



THE INTELLECTUAL GEMS



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EDITED BY
DR. RAM BAHADUR YADAV

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Principal

Ramniranjan Jhunjhunwala College,
Ghatkopar (W), Mumbai-400086.

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Principal

**Ramniranjan Jhunjhunwala College,
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Urban Life and Integrated Holistic Approach to Health

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DR. SHASHI A. MISHRA
Ramniranjan Jhunjhunwala College of Arts,
Science and Commerce (Autonomous)
Ghatkopar (west), Mumbai-400086


Principal

Ramniranjan Jhunjhunwala College,
Ghatkopar (W), Mumbai-400086.

Introduction

Exercise and meditation is considered as an acceptable and recognized method for improving and maintaining physical and emotional health. A growing body of evidence and the importance of integrated holistic approach to health reveals that yoga is an exercise form which improves both physical and mental health. It is a practice that connects the body, and mind. Indigenous and traditional holistic approach to healthcare shapes the overall personality, physical appearance, glow on skin and teaches to control and regulate breath. Mental stress, diabetes, hypertension, and cardiovascular disease which are among the fast-growing epidemics consequent to changing lifestyles accompanying globalization and modernization. Yoga as an alternative medicine can help in fighting with such critical health issues in today's busy and hectic life.

Philosopher, Vedic scholar and teacher Adi Shankaracharya

being. Raj yoga was further developed by Ramana Maharshi, Ramakrishna Paramahansa, BKS Iyengar and Vivekananda. Development and widespread practice of doing meditation and yoga in the form of Vedanta, Bhakti and Hathyoga spread and flourished around mid-nineteenth century in western countries. Therefore, it was such long and illustrious journey that yoga undertook to reach the 21st century. Integrated approach to yoga as an alternative medicine to health care has undergone changes at each and every stage by the sages who made it more easy to practice without affecting the benefit of it. Despite all this, the essence of yoga remained as associating one with the self and the world around.

Yoga as a Discipline

Since time immemorial emphasis was given on holistic health to live a longer life so taking care of health was given utmost importance. In traditional time life of human being was shaped and surrounded with nature and natural elements. They were in their natural state and evolved in that state. There was an understanding of the interdependent relationship between the body and the mind. The idea of using yoga for treatment of diseases, physical fitness and to achieve freedom from stress is a modern perspective. In ancient times, yoga was not just a means to remove diseases but it included keeping our mind, and our thought process also pure and clean. Yoga was a way of life. Today yoga has become a popular system of physical exercise not only in our country but across the world as well. People have started understanding that the benefits of yoga are not only at the body level but potential benefits of yoga are there in uniting body, mind and breath.

Yoga helps to fight with today's lifestyle issues. So, it is important to understand the issues involved in today's lifestyle. In early days, people used to worry less about staying healthy because of the availability of fresh food, fresh air and a well day to day routine. But gradually everything around us has drastically changed which is impacting our health. For staying healthy in a busy and fast life, it has become important to do meditation and

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