

Yoga provides both mental and physical relief

Posted on



In yoga, chakras are seven energy centers along the spine, connecting the mind and body in harmony.

The word 'Yoga' has come from the Sanskrit language. Its root was 'Yuj', meaning 'to unite' or 'to join'. According to Yoga history, Yoga unites individual consciousness with universal consciousness, creating a connection between the body, mind, and the universe.

Yoga is scientifically described as a mind-body connection, as the mind is focused in Yoga practice. Practicing Yoga integrates breath, movement, and meditation to bring balance, awareness, and well-being to day-to-day life. Not only that, its true goal is self-realization and, ultimately, liberation or Mōksha.



Surya Namaskar.

It is said that this Yoga philosophy originated in ancient India over 5,000 years ago, as a discipline to unite the mind, body, and spirit. According to Google, “Over millennia, it evolved from meditative rituals in the Indus Valley into a diverse, globally practiced system of wellness, mindfulness, and physical fitness.” – (AI Overview.) Nevertheless, it is crucial for us to study the history of Yoga and understand its techniques. The history of Yoga has typically been divided into three major periods: the pre-Vedic, medieval, and modern periods. The earliest evidence of Yoga appears in seals depicting figures in meditation and Yogic postures. A collection of ancient mantras, rituals, and contemplative and breath-control practices appeared in the Vedas. In the early 20th century, some Yoga teachers have combined ancient Yogic teachings with Western physical therapy. This depicted turning Yoga from a spiritual practice into a system of physical wellness. Throughout the centuries, various schools of Yoga have developed, focusing on a distinct path. Some of them are;

1. ‘Karma Yoga’ – the path of selfless action.

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2. 'Bhakti Yoga' the path of devotion.
3. 'Jhāna Yoga' – the path of knowledge.
4. 'Raja Yoga' – the path of meditation and discipline.
5. 'Hatha Yoga' – the path of physical postures and breath control.
6. 'Kundalini Yoga' – awakening spiritual energy.



Bhujangâsana (The Cobra pose)

Meanwhile, they advise Yogis to practice Yoga at least two hours before a meal. So, in my experience, the best time to practice Yoga is in the morning, before breakfast. Yoga is a practice that promotes both physical exercise and mental concentration. "Without doubt, Yogic exercises assure a normal individual of his physical well-being; but they are also both curative and recuperative in action. They are excellent remedies against dyspepsia and chronic constipation, and correct a faulty action of the liver. They also tone up the neuro-muscular tissues. As a recuperative measure, when health has been shattered after a long-continued illness, these exercises will brace up the body quicker than any other system of physical culture" (Introduction 3p. 'Yogic Asanas for health and vigor,' V.G. Rele, I.M. &s., F.C.P.S.).

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Padmâsana.

Practicing Yoga integrates breath, movement, and meditation to bring balance, awareness, and well-being to day-to-day life. Not only that, its true goal is self-realization and, ultimately, liberation or Mōksha.



Siddhâsana.

And also, when we see our inside, as a result of Yoga, they say, “With mindfulness, we can focus our attention better and can take a break from negative feelings. And it can also help us learn, as we will be able to concentrate for longer periods. So, to

gain these benefits, we have to learn and practice Yoga. It is said that, according to ancient Yoga teaching, you should start your Yoga practice with 'Surya Namaskar' (Sun salutation). Some individuals dislike practicing yoga because they see it as a worship ritual. However, I believe that though called a Sun salutation, it is simply a type of Yoga practice.



Ardha Matsyendrasana.

Surya Namaskar includes 12 Yoga poses that offer an excellent physical and mental workout. It is said that boosting cardiovascular health builds strength and flexibility, reduces stress, burns calories, promotes mental clarity, boosts immunity, improves concentration, and increases energy levels.

The second easy Asana that I am going to introduce is Bhujangâsana (The Cobra pose). It is explained in the above book, as "In this âsanas, the body, lying flat on the abdomen, is made to assume, by raising the head and the trunk, a pose which resembles an irritated cobra (Bhujanga)." As result of this Asana, it shows "It stretches the muscles of the abdomen, particularly the two recti. The thoracic cavity is widened to allow full lung expansion during inspiration. The intra-abdominal pressure is also increased."

I consider the next Asanas as Padmâsana and Siddhâsana (The Lotus pose and the accomplished pose), which were also used by the Lord Buddha when he sat at the foot of a Bo Tree. "It is said that he who sits in these poses for a long time with the mind fully controlled, automatically raises himself to God-consciousness. Internal or

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external stimuli do not disturb him.”

Siddhâsana is easier than Padmâsana, which is also very important for the concentration.

Ardha Matsyendrasana is also known as a powerful Yoga asana that is practiced seated, which is called ‘Half Lord of the Fishes Pose. It is mentioned in the above Yoga book that “The Primary aim of Yoga is to stimulate by indirect means the autonomic system which is not normally under our control.”

Meanwhile, Google states, “Ardha Matsyendrasana is a powerful seated spinal twist that improves flexibility, aids digestion, and relieves back tension.”



Shavâsana

After that, you can practice more âsanas to improve your Yoga process, adding Viparita-Karani, Paschimâtânâsana, Yoga-Mudra, and after any Yoga, it's better to cease Yoga practice by Shavâsana or The Corpse Pose.

As this is also a sleep position, it helps energize the body, allowing muscles to rest

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and consciousness to process. It is said that, by this process, not only are all the voluntary muscles relaxed, but at the same time, the concentration of the mind is achieved, which is so highly prized by spiritual culturists for developing further the more advanced and spiritual stages of Yoga.



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