

Abstract No 10

Yama and Niyama Mention in Yoga Dharshana for Balance Life Style

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Yoga is the great philosophy which has a history running beyond to eras Vedas. Some of the practices mention in yoga philosophy can be found in Upanishad literature. Facts mention in yoga philosophy to uplift the individual and social health gathered from ayurvedic commentaries and Sanskrit literature. Aim of this study wears to review the importance of following yama and niyama mention in the Aṣṭāṅga yoga to enhance physical, mental and spiritual wellbeing of the individuals and society. According to yoga human being is created by two entities which are called as dosha and prakurti. Observe of positive values and avoidance of negative has been mention in yoga philosophy in order to uplift the good conduct of living being pacifying the above two entities. Achārya charaka has mention there are five principles which be followed by individuals and that liberation has obtain following yoga. Practice in the yama strive us towards the healthy life, mind strengthening, and our powers of awareness, win and physical wellbeing by following them. We can fortify character improve our relationships with others in trust worthy way. All the practices of yama are related to the relationship in between the follower and his external world. Niyama is the second limb of ashtanga yoga is focus on the internal environment of body, mind and spirit. It helps us to build up to self discipline and inner strength of individuals. Following niyama can practice to reject unwanted emotions like anger, fighting, lazy and mind can stay in one thing. In finally can obtain moksha with practice of niyama. Following both yama and niyama people can improve their health by enhancing their physically mentally and spiritually wellbeing and having the balance healthy life style.

Keywords: *Ashtanga Yoga, Life style, Niyama, Yama, Yoga,*