

Dr. Amruta Mangarule Assistant Professor, Department of *Ayurveda & Yoga*, Tilak Maharashtra Vidyapeeth, Pune E-mail- amrutatmv@gmail.com

Rupa Joshi Assistant Professor, Department of *Ayurveda & Yoga*, Tilak Maharashtra Vidyapeeth, Pune E-mail- rupamjoshi@gmail.com

Abstract:-

Wellness is a multidimensional state of being, describing the existence of positive health in an individual as exemplified by quality of life and a sense of wellbeing. ^[1] Wellness is not the same as physical fitness or is not the absence of disease or deformity. According to Oxford Dictionary ‘wellness’ is a state of being healthy, especially when you actively try to achieve this. ‘Well being’ on the other hand is considered ‘general health and happiness, a state of emotional/ physical/ psychological well-being’. ^[2] In understanding the difference between health and wellness, in short health is state of being, whereas wellness is the state of living a healthy lifestyle. Health refers to physical, mental and social well being; wellness aims to enhance well-being, Yoga is an ancient Indian practice that connects the body, mind and soul through controlled breathing, body postures and meditation. The word Yoga is derived from the Sanskrit root Yuj meaning to bind, join, attach and yoke, to direct and concentrate one’s attention on, to use and apply. Regular & Sincere practice of Yoga will lead to Wellness as it is not merely on physical level. It will definitely help the individual to develop himself on physical, mental & spiritual level.

Keywords:

Wellness, Well being, Yoga, Ayurveda

1. Introduction:-

Effects of changed lifestyle over the years are experienced by everyone. Choices with regard to food, nature of work or jobs and even concepts of relaxation have changed. Under the pretext of saving time, many times wrong choices are made. These incorrect choices when continued repeatedly lead to many disorders and decreased quality of life.

What is Health?

The World Health Organization defines health as “The state of complete physical, mental and social well being and not merely absence of disease or infirmity”.

According to Ayurveda, health is a perfect state of balance among the body’s three fundamental energies or doshas (vat,pitta,kapha) and an equal vital balance among body, mind and the soul or consciousness.

As a science of self healing, Ayurveda encompasses diet and nutrition, lifestyle, exercise, rest and relaxation, meditation, breathing exercises and medical herbs along with cleansing program for healing body, mind and spirit.

What is Disease?

Disease means without ease. Illness does not mean only the presence of specific disease, but it explains the individual perceptions and behavior in response to the disease. Illness is subjective state of person who feels aware of not being well.

2. Yoga

The word ‘Yoga’ is derived from the Sanskrit root ‘Yuj’ meaning to bind, join, attach and yoke, to direct and concentrate one’s attention on, to use and apply.

Yoga is an ancient Indian practice that connects the body, mind and soul through controlled breathing, body postures and meditation. Its practice has many health benefits like it improves posture, builds muscle strength, enhances flexibility, lowers blood sugar, avoids diseases, increases blood flow, improves sleep, increases lung capacity.

Bhagwad gita, which is the most important authority on yoga philosophy, *Shri Krishna* explains to *Arjuna* the meaning of Yoga as a free from pain & sorrow. Yoga is a balanced state of thoughts and intellect. Yoga is a balanced state of behavior. We are excited or happy in the situation of pleasure and

we become sad when it is negative situation. Yoga is to maintain equilibrium of mind in any situation. Another concept which *Shri Krishna* explains in *Bhagwad gita* is

बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते | तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥ [3]

. It means performing our duties full heartedly & by putting full efforts in it. Humans have various duties to be performed in day to day life. As he is earning money for his livelihood, he must do some work such as job or business, at the same time he is son or father or husband of anybody. He must be alert and faithful while working in job also he must perform all his duties in the family to protect them & to mitigate their needs.

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु । युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ [4]

It means Proper *aahar*, *vihaar*, *aachar* & *vichar* that is following yogic lifestyle will helps to attain the state of being free from pain & sorrow.

Yoga darshana as represented by *Yoga sutras* was given by *Maharshi Patanjali*. *Yoga sutras* is considered the basic text of Yoga. These sutras elaborate an ashtang systems of 8 limbs. *Patanjali* enumerates eight limbs or stages of yoga for the quest of soul. They are *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahar*, *Dharana*, *Dhyan*, *Samadhi*.

यमनियमासनप्राणायामप्रत्याहारधारणाध्यानसमाधयोऽष्टावङ्गानि ॥ [5]

The definition of Yoga as per *Maharshi Patanjali* is

योगश्चित्तवृत्तिनिरोधः ॥ [6]

Following yogic lifestyle will help to attain state of health. Lifestyle includes yogic diet, yogic attitudes & various yogic practices which help humans to strengthen themselves and develop positive health.

Many times humans have misconcepts about Yoga. They thought that Yoga means performing some difficult postures, practicing *pranayama* & doing *yogsadhna* one hour daily is Yoga. But it doesn't mean Yoga.

Yoga is a balanced way of life. It is not merely limited to Physical level. Yoga has a very wide scope in human life. Now a day we see a lot of chaos among humans. By working hard for so many hours in a day, they have a lot of money & are able to enjoy anything which they want in materialistic world. But when they work for so many hours they lost their physical fitness also due to stress they also lost mental fitness & though they had everything with them what they want still they don't have feeling of satisfaction or contentment. To maintain the stage of equilibrium & contentment in our life, to achieve wellness practice of Yoga, proper lifestyle, stress management is very important.

3. Dimensions of Wellness & Yogic Practices

Panchkosh and Wellness

The concept of Panchkosh, rooted in ancient Indian philosophy and particularly elaborated in the *Taittiriya Upanishad*, represents the five layers of human existence. These layers serve as a framework for holistic living and achieving overall wellness. By understanding and nurturing each layer, one can experience physical, mental, and spiritual well-being.

1. Annamaya Kosh (The Physical Body)

This is the outermost layer representing the material body nourished by food (Anna).

- Wellness Perspective: Proper nutrition, exercise, and sleep are vital for maintaining physical health. Practices such as yoga and Ayurveda help to keep this layer balanced.

- Lifestyle Tips:

- Eat fresh, seasonal, and balanced meals.
- Engage in regular physical activities like walking, yoga, or swimming.
- Ensure adequate hydration and rest.

2. Pranamaya Kosh (The Energy Body)

This layer relates to the vital life force (Prana) that sustains the body. It includes the breath and energy channels (nadis).

- Wellness Perspective: Deep breathing exercises and pranayama strengthen this layer, enhancing energy flow and vitality.

- Lifestyle Tips:

- Practice diaphragmatic breathing daily.
- Avoid stress to maintain balanced energy levels.

- Spend time in nature for rejuvenation.

3. Manomaya Kosh (The Mental Body)

This layer governs thoughts, emotions, and perceptions. It reflects the quality of one's mind.

- Wellness Perspective: A balanced mental state is key to emotional health. Meditation and mindfulness can help to calm the mind.

- Lifestyle Tips:

- Practice gratitude and positive thinking.
- Limit exposure to negative influences, like excessive screen time or negative news.
- Put your thoughts on paper to make sense of them and ease any emotional burden.

4. Vijnanamaya Kosh (The Intellectual Body)

This layer represents wisdom, intellect, and understanding. It governs decision-making and self-awareness.

- Wellness Perspective: Stimulating intellectual growth fosters clarity and purpose. Practices like self-reflection and learning expand this layer.

-Lifestyle Tips:

- Read, learn, and engage in constructive debates.
- Reflect on your values and purpose in life.
- Seek wisdom through spiritual or philosophical texts.

5. Anandamaya Kosh (The Bliss Body)

This is the innermost layer, symbolizing pure joy and connection to universal consciousness. It reflects the state of being in harmony with the self and the universe.^[12]

- Wellness Perspective: Experiencing inner joy through spiritual practices leads to a sense of oneness and contentment.

- Lifestyle Tips:

- Practice unconditional love and forgiveness.
- Engage in activities that bring joy and fulfillment.
- Meditate to connect with your higher self.

Wellness is not limited to physical health; it involves balancing all layers of the Panchkosh. Each layer influences the other, forming an interconnected system. A disturbance in one can affect the entire being, emphasizing the importance of holistic approaches like yoga, Ayurveda, and meditation.

By addressing these five dimensions of human existence, we not only enhance our own well-being but also contribute positively to our families, communities, and the world. This combined approach connects with modern ideas of wellness while keeping its timeless spiritual value.

Wellness can be understood from various dimensions in human life.

1] Physical Wellness:-

To maintain physical health and enhance flexibility, strength, and immunity, the practice of Yog asanas is highly beneficial. Yog asanas are not merely physical exercises; they should be performed with breath awareness and a mindful connection to thoughts.

2] Mental Wellness:-

To improve emotional stability, enhance & focus mental clarity & to promote a state of inner peace Pranayama or breathing techniques are useful. It profoundly impacts mental wellness by calming the nervous system and reducing stress & anxiety.

3] Emotional Wellness:-

To cultivate mindfulness, enabling individuals to respond to the situation with calm & clarity Meditation can be practice. It enhances emotional wellness by fostering self awareness and helping to manage emotions effectively.

4] Social Wellness:-

Group yoga sessions foster social wellness by creating a sense of community and connection among participants. Practicing together encourages mutual support, shared goals, and meaningful interactions, which strengthen interpersonal relationships and promote a sense of belonging.

5] Spiritual Wellness:-

Yoga nurtures spiritual wellness by encouraging self-awareness and helping individuals connect with their inner selves. Through practices like meditation and mindfulness, it fosters inner peace, aligns thoughts and actions, and cultivates a deeper sense of purpose and harmony with life.

4. Scientific Evidence and Research

- 1] Yoga helps to maintain bone strength, joint mobility, and joint stability. It improves posture, muscle strength, coordination, and confidence, in turn reducing the risk of injury and bone fracture.^[7]
- 2] Research shows meditation practices lead to greater emotional regulation abilities. Mindfulness can help people become more aware of thoughts in the present moment, and this increased self-awareness leads to better processing and control over one's responses to surroundings or circumstances.^[8]
- 3] Asanas were claimed to provide both spiritual and physical benefits in medieval hatha yoga texts. More recently, studies have provided evidence that they improve flexibility, strength, and balance; to reduce stress and conditions related to it; and specifically to alleviate some diseases such as asthma and diabetes.^[9]
- 4] Practices that include yoga asanas appear to be associated with improved regulation of the sympathetic nervous system and hypothalamic-pituitary-adrenal system in various populations.^[10]
- 5] Yoga practices are known to facilitate secretion of melatonin from the pineal gland, which may be acting as a psycho sensitive hormone. It has been beneficial in improving the functional capacity and well-being in normal healthy subjects.^[11]

Discussion:-

Integrating yogic practices into holistic wellness helps improve physical health, mental clarity, and emotional balance. Yoga's exercises, breathing techniques, and meditation promote relaxation, reduce stress, and enhance self-awareness. These practices align with modern wellness approaches and can be easily included in daily life. However, it's important to ensure proper guidance and understanding of yoga to maximize its benefits for overall well-being.

Conclusion:-

Yoga and a yogic lifestyle are effective in promoting overall wellness. Regular yoga practice improves physical health, reduces stress, and enhances mental clarity. Living a yogic lifestyle, which includes mindful eating, meditation, and self-care, helps maintain balance and contentment. By adopting these practices, we can achieve a healthier and more peaceful life.

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