation period.
- 9 Begin with easier asanas. Do not start all the asanas at the very start.
- 10 At the end of the asanas you must do savasanas for some time. You will be able to get full advantages of the asanas only when you give some rest to your body by doing savasanas.

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## Yogic Diet

**Objectives:** At the end of this lesson you shall be able to

- **define yogic Diet**
- **explain the importance of yogic diet**
- **explain the benefits of yogic diet.**

### Definition of Yogic Diet

Yogic diet is also known as satvic diet. It is a diet based on foods that according to yoga are strong in sattva guna. A yogic diet is a food that gives life, strength, energy, courage and self determination.

### Importance of yogic diet

- 1 Providing energy to the body and mind, increase the resistance power of the body and to develop the mind. Fresh food gives lightness, happiness, joyfulness and increases intelligence. The food should be suitable for the mind, body, intelligence and soul.
- 2 It helps to promote inner calmness and harmony between the body and mind, whilst eating meat has been linked with inner tension, anger, disharmony and an increase in desires. Vegetarianism is the basis of a sattvic diet.
- 3 Yogic Diet not only help to achieve both physical and mental balance, bringing peace and well being but also keep digestive system of human body which is one of the most important systems in the body and links all the other systems together. A poor digestive system is the core problem to many health conditions. It is affected not just by what we eat but also by our emotions. An awareness of the digestive processes

and the choices we make in eating can help to achieve both physical and mental balance, bringing peace and well being.

- 4 Hence it is obvious that Food is seen as a carrier of the life force called prana and is judged by the quality of its prana and by the effect it has on our consciousness.

- 5 Don't eat unless you are hungry

### Types of Diet

#### Diet is of three kinds:-

- 1 **Sattvic diet:** This food renders the mind pure and calm
- 2 **Rajasic diet:** This food excites passion
- 3 **Tamasic diet:** This food fills the mind with anger.

### Benefit of Yoga Diet

- Yoga Diet provides harmonious development , physical , mental & Spiritual
- Yoga Diet increases efficiency , Stamina, virm and vigour.
- Yoga Diet keeps us always healthy, and fresh.
- Yoga Diet is a easy digestion process which increase resistance power of the body

Following are the type of foods classified as under:-

SATTVIC		RAJASIC	TAMASIC
Cow's milk, Cream, Cheese, Butter, Curd, Ghee, Sweet fruits, Apples, Bananas, Grapes, Papaya, Pomegranates, Mangoes, Oranges, Pears, Pineapples, Guavas, Figs, Vegetables, Coconut, brinjals, potatoes, Cabbages, Spinach, Tomatoes.	Cucumber, Pumpkin, Cauliflower, Lady's finger, Peaches, Almonds, Pistachios, Raisins, Wheat, Red rice, Dates, Unpolished rice, Barley, Oat-meal, Dried peas, Sugar-candy, Green gram, Bengal gram, Green pulse, Groundnut, Cereals, Dried ginger, Myrobalan, Lemon, Honey, Charu	Fish, Eggs, Meat, Salt, Chillies, Chutney, Asafoetida, Pickles, Tamarind, Mustard, Sour things, Hot things, Tea, Coffee, Cocoa, Ovaltine, White sugar, Carrots, Turnips, Spices.	Beef, Pork, Wine, Onions, Garlic, Tobacco, Rotten things, Stale things, Unclean things, Twice cooked things, All intoxicants, All liquors, All drugs.

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