

YOGA FOR HEALTHY AND QUALITY LIFE- A REVIEW

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ABSTRACT

The term 'Yoga' is originated from the Sanskrit word 'yug' which means "to join". It signifies union between the individual soul (jivantma) and the universal soul (parmatma). It aims to get relief from pain and sufferings. Yoga is a way of attaining perfect health by maintaining harmony and achieving optimum functioning on three levels mainly physical, mental and spiritual through self-control. Yogic Kriyas, Asanas and Pranayama constitute the physical basis of yoga. Yogsadhna promote inner health and harmony and it helps to prevent and cure many common ailments and eliminate physical, mental and emotional tensions.

KEYWORDS: Yoga, Yogic Practices, Asanas, Exercise