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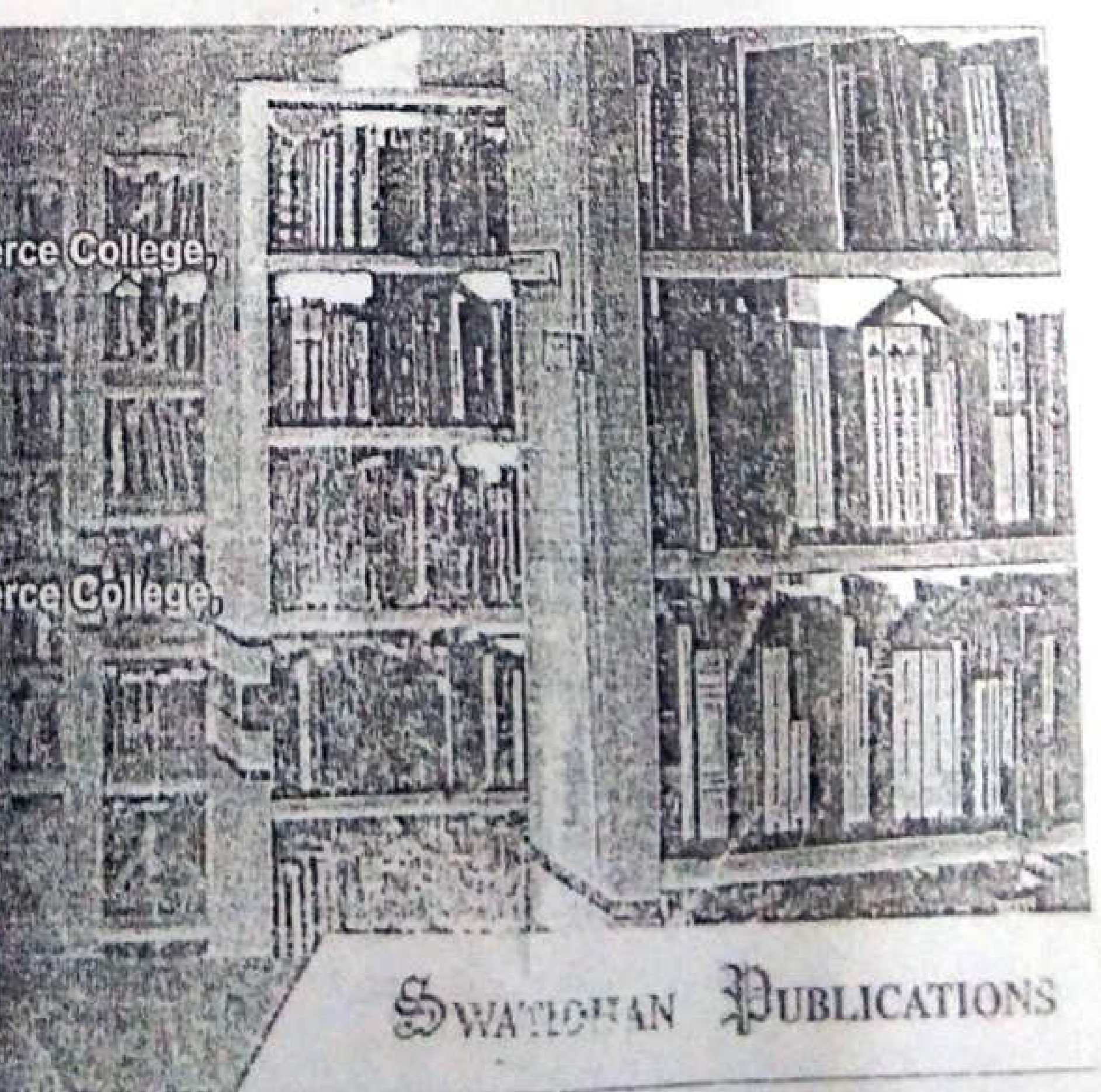
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## Physical Science As A Yoga Therapy

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### Intrdouction:

Yoga is the " Union of the individual self with the universal self"

Lyengar, 2001

Yoga which originated in India more than 5,000 Years ago, is a Hindhu system of philosophy that encompasses the body, mind and spirit. Its aim is ultimate physical health and happiness, together with mental peace and tranquility.

Modern man has a hectic, chaotic life style. He sleeps late, watching late movies on the TV, he also carries work home. He eats a heavy dinner, that he can-not digest and it sits like a lump of cement in his stomach. He gets up late. Rushes to work in crowded trains or on jammed highways. In the office it is likely that he lives a stressed life. With the onset of info-tech revolution one is glued to one's computer and eats and drinks (too much tea or coffee, which creates toxicity in his blood and brain ) this chaotic life style makes him prone to disease both somatic and psychic such as acidity, asthma, headache, hypertension, common cold diabetes, postural defect, stress etc. which are not directly amenable to conventional (allopathic medicine ).

Now these days yoga therapy has been mostly used for the treatment of both somatic and psychic disease. Yoga is one of the ancient Indian principles which rules over one's body and mind, by participating, it enable a person to attain peaceful and healthy life. The great saint Pantanjaiy enumerated RAJAYOGA, which lays down an eight-fold path called EIGHT LIMBS OF YOGA, the third anga is called ASANA, Asana is defined as static posture.

Thus yoga, a specific system of postuers, will not only help to keep a person normal but also practiced to prevent and treat certain diseases.

### Position A: Pranayam

Pranayam refers to deep breathing techniques. There is a set of breathing exercise that will effectively help loss weight.

1) **Kapalbhati** : Also know as the breath of fire technique this breathing exercise made popular by Yoga Guru Baba Ramdev is a very helpful weight loss exercise. Let us learn how to do it.

- (I) Sit cross legged on your yoga mat.
- (II) Your body should be straight on elongated spine, neck and chin up.
- (III) Close your eyes and place hand on your knees in a comfortable position.
- (IV) Your abdomen muscles should be completely relaxed, don't stain them.
- (V) Breath in deeply and exhale the air cut of your nose if a sniff when your sniff out of the air, you will fell your abdomen pulling inwards.
- (VI) If you are starter practice this breathing exercise up to 30-50 min jims. Slowly increase the pace and continue upto 5-10 minutes at a stretch. Don't do this exercise when having periods or if your are suffering from high blood pressure or any other heart disease.







### B) Bhastrika Pranayam:

This pranayam is meant to provide enough amount of fresh oxygen to your body.

I) Sit comfortably on a yoga mat. Your legs should be crossed one over the other in a padmasana.

II) Place hand on your knees with palm facing upwards the tip of your thumb and ring finger press one against the other.

III) Take normal breaths and relax.

IV) Now breathe in deeply with all your strength so that your lung is filled with oxygen.

V) Then breathe out forcefully through the nose such that hissing sound is made.

### Understanding Yoga:

Before practicing yoga it is very essential to understand it intensively. Moreover, it should be practiced as a therapeutic means only by the person having perfect knowledge of the same, otherwise it may spoil the life of some one under treatment. The term yoga has its root as 'Yug' in Sanskrit. Yug means joining of two things. In the form of sakola in Sanskrit it is described as 'Yujyate' anena iti yogah' hence, yoga is that which joins. What are the entities that are joined? In the traditional terminology it is the joining of 'Atma' with 'Paramatama' i. e. joining of the human soul with that of the divine soul.

According to patanjali who wrote 'yoga sutras' nearly 4000 years ago described yoga as a conscious process of gaining mastery over the mind i. e. yoga Vriti Nirodhah. But the definitions given in 'Bhagavadgita', Mainly three are as under (1) 'yoga' karmashu koushalam

(2) Dukh samyoga wiga yoga

(3) Samatawam yogamuchayate.

Thus in action, yoga is a special skill which makes the mind reach its subtle state. It helps in maintaining relaxation and awareness in action. Efficiency in action is an outcome. So it is a technique to reach the ultimate state of perfection.

'Gita' further portrays yoga as the power of creation: Krishna through his power of yoga shows Arjuna the 'Viswarupa Darsana' the vision of the universal being by giving him divine sight.

In Indian culture and traditions 'yoga' has different meaning just as in medical science it is the combination of different types of medicines, in astrology, it is the position of different planets and stars, and perfection in the act in moral preaching.

### Yoga as Therapy:

What is therapy? Should we use this term in yoga? Are yoga practitioners therapists? This is a very typical question. Actually it appears that among medical men there are two schools of thoughts on the interpretation of the word therapy. One believes that the doctor himself is the only therapist. The other believes that every thing that happens to the patient while he is in the hospital is therapy. Personnel directing patient activities are therapists. Mostly we hear this word in connection with hospital activities.

The causes of disease are mainly:

1) Infection in the body.

2) Weakness of particular organ due to lack of exercise.

3) Lack of balance or co-ordination between function of the body and mind called psychosomatic disorders.







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Yoga therapy has been mostly used for the treatment of disease, which are now days regarded to be psychosomatic or stress related and for some psychiatric disorder, it is useful in the treatment of the following disorder-some of the disorder in which yoga therapy is more effective is given as under:-

#### **Acidity:**

It is the disorder caused by an abnormality of secretion of hydrochloric acid. This more in mental shock, sudden grief or unpleasant associations and irregular food habit. Hyperacidity is the creation of the chilly powder use, species food, psychological causes like anxiety, frustration and constant strain.

#### **Treatment:**

Practice vamana-dhouti once daily in the morning for once or twice a week. Try to avoid stressful situation, practice meditative and relexative Asana daily. Vamana-dhouti help in eradicating the acisity disorder holistically.

#### **Asthma**

It is primarily a disease of respiratory system. It is very trouble some for the patients. It is said that it can be cured completely.

#### **Treatment:**

Practice vaman dhouti and jala neti regularly ,twice a week. Don't forget to do kapalibhati after doing jal neti Practice of pranayama especially anuloma-viloma (without khumbhak in early stage) daily essential. Practice of savasana/makrasaha for about 10 minutes daily should be done to keep the body and mind relaxed. Pranayama should be practiced in open unpolluted air for complete effects . Insomnia and Anxiety  
Practice of yoga mudra,pavanmuktasna, Bhujangasana, savasana is essential daily. Use of meditative asanas is also helpful in relaxing the tension.

#### **Headache:**

Nate Kriya, yoga mudra, hujungasana, ardhshalabhasana savasana and practice of dhyana in sukhasana asadvisable daily as per the capacity of a person.

#### **Common cold :**

This is one of the most common aliment from which everyone suffer some or the other.

#### **Treatment:**

Do jalneti three times a day two or three days and then once a week. Jalneti should be'dont with jalneti pot fillel with a little hot water should be avoided. After doing jalneti it is essential to do kapalbhati.

#### **Hypertension:**

High blood pressure is a very common disorder these days. Maximum number or peoples suffer from the same. Executives are the main among them.

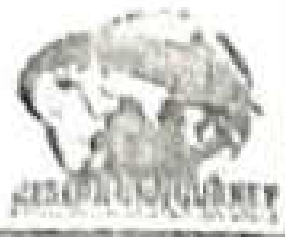
#### **Treatment:**

Suryanamaskar should be done to reduce obesity. Deep relaxation in savasana for 20 minutes twice a day, and practice of dhyana in meditative poses for at least 10 minutes daily twice is advisable.

#### **Depressive illness treatment:**







Tadasana, chakrasana, yogmudra, I pavanmuktasana, sarvangasana and I savasana for 2 to 3 minutes each daily.  
Practice of dhyana daily for 5 to 10 minutes should be done.

#### **Piles:**

This disorder caused mainly by irregular living habits, delaying natural call. It causes intolerable pain in the annus.

#### **Treatment:**

Practice aswinimudra in-viparit karni. It involves relaxing and contracting the anal sphincters for about 10 time while holding the inverted position of the body. This helps to remove the congestion of blood from the anal region. Practice of mulabandha by sitting in hot water tub, is very much helpful in the pain relieving and gives a soothing effect.

#### **Postural Defects:**

These are created due to wrong siting, standing position. When supine is not kept in a vertical position these disorder occurs.

#### **Treatment:**

Practice sitting with a straight back in any meditative pose for about 10 minutes daily. While standing try to keep the supine erect. Sit erect and stand erect. The principle of samam-kalyav siro-grivah should be adopted.

#### **Sinuses:**

The sinuses are air space lined by the mucous-membrane located with in the bones of the face and skull, due to infection of the sinuses one feels heavy headache which becomes intolerable many times. Patient stars weeping due to heavy pain many times.

#### **Treatment:**

Practice of jalneti twice a day during attack and later on twice a week essential. Use hot water for jalneti.

#### **Diabetes:**

In this disease the mechanism of storing glucose in the body is hindered yoga practice may be used as a preventive measure for the same.

#### **Treatment:**

Practice . of mayurasna, paschimotomasana, chakrasana and sirsasana daily for 1minute each. Practice of vaman dhauti twice a week is also essential. Vastra dhauti is found very useful. It can be done once a week. Practice relaxative asanas 15 minutes daily twice is much more helpful in curing the disease. Mental strain should be avoided.

#### **Aras and bhagandar:**

These are very painful disease of the lower extremities. Bhagandar is so painful that it cannot be tolerated while sitting. It is likes a cave which many times join the anus and latterene start coming out of it. Generally medicine does not affect it.



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