

Analysis of the Humanistic Value of Yoga

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Abstract: Yoga originated in ancient India, after more than 5,000 years of continuous development, in the modern society has been inherited and developed. Today, yoga has become a widely spread physical and mental exercise practice in the world. Spread from India to Europe, the United States, Asia Pacific, Africa, etc., because of its obvious effect on psychological stress and physical health care and so on. To sum up, yoga is not only a way of physical and mental practice, but also represents the ancient wisdom of India and the cultural exchange of globalization. Through the practice and philosophy of yoga, we can better understand ourselves, improve our physical and mental health, and experience the richness and enrichment of cross-cultural communication.

Keywords: yoga, humanistic value, cultural inheritance

1. Introduction

Yoga originated in ancient India, with a long cultural history and rich connotation. It is a fitness technique summarized by the long-term practice of the Indian people, and it is the crystallization of human wisdom. After more than five thousand years of development, yoga has gone through the inheritance of national culture, and it has spread worldwide with its unique sports characteristics and profound cultural value connotation, integrating national customs and realizing the exchange of world culture. The foundation of modern yoga culture in the world is based on the common health needs and aesthetic needs of different nationalities and different cultural backgrounds, and its core is to meet the needs of contemporary people to strengthen their bodies, shape their bodies, it relieve psychological pressure and so on. During the development of China, yoga not only retains the traditional sports characteristics, values and cultural characteristics of the Indian nation, but also absorbs and integrates the excellent traditional Chinese culture, endows it with the elements of the times, and forms traditional yoga with Chinese characteristics[1].

From the perspective of humanistic value, this paper systematically examines the value connotation of yoga along the basic value orientation of human life activities, and properly deals with the integration of development and inheritance, inheritance and innovation, traditional value and modern value, so as to meet the requirements of the development of the times. Analyze, excavate and deeply explore the humanistic value characteristics of yoga with modern significance, and clarify the development ideas for the healthy and sustainable development of yoga in China. It points out the direction for the development of exotic culture in China, and also provides certain references for the inheritance and development of other traditional sports in China.

2. Humanistic value of yoga

The essence of yoga culture has been enduring with the changes of the times. To study the humanistic value of yoga, we should not only combine with the history and culture of yoga, but also consider the innovative cultural development value reflected by the integration of diverse cultures in the process of modern society and cultural development, so as to realize the linkage development of traditional values and modern values.

2.1 Historical and cultural heritage value of yoga

Yoga is the transliteration of the Sanskrit word "yoga", which was first found in the ancient Indian book "Rigveda". Its meaning is "harmony", yoga originated in the Indus River basin, after thousands of years of historical accumulation, evolution, practice and research, is a belief, speculation, practice as the core content, into the psychology, medicine, philosophy and health and other multidisciplinary

essence, set a variety of cultural elements in a cultural complex (hereinafter referred to as yoga culture), it is the ancient Indian people through generation after generation on the basis of practice, people have summed up a set of scientific cultivation methods for the human body, which is a treasure of history and culture, and an outstanding representative of Eastern culture [2]. The development of yoga to today is not a religious belief, nor a simple sport, but a culture of life philosophy.

Yoga culture has been brilliant up to now, with a wide range of communication fields. Its core is the integration and selection of the essence of yoga values in different periods. The integration of classical yoga values with the core religious beliefs and philosophical views of ancient India has become the mainstream of Indian culture. Modern yoga (from the middle and late 19th century to the present) on the one hand, theoretically integrated with Western religion, philosophy and even some sciences; On the other hand, yoga began to gradually integrate into the medical field, psychology, art, sports and so on. Modern yoga value inheritance to meet people's "health needs" and "aesthetic needs" such common practical values, thus swept the world [3]. It is the value choice of yoga in ancient and modern times, as well as the combination, absorption and reference with culture, that makes yoga unimpeded on the road of inheritance and development in China, and successfully promoted.

In the Western Han Dynasty, yoga was first introduced to China in the form of Buddhism. The first yoga school was founded in Shanghai in the 1930s by an American yoga instructor, Indira Durfi. In the 1980s, yoga in the form of Qigong was spread in China, and in 1985 China Central Television broadcast a series of yoga teaching films, setting off a wave of promotion of yoga practice. In the 21st century, due to the popularity of national fitness activities, yoga is further popular in the form of fitness in China. Yoga from ancient to recent promotion in China and the combination of traditional Chinese philosophy, Confucianism, Taoism, traditional Chinese health thought, reflects the essence of the Chinese health culture, and the Chinese excellent culture has some common characteristics, deep internal connection, through absorption, reference, innovation, to meet the pursuit of different levels of sports value, the formation of a unique Chinese yoga culture connotation system[4].

Yoga rooted in the soil of China's excellent traditional sports culture, the formation of the national fitness as a feature of the postulation-led and Chinese traditional health combination of yoga, adapted to China's unique cultural background and social system, and in line with the Chinese people's fitness concept, sports participation habits and aesthetic taste, has become deeply loved and respected by the majority of the people fitness exercise. Under the background of the era of great health and the concept of human life and health first, it is of practical significance to promote and inherit yoga culture with Chinese characteristics.

2.2 Physical fitness, meet spiritual needs value

The Chinese government management department has put forward the strategic theme of "Building a healthy China in the new era" with people's health as the center. Health is a particular concern of any era and even the world. Yoga was once only spread within a small number of people, and now it is promoted to the world, precisely because of its strong fitness value, yoga itself is aerobic exercise, suitable for special groups to participate in. Yoga poses are more selective and safer, and it is the best choice for people with weak flexibility, physical strength and quality to choose yoga for fitness exercise.

The biggest advantage of yoga is that yoga is suitable for everyone, regardless of men and women, old and young, you can find the right posture for your own exercise from yoga asanas. Yoga poses are rich and sound, including a variety of body postures from standing, sitting, bending, twisting, handstand, backbend and lying, etc [5]. It is a comprehensive movement that can move all parts of the body. Regular practice of these asana, different parts of the body to achieve effective exercise, can effectively stimulate and activate the body's organs, tissues and cell activity ability, eliminate the body's various systems (circulatory system, respiratory system, digestive system, reproductive system, excretory system) pressure, make the heart become alert and strong, the body becomes healthy and active, long-term exercise can be In order to effectively improve the body's ability to resist various diseases, help reduce the probability of disease. Yoga can not only strengthen the body, but also enable people to release pressure during exercise, get effective relaxation, and restore peace of mind. Yoga is through its unique breathing, postural adjustment, enhance the function of the human internal organs, meet people's fitness needs, shape a healthy body, has an excellent healing effect on people's body and mind, and plays a huge role in people's spiritual, emotional, psychological guidance and enrichment of spiritual and cultural life.

2.3 Cultural and educational value

Traditional yoga integrates morality, intelligence, body and beauty, and uses yoga as an educational means to achieve the harmonious development of body and mind. It has a unified and connected construction function for human body, psychological phenomenon, moral norms, aesthetic taste, etc. It has deep educational significance for "heart" and "spirit", and plays an irreplaceable role in promoting human ideology, moral character, intellectual development, and the formation of aesthetic quality.

Yoga, as a way of practice and the ideological system that is consistent with its practice method, can improve and enhance people's intellectual education function, through the adjustment and change of people's intellectual and non-intellectual aspects, and effectively adjust the intelligence required for the learning process, such as observation, memory, imagination, thinking and attention. Yoga is characterized by the integration of body and mind. Through the practice of yoga, meditation and pranayama, people can gradually become quiet from the complex environment, gradually concentrate their attention, and eliminate external interference and pressure. Yoga can also reasonably adjust people's non-intellectual factors, such as motivation, emotion, will, temperament, character and many other psychological elements, through the gradual postural practice, long-term persistence is conducive to the improvement of temperament, character and emotional adjustment, it will quality tempering.

The moral education function of yoga is vigorously promoted not only because of the multiple effects of yoga asanas, but also because of the profound cultural connotation of yoga. The ethical and moral requirements in yoga sutra are also classics. The moral education function contained in traditional yoga: calming emotions, reducing pressure, advocating self-discipline, etc., actively guides people to develop in a good direction, which is consistent with modern social life. The required moral norms are consistent.

2.4 Aesthetic appreciation value

Yoga has distinct aesthetic characteristics, first of all, the natural beauty of yoga, which is reflected in the beauty of human movement, the completion of yoga poses requires basic physical quality, to have a certain degree of control and flexibility of the body, the stronger the physical quality, the more accurate the completion of the movement, the better the effect of human movement beauty (strength beauty, flexibility beauty, etc.).

In the process of completing yoga poses, all parts of the human body, such as bones, joints, ligaments, muscles and skin, are required to participate in the process. The moderate control and grasp of the combination of dynamic and dynamic yoga poses, especially in the practice of difficult poses such as dancing king pose and peacock dance pose, requires the powerful support of waist, abdomen, legs and other muscles and the comprehensive adjustment of muscle contraction. Through the flexibility and sensitivity of the body to control the completion of the action effect, its slender stretch brings changes in the body's soft curve, can show soft, relaxed and relaxed flexible beauty, show the beauty of strong vitality, bring people a good visual feast, beauty enjoyment and mood pleasure.

Secondly, the social beauty of yoga is mainly manifested in the comprehensive reflection of personal thought, character and behavior in the communicative function. Through mutual communication and appreciation of yoga, especially the learning of the beautiful yoga asanas, which are powerful and full of verve, the distance between people can be shortened, the communication of emotions can be enhanced, and the harmonious emotions can be adjusted. Yoga also embodies the beauty of harmony, which is the harmony between man and women, man and nature, man and society.

In addition, yoga is rich in composition and harmonious rhythm, which is the collection of movement beauty, music beauty, body beauty and dress beauty. Through yoga poses such as dance poses, garland poses and other exercises directly feel the beauty of asana movement. In addition, it can shape its own temperament, which can make people's body straight, symmetrical, balanced and flexible, and become more healthy and charming, so that people continue to pursue a higher standard of self-body beauty in training; at the same time, it also cultivates people's aesthetic ability, enhances appreciation and creativity.

2.5 Innovation value

Yoga is an ancient and scientific fitness technique. The important reason why yoga originated in India and became popular in the world is the rich value connotation of yoga itself, as well as the

integration and innovation of cultural values constantly adhered to in the process of communication, development and communication, so as to realize the diversified cultural integration with different countries and regions, with constantly rich content, more beautiful asanas and more and more professional clothing more importantly, it is close to and cater to the psychological needs of modern people, from the simple cultivation of a few people to develop into a public fitness method with practical value, and form a multi-field, multi-level, multi-structure fitness cultural form, the continuous development and innovation of yoga is its strong vitality [6].

In the process of innovation, integration and development of yoga in Western countries, the value of yoga postures has been improved and developed with the help of modern science and technology such as human anatomy, resulting in a new climax in the development of modern yoga, such as high temperature, Ashtanga, and energy enhancement yoga. Yoga in China with the traditional philosophy, Confucianism, Taoism, traditional Chinese medicine health ideas fusion, after scientific absorption, abandon the Indian yoga contained in the mysterious religious elements, metaphysical color and idealism and other ideas, it is clear that the Chinese traditional yoga is to de-religious, demystified, depersonalized characteristics. The development of yoga in China takes the essence of Indian yoga, integrates the connotation and essence of Chinese traditional culture, and forms the localized yoga with the characteristics of Chinese traditional sports culture [7].

Modern fitness yoga is a product of Chinese localization, with the further development, promotion and evolution of society, the value of yoga and the form of exercise continue to change, fitness yoga to promote physical and mental health as the purpose, the practice content is more and more rich and perfect, the integration of dance, music, acrobatics, gymnastics and other modern elements, a wide range of application, anyone can seek from yoga suitable way of self-exercise is a fitness leisure health project that is vigorously promoted as a modern society; In addition, the State General Administration of Sports has launched a national fitness yoga competition (single, double, collective), the object of participation is divided into social groups and professional groups, yoga more and more popular, experienced multiple innovative development and evolution, from entertainment and leisure projects into competition performance projects, making yoga more dynamic, yoga is experiencing in the traditional yoga style on the basis of the experience, innovation and development for modern competitive sports culture.

Yoga in the long-term development of continuous learning, learning, innovation, with the development of social times, leading the times, advancing with the times, but also into the contemporary competitive sports culture development concept, the traditional value and modern value combined, which is an innovation. Moreover, it is a kind of transfer, a kind of reference and an innovation to inject the factors of the times and integrate into the contemporary competitive sports.

2.6 Convey emotion and enhance the value of national exchanges and cooperation

Since ancient times, yoga has experienced the change of times and the continuous integration and evolution of transnational cultures. From the single form of body movements to the popularization and promotion of modern multi-school exercise forms, to the diversified and rich content of fitness yoga competitions today, all of them are the results of cultural exchange and development. The emotional exchange of yoga is mainly reflected in the cultural and emotional exchange between countries [8]. The yoga movement originated in India. In the early days, the Indian government, in order to harmonize and soften international relations, displayed and promoted yoga culture on various diplomatic occasions, and promoted international exchanges and deepened the emotions between countries through the exchange of yoga culture. Various kinds of cultural exchanges between countries are becoming more and more frequent, and national cultures between countries naturally begin to penetrate, tolerate and collide with each other. In the process of spreading yoga, countries move towards a deeper and broader space in the process of partial retention and partial perfection. The essence of yoga culture spreads all over the world, promotes the exchange of world cultures, and shows the brand of the times in the long-term development process, reflecting the inheritance, exchange and development of national culture. In addition, yoga as a modern leisure, health, competition and performance of one of the important projects, through the practice of yoga can strengthen the physical communication between people, verbal communication can deepen the tacit understanding and trust between people, people and society and the world harmony and peace.

2.7 Health value

Yoga culture in the process of change and the development of the times continue to integrate and innovate, to make a scientific, correct, conform to the trend of the times value choice, especially the higher health value reflected by yoga is excavated by the modern leisure civilized society of human beings and continue to promote. It is manifested in:

First, yoga health culture theory is rich in knowledge. On the basis of inheriting and retaining the essence of ancient Indian original culture, it absorbs modern culture for reference, integrates with eastern philosophy, traditional Chinese health thought and traditional Chinese medicine health mechanism, absorbs cultural essence, and accumulates over time to form a characteristic yoga health thought and culture system, which plays a theoretical guiding role in modern health.

Second, the focus of health care is on the mind, pure mind can correctly guide the direction of life, yoga plays an important role in the process of psychological guidance, yoga "Brahma I unity" thought and through the yoga practice mode of meditation, meditation, etc., people can release pressure, away from troubles and anxiety, purify the mind, adjust the state of mind, make people optimistic and positive, so as to achieve the pursuit of spiritual unity, the realm of harmony and unity between man and nature.

Third, the ancient sages believe that yoga is a science combining treatment and prevention, in which yoga postures are exercises that activate the body, yoga postures are numerous, different postures combination exercises can activate various parts of the body, play different physiological effects on various organ systems, skeletal muscles, etc., through yoga postures exercise to strengthen the body, away from disease, tune section of physiological function, to achieve the body dynamic balance, but also to meet the purpose of modern pursuit of weight loss, to promote mental, physical and external consistent health.

Fourth, yoga regulates the body and mind, releases the bondage of oneself, makes people's body, senses, heart, intelligence and consciousness tend to be stable, and achieves the purpose of yoga practice: to promote internal and external harmony, to achieve personal harmony, to promote family harmony and social harmony, and finally realize the harmony of the whole world.

3. Conclusion

With the development and progress of society, cultural exchanges between countries are becoming more and more ordinary. In the face of the impact of foreign cultures, it is necessary to selectively learn from them. The cultural innovation and self-improvement of yoga in the process of continuous integration with Chinese culture, and the new value formed, show a high degree of cultural consciousness, which is the true meaning of inheritance and development, and also reflects the trans-era humanistic spirit and its profound value excuse me. Humanistic spirit is the pillar of social spirit and culture in the new era. To re-examine the humanistic value of yoga provides more research perspectives for the further popularization and promotion, inheritance and development, progress and improvement of yoga. To explore new elements of yoga is a direction worthy of further research, and to provide new ideas for integrating more outstanding historical and cultural characteristics of other countries.

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