

# Yoga Diet and Nutrition

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## Abstract

Originally, the word "yoga" meant "joining" in Sanskrit, and this is what it implies when applied to yoga today. It also refers to a state of being together or a state of being in closeness. This is how we truly unite our will with God's will. The Gita is the poem of the soul that allows us to see life equally from every angle, which is what Gandhi meant when he said to introduce Mahadev Desai to the Gita: "Yoga for all the energies of body, mind, and spirit." Controlling one's body and mind is the goal of yoga. It's a method for rejuvenating one's mind and body on one's own volition. Slimming, supple, and healthy bodies can be achieved using this method. It has the potential to aid in the pursuit of inner peace. A spiritual path can also be found here. There are eight phases of yoga, according to our ancient eois and sages. Those are the yamas and niyamas of yoga as well as the asanas, breath work, and meditation that go along with them.

**Keywords:** Yoga, Diet and Nutrition

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## I. Introduction:

**Yoga** is the Science of Living. It gives Gentle Exercise to the body. Yoga is the heritage of 5000 years old Indian santan culture. Physical and emotional stability, calm, silence, and comfort are all qualities of asana. Patanjali's Yoga Sutras define yogasanas as "Sthiram sukham aasanam," which translates to "pleasant and stable." That's why in this context, we observe that yogasanas are done so that practitioners can sit comfortably for long periods of time, as is required for meditation. In Raj yoga, Asana refers to sitting, whereas in Hatha Yoga it refers to something else entirely. Open the channels of energy and the centre of the mind using asanas. They serve as a basis for our investigation of the body, breath, and mind beyond, and are instruments for deeper consciousness. Hatha yogis discovered that through practising asana (physical postures), they could control their minds as well as their bodies. Hatha yoga emphasises asana practice above anything else.

Pranayama is very useful in yoga. Pranayama is the fourth step of the Eight Limbs of yoga, Pranayama is the practice of focusing on breath. Prana means vital life force or vital energy in Sanskrit. Pranayama is the conscious and deliberate control and regulation of the breath Pranayama is described in Hindu text like the Bhagwad Geeta, Hatha Pradipika, Gherand Samhita, Patanjali yoga sutra and other yogic text. Mainly the description of eight pranayama is found in all yoga texts.

## Role of Diet and Nutrition

Along with yoga, Diet and Nutrition also play an important role on the overall development of children. Apart from asans and pranayama, diet plays a vital role in physical growth of children. Human resource development relies heavily on elements such as good health and proper diet. A nutritionist is someone who studies food and how it affects one's health. Its primary focus is on the role nutrients play in the growth, development, and maintenance of the human organism. Maintaining a nutrient balance that allows us to develop and thrive is referred to as proper nutrition. because children make up one of the nation's most significant groups of citizens; they are a nation's greatest resource. Our duty is to provide them with the care and attention they need. A crucial part of a child's development is their health and luence on health is nutrition.

## Nutrition

Good Nutrition is bad rock of child survival and Development. Nutrition refers to the amount of energy and nutrients a cell have available to meet its needs. Every person's growth and development depends on proper nutrition. Malnutrition is defined as a lack of adequate nutrition. There are several factors that contribute to malnutrition in children, including inadequate or incorrect diet, frequent parasite infections or other juvenile illnesses, and poor treatment during sickness. Under nutrition and poverty are important contributors to this

country's primary health problem. Optimal nutrition is needed to sustain health, and when all the essential elements are present in the exact proportions, it is optimum nutrition. In the WHO's definition, health is the absence of sickness or weakness in all aspects of a person's physical, mental, and social life. Health, productivity, and longevity are all a result of a well-balanced diet. Several initiatives were taken to promote the health and well-being of children after India gained independence in 1947. Despite this, India suffers from a severe malnutrition crisis. 46 percent of India's infants are underweight at this time. Undernourished children are the most common in India (NFHS-3). The poverty rate in India is 26%, yet 46% of the country's children under the age of three are malnourished. It suggests that poverty and child malnutrition are not linked. In India, the most pressing issue is ensuring the well-being of children. In the first five years of a child's life, 87% of those that are born will die. Inequalities in nutritional status in India deteriorated in the 1990s, between economic levels, urban-rural inhabitants, castes, and genders, as a result of malnutrition. UNICEF Work to prevent all forms of malnutrition by improving children's and Women access to Healthy Nutritious, Safe, Affordable, and Sustainable Diet

## II. Conclusion

A large percentage of the world's population is made up of children. Our most vital and most vulnerable members are the children. Children's health and well-being are at stake because of a lack of nutrition. When it comes to the basis of a healthy life, nutrition and physical growth are the most crucial for children. Despite the fact that many of our country's malnutrition management efforts are aimed at the state level impoverished groups in the centre and in India, there is cause for alarm. Normal growth and development cannot take place in children who are malnourished or have inadequate nourishment. Malnutrition makes the kid more vulnerable to illness, slows recovery, and increases the risk of mortality. Since children's bodies are undergoing a period of rapid development and physical activity, they require a diet rich in calories, proteins, carbohydrates, fats, salts, minerals, and vitamins while they are at school. In order to counteract positive attitudes in youngsters, yoga helps them discern between the good and the negative. Strengthening muscles and gaining flexibility are just some of the benefits of practicing yoga. Regular compound practice guarantees that one's growth and development are headed in the right route. All of Yogic Practices as asanas Pranayama, Mudra-Bandh, Meditation benefit physically from yoga. For a well-rounded personality, yoga and a healthy Nutritive Balance diet are essential.

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