Conceptual Understanding of Yoga in Keeping Healthy State: An Ayurvedic Approach

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ABSTRACT

Today’s era is known as fastest era. Everyone is busy behind their work. No one has time for health. Due to this many lifestyle disorders are emerging like obesity, hypertension, diabetes etc. As said by our elders ‘Prevention is better than cure’. So for preventing these disorders, the yoga and Ayurveda both sciences will help us. Yoga and Ayurveda are sciences which go hand in hand. Both have many similar basic principles. The physician who treats any disease by Ayurveda along with yoga will get definite success. Both will teach us how to behave in society as well as how to maintain our health also. So, people have to follow both sciences together for attainment of health.

Keywords- Lifestyle disorders, Yoga, Ayurveda

INTRODUCTION

“स्वास्थ्य स्वास्थ्य रक्षण, आतुर्स्य विकार प्रशमनं च” i.e. maintaining the health of healthy person and to cure the diseases of diseased person is the main aim of Ayurveda. [1] Ayurveda and yoga both are inter-related science. Both have accepted basic principles like Manas, Aatma, Panchamahabhoota etc. when Ayurveda science gets restriction in some cases then yoga procedures like tapa, Dhyana, Dharana will become helpful. And if any deformity occurred during doing Yogasanas or Bandhas then it will be treated by Ayurveda.

DEFINITION OF WORD YOGA-

Nirukti of word Yoga according to Bhagavadageeta, “Samatwam Yoga Uchayate” balancing of two opposite things is Yoga. [2] According to Patanajla Yogasutra “Yogah chitta vritti nirodhah” [3] here Chitta means Antahakarana (Manas, Buddhi, Ahamkara). Vritti means fluctuations. Nirodha is Avarodha (to stop). So Yoga helps to stop the fluctuations of Manas. In Hathayoga Pradeeipika, Manas is compared with Parada, as Parada becomes Sthira after doing Samskaras on it and also then it will be useful further for medicine purpose also. In the same way Manas can be controlled by Pranayama so that it can achieve all Arthas (Chintya, Vicharya, Uuhya, Dheya, Sankalpa).

Nirukti of word Swasthya according to Ayurveda is “Samdosha Samagnishcha Samdhatu Malahakriya | Prasannatmendriya Manaha Swasta Iti Abhidhiyate” the person is considered as healthy when he is having equilibrium state of Dosha, Agni, Dhatu, Mala Kriya and whose Aatma (soul), Indriya (senses), Manas (mind) all are happy is considered as Swastha person (healthy individual). [4]

According to WHO, definition of health is ‘Health is state of complete physical, mental and social wellbeing and not merely the absence of disease.

YOGA –

Yogadarshana has explained about Ashtanga yoga i.e. Yama, Niyama, Aasana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. [5] Out of which first four are related to Sharira, next 3 are related to...
Manas, last one realted to Aatama. These Ashtanga yoga acts as bridge to join Aatma to Paramatama.

YAMA-

It refers to Samyama or to have patience, to control. It includes Ahimsa, Satya, Asteya, Brahmachrya and Aparigraha. These are the rules which we have to follow in social area. Ahimsa is to avoid Himsa, as it is explained as Dashavidha papakarma in Ayurveda it should be avoided. Satya is the one which exactly the person has spoken, thought, and imagine while talking to others. Asteya is not to steal anything from anyone. Brahmachrya is abstinence from sexual urges which helps to increase potency. Aparigraha is free from attachment of external pleasure.

NIYAMA–

Rules and regulations of self-discipline are Niyama. It includes Shoucha, Santosha, Tapas, Swadhyaya, and Ishwara Pranidhana. Shoucha is cleanliness of body as well as mind. Santosha is feeling of satisfaction. Tapas regularly will definitely have Hitayu. Swadhyaya means yoga Shastra refers learning of Moksha Shastra, chanting of Mantras as taught by teachers is at the initiation of teaching is Swadhyaya. Ishwara Pranidhana is devoting oneself completely to the Ishwara.

ASANA-

The stable posture which gives comfort is Aasana. In Ayurveda some specific postures are mentioned as a cause of disease such as Utakatasana, Vishwasana habitual to these will cause Arsha.

PRANAYAMA-

Controlling the mind and focusing it on one point for attainment of concentration is Dharana

DHYANA-

Continuous practice of focusing is Dhyana. It will decrease the Rajasa and Tamasa Dosha

SAMADHI-

It means join with Aatma and feeling of Parama Chaitnya Avstha. In this stage one is only concentrated on his Dheya.

YOGA IN TODAY’S ERA-

Generally in today’s era yoga word is considered as Yogaasna especially.

YOGAAASNA-

“Sthiram Sukham Aasnama” which gives Sthirata to the body is Aasana. [6]

“Aasanabhyasa Yogen Suswasthya Labhte Dhruvam| Dirghayushham Manah Toshama Hritpavitrayama Tathve Cha||” Continuous practice of Yogasana will give health along with long life, Mana Santosha, Chitta shanti definitely. [7]

There are total 84 Aasanas explained in Hatha yoga Pradeepika. From which here I will quote some Aasanas and its benefits which are easy for doing in today’s hectic lifestyle.

MATSYENDRASANA

Place the right foot at the root of left thigh and the left foot outside the right knee. Grasp the feet and twist the body. Benefits- It stimulates the Jatharagni. Regular practice of this will activate Kunadalaini and destroys deadly diseases.
PASHCHIMOTTANASANA-

(Figure 2).
Stretch both legs on the ground like sticks. Grasp the toes with both hands. Rest the forehead on the knees.
Benefits – It is one of the prime important Aasana. it kindles Jatharagni, flattens belly, and brings good health to the man.

MAYURASANA-

(Figure 3).
Hold the earth with both hands. Place the sides of navel on elbow. Rise high above the ground like a stick.
Benefits – It will very helpful for curing the diseases Gulma, Udara and so on. It stimulates Jatharagni in such a way that it can digest Kalakuta Visha also.

SHAVASANA-

(Figure 4).
Lying on the back on the ground is shavasana.
Benefits – It removes fatigue, and gives rest the mind.

DISCUSSION

The definition of health according to Ayurveda closely resembles with definition of health declared by WHO. It means that Ayurveda gives definition of health thousands of years ago which is put forth by WHO in today’s era. As explained in Ashtanga Yoga, Ahimsa in today’s days means physician should treat every patient without hurting them and without making any difference in them. While explaining four qualities of patient it is given that he tell Satya (only truth) without any hesitation to the physician. So then only physician can plan treatment procedure. Steya is considered as Dashvidha Papakarma. So practicing of Asteyya will give good life. Brahmacharya is considered as life according to Ayurveda. Unnecessary consumption of alcohol, doing sexual intercourse will leads to Ojokshaya. Regular practicing of Dana to needy people will help us to follow Aparigraha. In Ayurveda it is explained that external Shoucha will be maintained by Lepana, Kavalgraha, Snana etc. and internal Shoucha will be maintained by avoiding Dashavidha Papakarma. In Aachara Rasayana it is explained that one should do regular practice of Tapa in the form of Mantra Japa, Dana etc. The entire Adhyayana Vidhi explained by Aachryas is for Swadhyaya only. Practically devotion to God (Ishawar Pranidhana) is having many references in Ayurveda. In Jwara Chikitsa, chanting of Vishnu Sahasranam is given as Daivavyapashrya Chikitsa. Some Aasanas (postures ) acts as a cause of disease while some are used for treatment also. During studying it is told that student should sit in Sukhasana. Pranayama are mainly helpful in respiratory disorders as it increase the oxygen carrying capacity of lungs. Pradnyaparadha is one of the important cause of disease as explained by Ayurveda. Practice of Pratyahara will help to control the mind. Dharana , Dhyana and Samadhi are the process in sequence to attain the complete spirituality. Dharana & Dhyana will increase the concentration of mind on its Dheya.

Matsyendrasana, Pashchimottanasana, Mayurasana & Shavasana from all these first three Aasanas which are clinically proven very helpful for today’s lifestyle disorders. All postures will
increase the \textit{Jatharagni} and loose the excessive body fats. The last \textit{Shavasana} will help to take rest of mind as well as body. Loss of sleep is very common complaint of all of patients for this \textit{Shavasana} will be very useful.

\textbf{CONCLUSION}

Yoga and Ayurveda helps not only for disease treatment as well as for maintenance of health also. According to B.K.S. Iyengar, “Yoga is the golden key that unlocks the door of peace, tranquillity and joy.” So, instead of doing yoga in only one day, we have to adopt the yoga and Ayurveda as a culture. Then only we can see the disease free country.

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