



## YOGA: AN ELIXIR FOR HUMAN LIFE TO PREVENT DOPING

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### Abstract:

Living a healthy life means to have blessed with mental and physical health. But unfortunately, modern man living in this materialistic world is running after name, fame and money. Increased stress and anxiety, depression are the features of modern life. In this race, he is losing his only his physical health but also is suffering from mental disturbances. There are very few people who are enjoying their physical and mental health. Many people are engulfed in worries, anxieties and frustration. Sometimes as a result they can commit suicide. Youth is becoming victim of all this modern lifestyle. And this has become a grave concern for the developing country like India. Increasing number of asylums is a result of people losing their mental health.

**Key words:** yoga, mental and physical illness, asanas, pranayam, elixir, doping

### Introduction:

Yoga is a traditional method of meditation developed by the saints and sages of ancient India. They practiced Yoga as an effective method of controlling their mind and bodily desires and activities as well. The word 'Yoga' originates from Sanskrit. Yoga exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The ancient saints of India discovered the laws of the material and spiritual realms and gained an insight into the connection within the Universe.

The present paper focuses on the importance of Yoga in human life which works as an elixir of life. Yoga is not a religion; it is a way of living that aims towards a healthy mind that only resides in healthy body. Man is a physical, mental and spiritual being. To maintain balance between oneself and environment is necessary for every human being. Nowadays greater emotional as well as physical needs are given priority. This a real reason why people suffer more stress, anxiety and also insomnia which is mainly due to improper lifestyle and lack of physical and mental exercise. Due to harmful side effects of drugs in the treatment of psychological disorder, the researchers seek non-pharmacological and non-invasive treatment



for these disorders. Therefore, we need proper methods and techniques for the attainment of health and harmony in life. Researchers suggest that Yoga as an intellectual and mental exercise improves mental health. In this respect Yoga acts as an elixir to one's health. The health of body is of fundamental importance in life. As the Swiss-born physician Paracelsus, very correctly said, "Health is not everything, but without health everything is nothing." So, to preserve and restore health is a challenge before mankind in this modern world. There are physical exercises named as Asanas, breath exercises named Pranayam, and relaxation techniques to attain physical and mental health.

### **Doping:**

Doping is the use of performance enhancing drugs by competitors. Simply doping is the use of substances that are foreign to body or any substance that it is taken in abnormal quantity to increase the performance in an unfair manner. Doping is the violation of anti-doping rules set forth in Article 2.1 through Article 2.8 of the code. Doping is defined as an occurrence of one or more of the following anti-doping rules.

1. Presence of a performance enhancing drugs in a sample.
2. Use of a prohibited substance or method.
3. Refusing to submit sample after being notified
4. Failure to give where about in formation.
5. Tampering with doping control process.
6. Possession of a prohibited substance.
7. Trafficking of a prohibited substance.
8. Administrating a prohibited substance or method to an athlete.

### **Privation of Doping:**

Many years ago, sages analyzed nature and cosmos through meditation. They explored the principles of the material and spiritual branch, the laws of nature, energy that works in the external as well as spiritual level. Yoga is suitable for people of all ages and requires no 'stunt' skill. On the other hand, Yoga provides the power of practicing Yoga to the physically weak, unfit and ill people. Today Yoga gets worldwide recognition and approval to be included in our daily life.

Food plays vital role in the maintenance of good health. What we eat influences body and psyche, our habits and qualities. Positive thinking, discipline and orientation, prayer as well as humble and kindness leads the path to self-knowledge and self-realization.



The researches proved that Yoga helps to promote a balanced development of all physical, mental and spiritual life. Yoga to live with greater awareness helps in attention, focus and concentration especially for children. As Yoga means to join or to unite, it brings balance between body, soul and mind. Yoga helps to deal with our problems, worries and everyday demands. It enables us to understand ourselves, the purpose of life and develops our relationship with God. Yoga leads a spiritual path to knowledge and eternal bliss in the union of eternal self. It is that supreme and infinite principles. It is a ray of life that is universal cognizant that is awake.

Physical exercise along with Yoga can improve human health. The proper knowledge of Yoga with awareness can make people to avail health benefits of Yoga in our daily life. Physical exercise helps to restore the flexibility of body. And Yoga creates co-ordination between mind and body. A man who is suffering from depression, fatigue, anxiety, stress can attain relief from all these mental condition in life. Yoga proved to be mood boosting medicine for the people who succumbed before the problems of life. Yoga has power to stimuli and helps us to retain our brain activity. It reduces stress and boosts immune system.

Scientific research on Yoga claimed that Yoga helps in proper functioning of inner body organs as well. Regular Yoga in daily life can help for the proper blood circulation, blood sugar, blood pressure, pulse rate, and proper pumping of heart and lungs etc. Man can get relief from back-pain, arthritis, headache etc. If man is free from all these physical and mental ailments can have positive attitude towards life and the society in which he lives. Life without good health is a miserable condition, and it reflects its negative impact on family. Wealth and material possession without health cannot help us to enjoy happy life. So, good health is a valuable asset for one and all.

Social health is a capacity to be happy within oneself and to be able to make other happy. It means a caring and loving attitude towards other, communication skill, to be aware of the social responsibilities as a human being, and work and sacrifice for the cause of community and nation. Physically and mentally healthy people can help to maintain peace, law and order in social life. Such people enjoy personal and social life at best. They do not get victims of mob mentality. Many social ills are the outcome of lacking balance between mental and physical health. Personal and social problems can be faced with equanimity. Yoga is an antidote of physical and mental illness.

Aims of Yoga in life: 1) develops our physical health 2) mental health 3) social health 4) spiritual health 5) helps in self-realization and divine realization within us.



These goals are attained by love, compassion, sympathy, empathy and helping nature for all living beings, respect for life, protection of nature and environment, a peaceful state of mind, vegetarian diet, pure thoughts, and positive lifestyle, physical, mental and spiritual practices, tolerance for all nations, cultures and religions. To improve this kind of social performance and behaviour, yogic techniques are beneficial for all human beings. Positive thinking people around us have a great constructive and positive influence on our psyche as it develops our personality and character. These people find faith in themselves and become confident in their capabilities.

As Yoga is a form of mind-body fitness, it involves a combination of muscular activity and an internally directed mindful focus on awareness of self, breath and energy. The healing system through Yoga teaching and practice, underlies the basic principles. Human body comprises of many organs. Illness of any one of them affects the others and their functioning. So Yoga practice must be tailored accordingly. It helps in self-empowering the individuals. Yoga also plays an active role in the journey towards health. The quality and positive state of mind is crucial in the healing process.

Several special yogic programs have been developed from the basic exercises: Yoga for back-pain, Yoga for joints, Yoga for seniors, Yoga for children. Yoga is taught in Yoga Centre worldwide such as rehabilitation centre, fitness and sport centre, health institutions, adult educations centre etc.

Yoga is the root of spirituality, wisdom and the root of all religions. It outstrips religious boundaries and makes the way towards unity. To do precious and constructive work for community, to preserve nature and environment and work for maintain peace in the world, Yoga means to be active in the most positive vibe and to work for the welfare of all mankind.

Health is the state of mind and body in which one can sleep well, digest food at ease and free from any kind disease and uneasiness. If we add Yoga in our daily life, it helps in relieving mental and physical stress, helps in reducing muscle tension and enhance muscular strength, strain as well as inflammation, helps in building confidence, attention and concentration. It improves respiratory and cardiovascular function. It calms our nervous system. It makes individuals to be optimistic towards life.

## **Conclusion:**



Yoga can play an effective role in reducing mental and body stress, anxiety, and depression with prevention of doping. It gives tranquility of mind and creates a sense of well-being. It is considered a complementary to medicine in the treatment of mental illness. So, there should be awareness among the people about the benefits of Yoga practice in daily life. Medical professional should suggest yoga along with medical treatment. It is beneficial not only for affected people but for normal people also to live better relaxed and quality life.

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