

Health & Medical Catalogue

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Yoga, Personality and Health Psychology by Suresh Chandra

Yoga is widely known for reducing stress, improving flexibility and concentration, and promoting a sense of peace—to name just a few of its possible positive outcomes. On top of its physical benefits, however, researchers are beginning to understand more about yoga's therapeutic benefits for mental health concerns. In fact, some research indicates that yoga can be an effective "prescription" for a myriad of the most common reasons why people seek psychotherapy. Yoga psychology is both a positive and a normative science. It not only analyses human personality and its growth, but sets normative ideals and prescribes techniques to achieve such objectives, as well. Thus, expansion of consciousness and making oneself the master of his/her mind are the broad objectives of yoga psychology. The topological aspect of mind as described by Freud in terms of conscious, subconscious and unconscious levels was well detailed in the yogic literature, thousands of years ago. The sound practice of yoga enables one to have a disease-free body and keen intellect. Hopefully, the present study will be useful for the students and teachers of physical education and sports sciences, instructors and those interested in the sciences of yoga. | Hardback - 1st Edition, 2019, 240 p., 24 x 16 cm (Case Bound), ISBN 9788194216964 - ₹ 1,545/-

Yoga Traditions and Health by Lalit V. Mishra

Yoga has a long history. It is an integral subjective science. Its spiritual mental or physical import cannot be separated from each other. According to Panini, the Grammarian, the word Yoga is derived from two roots, viz. Yujir and Yuja one referring to Yoking (Yujvir Yoga), and the other referring to mental concentration (Yuj Samadhi) and to sense control. Yoga is an integral part of our lifestyle. It removes the impurities from the level of mind and unites everything with the spirit. For instance, insomnia could be connected to stress, anxiety or depression. You have to address that issue instead of merely taking medication. This way, you have a wider perception of your own mind, body, thoughts and emotions and there's more clarity and you are able to guide your prana (life force) in a positive way to progress in life. Yogic asanas impart physical and mental health all over the body by controlling, regulating and balancing the effect over the sympathetic and parasympathetic nervous system. Through regular practice of Yoga normal physiological activities of nervous system, flexibility and contractibility of muscles, vital capacity of lungs, blood circulation etc such biological processes are toned-up. A regular practice of Deep Pranayama, Shavasana helps to regulate inspiration and expiration, which in turn, provides adequate amount of oxygen in the body. Oxygen gets attached to blood and circulates the entire body. The present book entitled Yoga and Health discusses all the aspects of Yoga from health point of view. The text are written in a lucid form and written in simple colloquial English. | Hardback - 1st Edition, 2019, 240 p., 24 x 16 cm (Case Bound), ISBN 9789388162623 - ₹ 1,549/-