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## Yoga Meditation and Health: A Study

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### **Introduction:**

Meditation is the process of taking our attention away from the world outside and focusing it within ourselves. It is an ancient practice with many other names such as concentration, sitting in silence, or contemplation. Meditation benefits our physical, mental, and emotional wellbeing. It has been scientifically proven to relieve stress, reduce blood pressure, enhance concentration, bring us joy and happiness, and help us calmly deal with life's challenges. However, these are just byproducts of meditation. The most important reason to meditate is to become spiritually aware and realize our existence at the level of the soul. With this, a whole new world opens up for us.

### **Objectives of the Study:**

1. To study the concept of yoga meditation.
2. To study the impact of yoga meditation on health
3. To study the benefits of yoga mediation.
1. 4.To study the yoga meditation techniques.

### **Methodology of the Study:**

The present study has been descriptive; the data for this study were obtained from secondary data sources. The secondary data has been collected from various references which already existed in published form; part of the paper is based on literature review the method comprising of collecting all the available papers relating to the theme and selecting relevant papers/books for the review purpose. Selection of the paper is done on the basis of their relevance and contribution to the body of knowledge.

### **Concept of Yoga Meditation:**

Many people think yoga and meditation are interchangeable or that they are the same thing. Though they are connected, yoga meditation differs from other meditation practices. Yoga is an ancient spiritual practice from India that uses breath control, physical exercise, and meditative postures. The practice of yoga uses “asanas” or various physical poses to achieve a divine connection with the universe. In fact, the word yoga means “union” in Sanskrit. Some people refer to yoga as moving meditation, where you

calm your mind and create awareness through doing the poses. Meditation or “dhyana” is also a part of yoga. Like the physical practice of yoga, dhyana also forms a profound connection with the universe by doing mental exercises to bring you to a higher state of consciousness. This connection happens in savasana when you are in a meditative, peaceful state.

### **Impact of Yoga Meditation on Health:**

Yoga practice can also help to decrease physiological stress and arousal in the body. For example, meditation combined with a regular yoga practice can lower blood pressure and heart rate, reduce inflammation in the body and aid in reducing chronic pain issues. Because it is paced slower than other yoga forms, Hatha yoga classes are best suited for beginners to start to practice yoga and meditation. These beginner type classes are a great way to learn to combine breathing and exercise with meditation. Additionally, the practice of yoga can boost the production of beneficial hormones that result in pleasant mental and physical feelings. The physical effort of the movements in yoga, and the effort of holding the poses can really boost positive feelings of well being. And this happens during yoga due to the production of “feel good” hormones such as endorphins. In addition to the chemicals produced by the body during yoga, the physical element of a regular yoga practice can also aid the student in working through pain, joint stiffness, and muscle tension

which can, of course help one to relax, post work out. Combining yoga and meditation literally has all the benefits of each practice. The meditation part of yoga is known formally as Shavasana, which is generally referred to as “corpse pose”. Shavasana is done at the end of a yoga practice, when exhausted students lie face-up on the ground, eyes closed, with limbs spread comfortably outward, like a corpse. Though calling it Shavasana sounds better.

### **Benefits of Yoga Meditation:**

Yoga and mindfulness meditation are similar in that they both require concentration and focus. The ultimate goal of both of these practices is to feel peaceful, relaxed, in a state of self-awareness, and connected to the universe. This is done through pranayama or regulating and focusing on your breath.

### **Easy to do:**

Yoga meditation works great for people who have difficulty focusing or feel like they can't slow down enough to meditate. It's easier to let go, be still, and relax after working out your body. If you don't feel confident with meditating, yoga meditation may help you find your way.

### **Helps relieve pain:**

Yoga meditation may help relieve pain. A review of several studies found pain relief receptors in the brain were activated by yoga meditation. Yoga and meditation can help with back pain, specifically lower back pain.

**Improves mental health:**

Yoga meditation is associated with increased mindfulness and an improved mood. In one study, people who practiced yoga and yoga meditation had better mental health, more profound spiritual well-being, and fewer depressive symptoms than people who didn't do these practices.

**Decreases anxiety and depression:**

Yoga meditation also increases your level of a neurotransmitter called gamma-aminobutyric acid (GABA). Low levels of this neurotransmitter can be linked to anxiety and depression. Some brain scans performed on meditators have shown increased activity in parts of the brain that produce GABA.

**Reboots brain:**

The neural pathways in your brain are not set in stone. Both yoga and meditation help form and maintain connections in the brain and increase overall healthy brain activity. The breathing in yoga meditations helps to change your brain waves from excited to relaxed. When you slow your brain waves down, your mind can become clearer, and your brain health can improve. Yoga meditation also helps increase the size of parts of the brain that help you reason, make decisions, and strengthen your willpower.

**Reduces stress:**

Yoga and meditation both reduce stress by promoting physical and mental

relaxation. When you're relaxed, you activate a part of the nervous system called the parasympathetic nervous system. This helps to lower your heart rate, blood pressure, and levels of stress hormones like cortisol. When you reduce stress, you decrease inflammation throughout your body, as well as anxiety. This leads to overall health, especially for your heart.

**Improves sleep quality:**

Yoga meditations may help you sleep better, which also helps decrease stress, stress-related anxiety, depressive symptoms, and inflammation (Zhou, 2017).

**Lowers blood pressure:**

Yoga meditation helps lower blood pressure, an important factor in heart health and overall wellness.

**Decreases inflammation:**

There are many markers in the blood that can be measured to gauge inflammation in the body. Yoga has been shown to decrease many of them.

**May have anti-aging effects:**

There's a chance that yoga meditation may have anti-aging effects. Each chromosome in our DNA has a special sequence of nucleotides (building blocks of DNA) called telomeres. These are at the ends of the DNA "spiral" to protect the chromosome from being damaged. Telomeres get shorter as we age, which is one theory on why aging happens at all. Studies show that yoga meditation

like savasana can positively impact telomere length.

**Brightens mood:**

Yoga and meditation improve your self-awareness and self-compassion, which can help relieve sad or heavy emotions. In a study testing a type of yoga-based emotional training technique, practicing daily for two weeks improved self-compassion and emotional regulation and decreased negative emotions.

**Makes more resilient:**

Resilience, or the ability to bounce back from difficult circumstances, is a vital component of physical and mental health. Yoga meditation may help build your resilience through physical exercise, breathing, and meditation in the yoga sequence.

**Yoga Meditation Techniques:**

Feel comfortable while doing yoga and yoga meditation. There are different types of yoga, and some may feel better to you than others. Here are some of the more common yoga styles:

1. Hatha yoga is a generic term for “basic” yoga.
2. Restorative yoga uses gentle asanas (postures) with supportive blocks, blankets, and pillows.
3. Bikram or hot yoga involves doing poses in an artificially heated room.
4. Vinyasa yoga uses fluid, intense yoga movements that flow from one pose to another.

Choose to do a yoga meditation in the morning to start the day off or at night to calm down for sleep. Whichever yoga style chooses, instructor will guide to notice breathing and how body moves during the poses. And also see that feel stronger on one side of body, or can hold balance better on one leg. When notice these differences, this is a form of mindful self-awareness. This self-awareness lays the foundation for yoga meditation.

**Conclusion:**

Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum, making it a valuable addition to any educational program. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as modification of traditional physical education yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their game. It offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life.

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