

# A Qualitative Study on the Yogic Practice in the Present Era

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## Abstract:

Nowadays, where stress, anxiety, closed lifestyles, and mental health challenges have become increasingly prevalent, yoga has emerged as a crucial way for achieving holistic well-being in our lives. Yoga in daily life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused, and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. Physical health is not health without mental health; both are the two sides of the same coin for a human being. Without man, society is inactive. On the other hand, the human mind and body are inactive or crippled without the well-being of mental health. In the ultramodern era, where men are engaged with technology and dependent on machines that can be made by humans to fulfil their needs for the development of society, human nature is always habituated by the practices of daily activity. In this condition, man is practically a human being, but naturally, they would be an artificial machine day by day. In this paper, the researcher explores how yoga helps a man develop properly as per the social as well as psychological needs, which are added to the connection between the human soul and the universe that can be achieved by the realisation of own self. So, yoga is a connection tool or techniques to develop men into active or pure human beings, which is a way to build a balanced personality. The researchers conclude that yoga is used to gain balance and control of one's life. The practice of yogic exercise aims at overcoming the limitations of the body in the present context of our life.

**Keywords:** Yogic Practices, Physical, Mental, Spiritual, Social, Holistic, Personality.

## Introduction

The conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types of yoga, each having its distinct emphasis regarding the relative content of physical postures and exercises (asanas), breathing techniques (pranayama), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness.

In an ultramodern age where artificial intelligence shapes conversations, digital devices dominate attention spans, and rapid urbanisation redefines lifestyles, the ancient wisdom of yoga has never been more vital. Nowadays, where stress, anxiety, closed lifestyles, and mental health challenges have become increasingly prevalent, yoga has emerged as a crucial way for achieving holistic well-being in our lives. Yoga in daily life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear,

focused, and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. Physical health is not health without mental health; both are the two sides of the same coin for a human being. Without man, society is inactive. On the other hand, the human mind and body are inactive or crippled without the well-being of mental health. In the ultramodern era, where men are increasingly engaged with technology and dependent on machines that can be created by humans to fulfil their needs for societal development, human nature is often shaped by the practices of daily activity. In this condition, man is practically a human being, but naturally, they would be an artificial machine day by day.

In the ultramodern era, yoga serves not only as a counterbalance to the pressures of modern life but also as a bridge between ancient wisdom and contemporary health needs. Scientific research increasingly supports the benefits of yogic practices in managing stress, improving mental health, and promoting overall quality of life. While low stress levels create a positive impact, higher ones adversely affect the functioning of all organs and systems in the organism and may lead to various diseases. It is therefore important to manage to control stress and cope with it (Marinov, Todor et al, 2017)

### **Review of Related Literature**

Shrestha, Suman Kumar et al. (2024) explored the influence of geographical contexts on the practice and benefits of yoga. The research highlights how the climate influences different yoga asanas and how the time of day affects the focus of yoga sessions. They used qualitative descriptive methods, including interviews, to find out the influences of yoga practices in Kerabari Municipality, Nepal. They find out that yoga practices are interconnected with both cultural and environmental factors.

Ross Alyson et al. (2013) conducted A Qualitative Analysis of How Yoga Affects Relationships. The main objectives of the study are to develop a better understanding of how yoga practice affects one's interpersonal relationships. The content analysis was used to qualitatively analyse written comments (n = 171) made regarding yoga improving interpersonal relationships in a large cross-sectional survey of yoga practitioners (N = 1,067). The findings of the study are that yoga practice leads to personal transformation, increases social interaction, provides coping mechanisms to weather relationship losses and difficulties, and leads to spiritual transcendence. Practitioners believed that their interpersonal relationships improved because their attitude and perspective had changed, making them more patient, kind, mindful, and self-aware. They concluded that Yoga could be beneficial for populations at risk for social isolation, such as those who are elderly, bereaved, and depressed, as well as individuals undergoing interpersonal crises.

### **Objectives of the study**

The main objectives of the study are

- To explore how yoga helps a man develop properly, meeting both social and psychological needs.
- To explore the importance of yoga in the ultramodern age.
- To examine the physical, mental, and emotional benefits of regular yogic practice
- To promote awareness of yogic techniques for managing stress, anxiety, and lifestyle-related disorders.
- To encourage the incorporation of yoga into daily routines for holistic health and improved quality of life.

### Definition of important terms

Derived from the Sanskrit word 'yuj,' which means 'union,' yoga involves the discipline and training of both the body and mind. It offers a holistic approach to wellness, helping individuals cope with daily stress, constant worries, and health problems from a positive and aware state of mind. Practising yoga enhances mindfulness, brain function, emotional healing, and physical movement, while also encouraging flexibility and improved breathing.

**Yogic Practices:** Yoga is a mind-body practice that combines movement, meditation, and breathing. People practice yoga for many reasons, from physical fitness to spiritual enlightenment. Yoga practice is a process to maintain our physical, mental stability naturally by practising some physical postures, which are called Asanas and meditation or Pranayama

**Physical Yoga:** Physical Yoga refers to a type of yoga which is helpful to better flexibility in our body, and we practice this yoga at our convenient time without hampering our daily activities.

**Psychological yoga:** It is a way to concentrate and union to our mind in a particular task at a time, perfectly based on our ability and capability. It's not just a study of the mind but also a prescriptive science that offers techniques for personal growth and achieving a more balanced state of being.

**Yoga for Personality Development:** Yoga is an umbrella term that explores and manifests our overall essence through the practices of different types of yogic postures and pranayama, which are the motivating factors for developing a well-adjusted and balancing personality.

**Yoga for Spiritual Development:** Yoga helps to explore our inner realisation to a specific field or area, or an achievement or failure. It also helps our mind to be spiritually sound based on the individuality.

**Methodology:** This study employed a qualitative research design, utilising historical data collected from diverse sources, including articles, textbooks, literature reviews, and authentic websites.

### Multispectral Importance of Yogic Practices in the Ultramodern Era

We live in a fast-paced and digitised world. The pressure to succeed, meet deadlines, deliver high-quality work, and maintain erratic schedules has taken a toll on our physical and mental well-being. In light of this, it has become essential to create balance, develop awareness, and follow healthy habits. One effective way to achieve this is by incorporating yoga into our life. Unlike the common misconception, yoga is not a religion but a way of life. It encompasses not just postures and asanas, but also pranayamas, kriyas, meditation (dhyana), breath work, mindful living, and a healthy diet. Therefore, the advantages of yoga are manifold, extending beyond just physical improvements.

### Physical benefits of Yoga

- 1. Back pain relief:** Back pain is one of the most common health problems in the United States. Four out of five Americans will suffer from it at some point. But yoga appears to help. A 2013 meta-analysis of 10 randomised controlled trials found "strong evidence for short-term effectiveness and moderate evidence for long-term effectiveness of yoga for chronic low-back pain." The American Society of Pain urges physicians to consider recommending yoga to patients with long-term pain in the lower back.
- 2. Less arthritis pain:** Exercise has been shown to help alleviate the pain and stiffness associated with osteoarthritis; however, these symptoms can make it difficult to be active in the first place. Yoga offers a gentle form of exercise that helps improve range of motion and strengthen the muscles around painful joints.

In a 2014 study of 36 women with knee osteoarthritis, those who did yoga experienced significant improvements in their symptoms compared with women who didn't do yoga. The yoga group had a 60-minute class one day a week and then practiced at home on several other days, averaging 112 minutes of yoga a week on their own. After eight weeks, they reported a 38% reduction in pain and a 35% reduction in stiffness, while the no-yoga group reported worsening symptoms.

- 3. Yoga improves flexibility and balance:** A key part of yoga involves stretching your muscles, which can help to improve flexibility and balance. Flexibility is an important component of physical health. Yoga offers many styles to choose from, varying in intensity from high to moderate to mild.
- 4. Strengthens Muscles:** Regular practice builds core and muscle strength, increasing endurance.
- 5. Better Heart and Lung Function:** Yoga improves heart health, oxygenation, and reduces the risk of cardiovascular diseases.
- 6. Boosts Blood Circulation:** Improved circulation enhances the physical health of organs and gives skin a healthy glow.
- 7. Corrects Posture:** Yoga increases body awareness, leading to better posture and confidence.
- 8. Increases Immunity:** Consistent yoga practice strengthens the immune system, keeping diseases at bay.

#### Psychological Benefits of Yoga:

- 1. Enhances mental clarity:** Regular yoga practice can lead to sharper focus and clearer thinking.
- 2. Reduces stress:** Yoga is known for its calming effects, which can help in managing depression, stress, and anxiety.
- 3. Improves attention span and concentration:** Yoga can help to maintain mental focus in everyday life.
- 4. Promotes better sleep:** Relaxation techniques used in yoga can lead to improved sleep quality.
- 5. Boosts mood:** Regular yoga practice can lead to an increase in hormones thought to contribute to happiness and mental wellbeing.
- 6. Enhances self-awareness:** Yoga encourages you to listen to your body and mind, increasing self-awareness and promoting a deeper understanding of your emotions and thoughts.

#### Benefits of yoga for Spiritual Development

- 1. Cultivating Awareness:** Yoga enhances mindfulness and presence, helping practitioners become more aware of their thoughts, emotions, and actions. This heightened awareness can lead to better emotional regulation and a deeper understanding of oneself. By practicing mindfulness, individuals can live more fully in the present moment, appreciating the beauty and richness of life as it unfolds.
- 2. Relinquishing Control:** Through yoga, individuals learn to let go of the need to control every aspect of their lives. This acceptance can reduce stress and anxiety, promoting a more peaceful and balanced state of mind. The practice encourages a sense of surrender to the flow of life, trusting that everything unfolds as it should.
- 3. Mental Focus and Clarity:** Yoga practices, such as meditation and breathwork, improve concentration and mental clarity. This can help individuals make better decisions and prioritize what truly matters in their lives. Enhanced mental focus allows for greater productivity and a clearer sense of purpose.

4. **Aligning Mind, Body, and Spirit:** Yoga integrates the physical, mental, and spiritual aspects of an individual, promoting a holistic sense of well-being. This alignment fosters love, gratitude, and compassion in daily life. When the mind, body, and spirit are in harmony, individuals experience a profound sense of balance and inner peace.
5. **Transcending Physical Senses:** Yoga helps practitioners transcend their physical senses and connect with a higher consciousness. This spiritual dimension provides a sense of peace and fulfillment that goes beyond the material world. By moving beyond the limitations of the physical body, individuals can tap into a deeper sense of purpose and meaning.
6. **Opening the Third Eye:** Practicing yoga can enhance intuition and emotional awareness by activating the Ajna chakra, also known as the third eye. This can lead to a deeper understanding of oneself and the universe. The third eye is associated with insight and wisdom, allowing for a greater connection to one's inner guidance.
7. **Calm Mind:** Yoga techniques, such as pranayama and meditation, help calm the mind and reduce the distractions of modern life. This mental tranquillity is essential for achieving inner peace. A calm mind is better equipped to handle the challenges of daily life with grace and resilience.
8. **Strengthening Connection with the Divine:** Yoga fosters a spiritual connection with a higher power, helping practitioners realize their eternal nature and their place in the cosmos. This connection can provide a sense of comfort and guidance, especially during difficult times.
9. **Sense of Unity:** Yoga promotes a sense of unity with the environment and all living beings, encouraging a compassionate and interconnected worldview. By recognizing the interconnectedness of all life, individuals can cultivate a deeper sense of empathy and compassion.
10. **Increased Hope and Compassion:** Regular yoga practice can cultivate a compassionate outlook towards oneself and others, fostering hope and empathy in challenging times. Compassion is a key component of spiritual growth, allowing individuals to connect more deeply with others.

### Social benefits of Practicing Yoga

1. **Develops self-awareness:** The main purpose of yoga is to help people become more present in their bodies. Yoga aims to help you become aware of what is happening inside your body and how you feel and think. By increasing self-awareness, they can make better decisions and take actions that benefit themselves and others.
2. **Boosts self-confidence:** However, people need the confidence to take on new challenges, cope with mistakes, and try again to succeed. By stretching and posing, yoga harnesses these abilities. Every time they practice regularly, everyone challenges themselves to hold each pose for the designated amount of time. They feel more capable, more confident, and more powerful as they progress.
3. **Improves focus and concentration:** Almost everyone today has short attention spans, and they find it easy to get distracted. It is thankfully possible to find relief through yoga. When they practice yoga, they learn to breathe deeply, move slowly, and challenge themselves to do difficult poses. Concentration and focus are improved as a result. You can learn and retain information more effectively after 20 minutes of yoga practice.
4. **Reduces stress:** The yoga practice can help your students cope with stress. Yoga has been found to help elementary school students manage stress and reduce anxiety. Relaxation is a natural benefit of yoga. This helps you respond to stress calmly and thoughtfully by focusing on your breathing and awareness.

### Conclusion and Discussion

By incorporating yoga into daily routines, we can better handle stress, improve overall health, and foster a more balanced lifestyle. Yoga encourages mindfulness, improves mental clarity, and boosts emotional resilience. Yoga is not a panacea for all problems related to our life based on the physical, mental, social and spiritual aspects: it is a remedy for all kinds of problems which can be minimised by practising yoga in our daily life as a habitual form. Yoga practice helped improve physical and psychosocial symptoms related to their disease (Greysen, M. Heather et al., 2017 ). Yoga is not a single concept in the modern era, it is an umbrella concept which helps to develop human personality as a whole.

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