

HEALTHY BY PRACTICING HATHA YOGA

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ABSTRACT

Hatha yoga is the art of body gymnastic which focuses on the balancing of physical and mental exercise. Body cleaning is through yoga posture, respiratory exercise and meditation. Instruments are used to increase the increase the strength and the balancing by stressing on the equivalency of each posture.

Hatha yoga can be done by: stretching, main exercise and cooling down. The movements are started from simple to complex, from easy to difficult. Do exercise from beginner level to the advance.

The link between healthy and hatha yoga is that the exercise will be beneficial if concern to the exercise portion which is included in the FIT (frequency, intensity, and time) or it is done by following the correct exercise duration.

PREFACE

At this moment, Indonesian people have had good understanding in doing exercise to improve the healthy level. It is proved by all age level have done various exercises, one of them is hatha yoga. Though hatha yoga has existed since many years ago, but it is modified according to the condition, benefit and the athlete goal.

Joyful activities are needed to decrease the stress level. Hatha yoga is the one of them. The goal of created-yoga is to increase the fitness and decrease the stress level. But, originally, it comes from India which relates to meditation, it has early goal to get closer to God. If it is used in fitness and healthy, it needs more researches.

Yoga comes from Sansekerta “Yuj”. It means “to relate” or “to unite”. Horizontally, it means to unite our body-mind-soul in the natural harmony. Vertically, it means to unite our conscience to God. (<http://www.suarakarya-online.com/news.html?id=123771>)

The art of yoga is similar with gymnastic. It is not a wrong argument. Because, yoga is the principal of the gymnastic, some defense sport, dance, music, song, and also the art of sexual and curing. Yoga is spiritual skill that definite physically and mentally.

Yoga says that if a man follows some certain rules, he will live actively 'till 80 years. What's the secret of yogi to live long and healthy?
<http://www.anandamarga.or.id/articles.php?id=480>.

DISCUSSION

Fitness

The meaning of physical fitness

The physical fitness means as the ability to do some works efficiently without appearing meaningless tiring. (Hisbullah, 1972:12). Generally the physical fitness is the ability to do daily activities in order to enjoy the free time.

Based on the physiology aspect, it is the functional capacity to repair the life quality (Fox, 1987:6), in this term it is known as total fitness. Total fitness consists of physical, mental, emotional, and society fitness.

Physical fitness is the ability to do his daily activities without appearing meaningless tiring. A man needs to do physical exercise to reach peak condition which includes the correct methods of the physical fitness components.

The classification of the fitness

According to Djoko Pekik (2006:2) fitness is classified into some groups:

1. Static fitness

It is a condition when somebody is free from disease, unability or it is called healthy.

2. Dinamic fitness

It is the ability to work efficiently without special skill such as: walking, running, jumping, and lifting.

3. Motoric fitness

It is ability to work efficiently with a special skill

There are some components in physical fitness:

1. Physical fitness related to healthy

2. Physical fitness related to skill

3. Physical fitness related to wellness

In the below discussion will not discuss about fitness related to skill or achieving.

1. There are 5 basic components in physical fitness. All of them relate each other. They are: cardiovascular, muscle strength, muscle endurance, flexibility, and body composition.

a. Cardiovascular endurance

It draws an ability to do activities in aerobic condition. It means the ability of the blood regulation, the respiratory, the input-output of oxygen. It can be explained as the ability of the lung to supply oxygen in the deep muscle in the long time. (Djoko P, 2006:4)

b. Muscle strength

It is the muscle ability to bring load in an effort. The muscle endurance is used in the daily living, mainly to hold the body weight

c. Muscle endurance

It is the muscle ability to do a set of work in a long time, or the muscle ability to repeat some works for many time without feel tired

d. Flexibility

It is n ability of the joint to move freely or the maximal ability of a joint.

e. Body composition

It is the comparative between body mass with fat and body mass without fat which is presented in the percentage of the body fat. This composition relate to the fat and the muscle distribution in all of parts of body and the measuring of the body composition have an important role in the healthy and also in exercise

2. Physical fitness related to wellness

Wellness means the integration and the dynamic level of the organ function which oriented to maximize the potential based on self responsibility (Sumintarsih, 2006: 152)

HATHA YOGA

THE MEANING OF HATHA YOGA

Hatha comes from “Ha” means “sun” and “tha” means “moon”, is a body cleaning through yoga posture and respiratory exercise and meditation. Instruments are used to increase the increase the strength and the balancing by stressing on the equivalency of each posture.

It is created smoothly, naturally, full of meditation. It is not competitive, not torture body, and not need many instruments, not hard, and not need long time.

Based on, MJ. Kirschner (P. 8) there are 8 branches of yoga

The branches of yoga:

1. Hatha yoga (life strengthening) consists of:
 - a. Posture (ASTANA)
 - b. Respiratory practice (PRANAYANA)
 - c. REST (PRATYAHRA)
2. Raja yoga (life re-draw back)
 - a. Self-approval (YAMA)
 - b. Rules (NYAMA)
 - c. Concentration (DHARANA)
 - d. Meditation (DHARANA)
 - e. Samadhi

Hatha yoga is the most popular of yoga

Some opinions divide yoga, based on yogi, there is a dynamic yoga which is suitable to them who are familiar with aerobic, such as asthanga. Some of yoga style such as : hatha, lyengar, astanga, vinyasa, yogalates, and manasa (<http://www.kompas.com/kesehatan/news/0406/20/091429.htm>). Lyengar stresses on the body equivalent in each posture to increase the strength and the balance using instruments. Asthanga concerns on the dynamic hatha yoga. Vinyasa looks like asthanga and hatha, but it is done using rhythmically and done by respiratory arranging. Yogalates is a combination between yoga and pilates to strengthen the structure of th muscle net, back, pelvis balancing, stomach – mainly after birth – arthritic, osteoporosis and for fitness. Manasa is hatha yoga focusing on the mind to unite with the physical movement.

Hatha yoga is 5000 years old. It focuses on the balancing of the physical and mental exercise. It consists of: posture (asana), respiratory technique, and meditation. The benefit of hatha yoga is to increase the conscience because concern in doing activities like breathing and to hold the good body posture can teach people to understand and to appreciate their self. Yoga also trains people to be more patient and they want to hear some voices in their

self to understand and to repair their body balance without any torture. (Nuri Fajriati: 2003:2)

Every yoga teachers will use different approach depends on their teachers, where they learn and the physical and the spiritual experience o each teacher. But every posture in yoga will have three benefits: physical, mental, and prana benefits.

Take the example of the fish posture, body lay down on the floor. Hands look up toward the bottom of the body, then chest is bended as far as possible. The physical benefits of this posture are the natural message for neck and shoulder, increasing the lung capacity, fighting asthma, and others respiratory problems, and simulating pituitary and pineal gland; the mental benefits are arranging emotional and heart condition, decreasing stress and mentally problem; while prana benefits are increasing prana to neck and shoulde, and decreasing prana flow from lung, stomach and liver.

Yoga is spiritual skill. It is definite not only physically but also mentally. The most important in understanding yoga skill is practice. Yoga has 2 disiplin practices; moving and inactive.

Moving disiplin is good to endurance physic, to lose the muscle and joint fatigue, and to control the body gland and nerve. Moving disiplin helps the balancing of energy and the body comfort in the daily life, and it is important to regenerate the body cells. Many yoga practitioners look younger from their real age. It is caused by all the regular and correct movements.

In the inactive disiplin, yoga gives relaxation, rest, mind clearness, joyful, and intuition development. All of the benefits can be reached through yoga meditation in arranging breath and perfect yoga body.

The beginner yoga practitioners do yoga to have healthy body, whereas the classical goal is to be happy. The highest happiness is to make unity to God. So, yoga is physical practice which is full with spiritual atmosphere. It's more than healthy body because healthy is the pillar of happiness it self. Yoga, spititual movement, means the union to God that gives big benefit for the healthy. For everybody who usual do yoga will be healthier both, physically and mentally, so they will live longer and younger.

(<http://www.suaramerdeka.com/harian/0106/01/kot15.htm>)

Wayan Mudana and Irmansyah Effendi, M. Sc were in a yoga training and seminary in STIE Stikubank, Semarang. Wayan explained that meditation appears physiology changing, called relaxing respond.

It is the integration of the body – mind within decreasing the use of oxygen and heart beat, respiratory, blood tense, and lactate acid in the body, increasing skin resistance and the changing of the blood regulation.

Mayan quoted a research that through doing meditation, the breath frequency and heart beat will get lower. “Based on the psychology test it will help to have self control” he said.

More than 20 researches in controlling proved that relaxing practices in meditation can decrease the blood tense more than 20 mmHg systolic and 10 -15 mmHg diastolic. It effects the decreasing of the blood tense/hypertension.

There are three levels in getting older processes: blood tense, close – dot sight, and hearing level.

There are 6 secrets to have long life:

1. Enough physical activities
2. Go sleep when sleepy
3. Eat when hungry
4. Regular fasting
5. Clean body before sleeping
6. Do regular meditation

CONCLUSION

If fitness is linked with hatha yoga practice, it will have benefit for body fitness. It’s proved by the result of the practices, the rest aorta rate will get slower. It means that body works efficiently. But not all of cardiovascular are trained specially. But more researches must be done to find more proves that yoga influences the fitness level entirely.

yoga can be done by: stretching, main exercise and cooling down. The link between healthy and hatha yoga is that the exercise will be beneficial if concern to the exercise portion which is included in the FIT (frequency, intensity, and time).

3-5 a week is suggested to get the benefit. The intensity of the blood rate can not reach training zone, because it is smooth and need high intensity. The duration is about 20-60 minutes.