

Yoga Therapy

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Introduction

"Yoga Therapy" has become a keyword in today's Health world. Everybody is attracted toward yoga, as a low cost and effective treatment. In the Western world the "Yoga Therapy" is very popular. But this is not a newly invented system of treatment. Our ancient and traditional indigenous system of medicine i. e. Ayurveda is using yoga along with its Yama-Niyama etc. eight folds for maintaining health and treating diseases and achieving the physical, social, mental & spiritual well being, which is complete health. Promoting "Yoga Therapy" as something new an innovative therapy is just like selling you, your own science-product in changed new package. We integrated Physicians should be aware of this marketing strategy and should utilize our knowledge of yoga in the treatment of diseases.

Definition -

The word "Yoga" is derived from, which means to unite युज्यते अनेन इति योगः. Another definition of "Yoga" is समत्वं योग उच्यते।

Yoga helps one to achieve, complete homeostasis.

Yoga therapy aims at the holistic treatment of various kinds of psychological or somatic dysfunctions ranging from back problems to emotional distress. Both Ayurveda & Yoga approaches, however, share an understanding of the human being as an integrated body mind system, which can function optimally only when there is a state of dynamic balance.

Yoga therapy may be defined as the application of Yogic principles to a particular person with the objective of achieving a particular spiritual, psychological or physiological goal.

Development of Yoga from Philosophy to Science

Yoga achieved its classical form under Patanjali, the compiler of the Yoga-Sutra, who is assigned to the period from 200 B.C. to 200 C.E. He outlined the eight "limbs" of the yogic path: (1) moral discipline (Yama), (2) self-restraint (Niyama), posture (asana), breath control (pranayama), sensory inhibition (pratyahara), concentration (dharana), meditation (dhyana) and ecstasy (samadhi).

In contrast to Patanjali's classical Yoga, the many schools of Post-Classical Yoga are nondualistic. That is, they pursue their stereological programme on the basis of the recognition that "All is One." Thus their via negative leans toward a more life-positive orientation, which is founded in the understanding that if everything is an interconnected and interdependent whole, there is no need for escape or denial of body, mind, and world.

This orientation achieved its-peak in Hatha-Yoga ("Forceful Yoga").

Hatha-Yoga has always had a close relationship with India's native naturopathic system called Ayur-Veda ("Life Science"). Which is profoundly holistic and for this reason has become fashionable in the west in recent years.

The psychosomatic approach of Hatha Yoga and Ayurved includes many physical purification techniques and a large number of postures that exercise the body in various ways.

The means employed are comprised of intelligently conceived steps that include but are not limited to the components of Ashtanga Yoga, which includes the educational teachings of Yama, Niyama, asana, pranayama, pratyahara, dharana, dhyana and Samadhi. Also included are the application of meditation, textual study, spiritual or psychological counseling, chanting, imagery, prayer, and ritual to

meet the needs of the individual. Yoga therapy respects individual differences in age, culture, religion, philosophy, occupation, and mental and physical health. The knowledgeable and competent yogin or yogini applies Yoga Therapy according to the period, the-place, and the practitioner's age, strength, and activities.

Utilization of Yoga therapy.

Shakti Karma - The use of Yoga to gain a sense of power, i.e., to develop muscular power, the power to concentrate, the power to do difficult postures, the ability to work over and extended period of time, etc.

Chikitsa Karma - The use of Yoga to heal specific problems, such as eliminating impurities in the organs (doshas) or energy centers (chakras) and channels (Nadis) of the body.

- If sickness is present, it needs to be ro cured (chikitsa).
- If sickness is not present, protection is necessary (rakshana).
- If sickness is not present and one has learned how to protect oneself, training is training is necessary (shikshana).

Adhyatmika Karma - The use of Yoga to go beyond the physical to understand what is beyond the limited sense of self; to know one's true self as unchanging witnessing presence (Purusha) of all that is changing (Prakruti).

Principles of Yoga therapy are

Yukta-shiksana - Teach what is appropriate to the individual.

Bheda - Differences in different people must be respected.m-tonov

Desha - Teachings must consider the situation, place, or country from which the student comes.

Deha - Each person needs to be taught according to his or her individual constitution, age, disposition etc. (i.e. young, old, obese, lean etc.)

Kala - The method of instruction dependson the time of year, the seasons etc.

Vritil- Depending on the occupation of the student, he or she will need to be taught different things (e.g. an athlete would be taught differently than a philosopher).

Shakti - One must understand the capacity of the student, how much endurance he or she has, how much memory, how much time to study or practice.

Marga The teaching must conform to the direction of the mind (I.e. it must take a person's interests into account, such as exercise, devotion, God, chanting etc.)

Researches on Yoga

In the course of its several thousand years of existence, Yoga has accumulated a huge store of experiential data, some of which are contained in the extensive native literature.

The earliest medical studies of Yoga were conducted at the Yoga Institute in Santacruz, Mumbai. Another well-known India Yoga research institution is Kaivalyadhama in Lonavala, which was founded in 1924.

Over the years, numerous medical studies have been carried out. These range from Yoga's beneficial-effect on physical flexibility. muscle tone, and stamina to poor eyesight, obesity, indigestion, back pain, hypertension, various respiratory diseases, sinusitis, arthritis, diabetes (I and II), as well as anxiety, nervousness, attention deficit, and memory loss.

The Yoga Research and Education center in California is currently creating a data base of medical and scientific studies on Yoga.

How yoga Therapy Improves Health

The health benefits of Yoga can be classified into two categories -Physiological (Sharir) benefits and Psychological (Manas) benefits and is based on the regular practice or traditional asana, pranayama, and meditation. Please note that while pulse rate etc., may increase during the practice of various asanas, some forms of pranayama, and some stages of meditation, but overall benefits to general health are as listed below.

Physiological Benefits (Sharir)

- Respiratory rate decreases
- Respiratory efficiency increases smoothness increase, tidal volume increases, vital capacity increases, breath holding time increases)
- Pulse rate decreases
- Cardiovascular efficiency increases

- Blood pressure decreases (of special significance for hypo reactors)
- ECG - alpha waves increase (theta, ib as delta and beta waves also increase during various stages of meditation)
- Endocrine function normalizes
- Gastrointestinal function normalizes
- Excretory functions improve lo assay
- Musculoskeletal flexibility and joint angle ev of motion increases
- Posture improves
- Energy level increases
- Weight normalizes
- Sleep Improves
- Immunity increases
- Pain decreases
- Self acceptance, self actualization increase
- Social adjustment increases
- Anxiety and depression decrease
- Mood improves and subjective well being increases
- Psychomotor function improve
- Balance improves
- Grip strength increases
- Eye-hand coordination improves steadiness improves

Cognitive function improves

- Memory improves
- Attention improves
- Concentration improves
- Learning efficiency improves

Conclusion

To The Yoga Therapy has its roots embedded in Ayurveda very deeply. Yoga and Ayurveda hand in hand can do miracles in health world. Due to these similarities in both sciences Acharya Charka has correlated with Patanjali.

While modern medicine has the ability in many cases to heal physical diseases and alleviate psychological disorders, it is argued that a purely medical approach is far less effective in healing the emotional, intellectual, and personality layers of the human entity. The discipline of yoga offers individuals a timeless and holistic model of health and healing and although it may not result in the complete elimination of physical diseases and/ or adverse conditions from the body it offers a holistic path of healing. There exists an indisputable connection between a person's overall physical and mental health and the inner peace and well-being

yoga is designed to achieve. Yoga suspends the fluctuations of the mind and by acting consciously, we live better and suffer less.

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