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- *View expressed by individual authors are their own and do not necessarily reflect of the APIMRJ/Chief Editor/Editors & Editorial members*
- *The Research papers in the Journal have been arranged alphabetically by first author's name*

Editorial

Yoga, Health, and Spirituality — The Eternal Triveni of Life

Today's human stands at the peak of convenience, yet is crumbling within. Hypertension, diabetes, depression, insomnia, and anxiety are no longer diseases of old age. Young shoulders too are bearing their weight. At such a time, 'Yoga', emerging from India's millennia-old tradition, has appeared before the world not merely as exercise, but as a holistic way of life - a ray of hope.

The word 'Yoga' is derived from the Sanskrit root 'yuj', which means to unite. This is the union of body with mind, mind with soul, and soul with the Supreme. Modern medical science stops at defining health as 'the absence of disease', but yoga's vision is broader. Ayurveda says - Samadoshah samagnishcha samadhatu malakriyah. Prasannatmendriyamanah swastha ityabhidhiyate. That is, one is truly healthy whose doshas, digestive fire, bodily tissues, and excretory functions are balanced, and whose soul, senses, and mind are content. This definition makes it clear: a disease-free body alone is not enough; peace of mind and self-awareness are equally essential.

The first blessing of yoga is a strong body. Asanas bring flexibility to the body, stabilize the spine, and activate internal organs. Pranayama enhances lung capacity, improves the flow of oxygen in the blood, and strengthens the heart. Scientific research proves that regular practice of Surya Namaskar, Kapalabhati, Anulom-Vilom, and Bhujangasana brings remarkable relief in diabetes, obesity, thyroid disorders, and high blood pressure. During the COVID-19 crisis as well, pranayama helped lakhs of people regain their respiratory strength.

The second stage is mental balance. Today, the greatest battlefield is our mind. The glare of screens, the comparisons on social media, and the uncertainty of the future have made the mind restless. Here, meditation and concentration become medicine. When we close our eyes and focus on the breath, the brain's 'fight-or-flight' response calms down. Cortisol decreases, serotonin rises. The World Health Organization now also recognizes yoga and meditation as supportive therapy for managing depression and anxiety.

But the ultimate goal of yoga is neither just physical wellness nor merely mental peace — it is spiritual elevation. The Shrimad Bhagavad Gita declares — *Yogah karmasu kaushalam*. That is, performing one's duty with skill, equanimity, and detachment is itself yoga. When we perform our actions without attachment to the results, life itself becomes worship. The yamas and niyamas — truth, non-violence, non-stealing, celibacy, non-possession, cleanliness, contentment, austerity, self-study, surrender to God — take us from personal discipline to social and national responsibility. Spirituality is not escapism, but the art of living with complete awareness.



It is unfortunate that today yoga has been reduced to ‘weight loss’ and ‘flexibility’. The market has turned it into a brand. Whereas Maharishi Patanjali’s Ashtanga Yoga — yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi — is a complete science. If we stop at asana alone, the tree may grow, but it will bear no fruit.

India has a historic opportunity. We must take yoga in its holistic form to the new generation. Pranayama and value education should be mandatory in schools, a 10-minute ‘mindful break’ should be adopted in workplaces, and the tradition of collective family yoga should be revived at home. These small steps can build national character.

Remember — a healthy body is the instrument, a calm mind is the path, and self-realization is the destination. Yoga gives all three together. Merely celebrating International Yoga Day will not suffice; we must live a yogic life. Only then will the resolve of *_Sarve bhavantu sukhinah, sarve santu niramayah_* — ‘May all be happy, may all be free from illness’ — be realized on earth.

This is India’s eternal gift to the world — a journey that begins with the body and leads all the way to samadhi. This is Yoga. Thanks to our Editorial team, all contributors and Managing Editors. Special thanks to Dr. Mamta Dwivedi for her sincere hard work.

Editor in Chief
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