

Therapeutic Applications of Yoga in Health Management

Arun

Asst. Professor, Kalinga University, Raipur

ABSTRACT: Yoga as a mode of therapy (Yoga Chikitsa) has become extremely popular and a great number of studies and systematic reviews offer scientific evidence of its potential in treating a wide range of psychosomatic conditions. Yoga comprehends wellbeing and prosperity as a dynamic continuum of human instinct and not only a 'state' to be come to and kept up. Yoga causes the person to set up sukha sthanam which might be characterized as a dynamic feeling of physical mental and otherworldly prosperity. The point of this gathering is to fortify and spur Yoga aficionados and therapeutic experts alike to try towards understanding the colossal profundity and wide extent of Yoga chikitsa the use of Yoga as an integrative method of treatment. The need of great importance is for a cooperative connection amongst Yoga and current science.

Keywords: Yoga, Psychological aspects, yoga, therapy, applications, cardio etc.

I. INTRODUCTION

Yoga may be justifiably considered to be the original mind-body medicine due to its antiquity and a unique blend of practical spirituality that is pan-universal in nature. It deals in depth with the body, mind and spirit inducing holistic and harmonious integration at all levels of being. This engages and empowers us to develop from our constrained, limited feeling of distinction towards an extended and boundless condition of all inclusiveness. Yoga is in its embodiment a lifestyle, to be lived tuned in to the widespread laws of nature and is saturated with otherworldly development in mindfulness and awareness. Without a doubt a definitive objective of Yoga is simply the achievement of kaivalya, the last acknowledged, freed condition of being the place we are eventually "Each of the One". Amidst this endless developmental procedure of profound development and extension, the sadhaka is simultaneously honored with numerous positive side advantages and one of them is the achievement and upkeep of sukha sthanam, a dynamic feeling of physical, mental and otherworldly prosperity. On the off chance that we comprehend that the premise of malady at the mystic level is an unnatural dichotomous disharmony of our being, we would then be able to exceptionally surely know how Yoga through its brought together ideas of dharmic living empowers us to recover our claims of wellbeing and satisfaction while achieving the objective of moksha. Without a doubt, kaivalya the condition of 'extreme all inclusive unification' might be viewed as a definitive condition of impeccable wellbeing when seen from this point of view. The Srimad Bhagavad Gita characterizes Yoga as samatvam meaning in this manner a 'condition of being' the place poise shows through physiological and biochemical homeostasis, mental serenity and intra-between trans-individual profound mindfulness, all incorporated in a sound and agreeable all encompassing parity. In the event that we are to accomplish this, it is basic that we mull over the widely inclusive multi-dimensional parts of Yoga that incorporate the accompanying: a sound life supporting eating regimen, a solid and regular outside inside condition, a comprehensive way of life, satisfactory bodywork through asana, mudra and kriya, stimulating breath work using pranayama and the development of a sound point of view through the higher practices of Jnana Yoga and Raja Yoga. "Wellbeing and satisfaction are your bequest! Claim them!" thundered the "Lion of Modern Yoga" Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj. "You are destined to be solid and glad. Be that as it may, the objective of life is moksha – flexibility. We live in "upside down circumstances", when antiquated esteems have been flipped onto their heads. One once in a while meets a really solid or cheerful individual. Truth be told, for most by far of mankind, wellbeing and joy are far off dreams. Sickness, dejection, strife, distress, stress, strain and

disappointment are the "bequest" even of youthful youngsters in current circumstances. Billions of dollars are exhausted by the wellbeing business. Medicinal science can put pig valves into human hearts and transplant key organs. Super strength healing centers proliferate. It is unreasonable to expect that by doing undesirable things, one can be sound.

The act of yoga incorporates physical stances and activities, control of breathing, profound unwinding, contemplation and yoga way of life adjustment including dietary and psychospiritual strategies. The strategies are equipped for improving both physical and psychological well-being. The psychopathological advancement of yoga rehearse is the premise of remedial impact. Along these lines, the change on illness process through yogic practice can be depicted as its positive 'reactions'. Gharote (1987) has expressed that "the remedial part of yoga does not include in any of the customary frameworks of self improvement with the exception of in the yoga sutras of Patanjali, where we run over the word vyadhi signifying 'ailment' in the rundown of aggravating variables of brain those are impediments to freedom... despite the fact that yoga treatment was not a created branch of yogic train thusly, we do get a look at the restorative impacts of the practices in a portion of the Hatha yoga writing, for example, the Hatha yoga pradiipika. Notwithstanding, guidance is given here inside the setting of training; that is the means by which to manage the protests that emerge from broken practice". The psychosomatic part of yoga system is moderately new than the profound segment. Yoga hones have been appeared to be helpful as a remedial adjuvant in the treatment of a wide assortment of mental and restorative conditions, for example, gloom, tension, post-horrible pressure issue (psychopathological), hypertension, coronary illness (cardiovascular), bronchial asthma, endless obstructive pneumonic (COPD) (respiratory), diabetes (endocrinal), musculoskeletal, unending torment, adjust issue since yoga has been observed to be successful in lessening autonomic excitement and in balancing the variables, which are known to influence pressure issue.

Yoga is a 5,000-year-old custom whose established point is freedom from agony in this life. Antiquated writings influence it to clear that psychological and physical sickness or absence of wellbeing is obstacles to this objective. Yoga was utilized as a part of days of yore to beat these obstacles in readiness for achieving the objective of self-acknowledgment and freedom from agony. In spite of the fact that the old soothsayers perceived the wellbeing and recuperating impacts of Yoga, they were not the essential objective of training similar to the case in America today. Yoga is presently viewed in the West as a comprehensive way to deal with wellbeing and as of late has been grouped by the National Institutes of Health as a type of Complementary and Alternative Medicine (CAM). In India, in any case, Yoga isn't an elective recuperating framework yet a piece of standard drug. In either case, this restorative utilization of Yoga requires the established stances to be adjusted to address the particular issues related with every therapeutic condition. A wide range of strategies for Yoga exist and every ha its own particular strategy for forestalling and treating malady.

Clinical Implication

Yoga techniques are associated with:

- a) Reductions of basal cortisol and catecholamine secretion.
- b) Decrease in sympathetic activity, with a corresponding increase in parasympathetic activity.
- c) Tone down maladaptive nervous system arousal and can be a helpful practice for patients with posttraumatic stress disorder (PTSD).
- d) Reductions in metabolic rate and oxygen consumption.

Yoga strengthens the immune system. So, shortness of breath, hay fever, allergies and chronic infections are less likely with yoga practice. Respiratory system diseases like sinus problems, asthma are also improved with yoga. Yoga counteracts insulin resistance, which is a risk factor for cardiovascular disease, diabetes, and stroke. Yoga is a natural cure for lowering the levels of low density lipoprotein (LDL) cholesterol and triglycerides and increasing high-density lipoprotein (HDL) cholesterol.

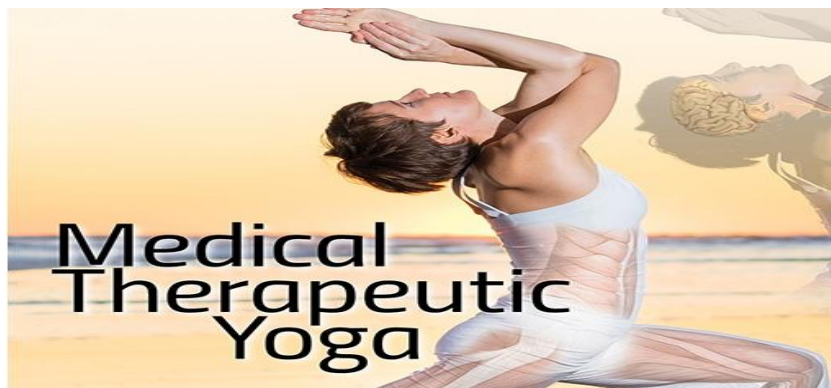


Figure 1: Medical Therapeutic Yoga

II. YOGA CHIKITSA – YOGA THERAPY

1. **Yoga Anatomy:** While Western medical anatomy deals with the concept of only one physical body, Yoga Chikitsa includes an investigation and thought, if just reasonable, of the pancha kosha, five collections of man. Yoga Chikitsa must be profoundly worried about the examination and information of the clairvoyant chakras, prana nadis and bindus, and additionally a use of Yoga Chikitsa that takes in the thought of numerous ideas not found in Western wording. The investigation of Yoga Anatomy would get vigorously from terms and ideas utilized as a part of Ayurveda, Siddha Vaidya, Samkhya and Yoga.
2. **Yoga Physiology:** In Yoga Chikitsa, a more extensive learning of the physiology or capacity of the five bodies would be a vital report and utilization of the workings of the different koshas in concordance or beneficial interaction. Information of the trigunic nature, vasantas, and doshas, would be a need and most vital, the impact of the different pranas and the shutdown of body organs when at least one of the major or minor pranas isn't working. Yoga life systems and physiology ought to be a mandatory report for anybody rehearsing Yoga Chikitsa professionally.
3. **Yoga Philosophy:** Yoga has an all encompassing, general idea of life and an extremely uplifting attitude toward the profound.

Yoga treatment for obesity

Yoga treatment depends on adjusted eating regimen, with legitimate yoga stances or asanas and breathing strategies. Once in a while the hefty individuals experience difficulty with joint torment. Yoga can help by enhancing the body's arrangement to decrease strain on joints by enabling the casing to hold up under a greater amount of the body's weight. It enhances quality and adaptability. Yoga likewise builds up the adjust. In particular, yoga can rest easy, both enhancing physical wellness and raising mind-set. General routine with regards to yoga has diverse impact on heftiness, which is perpetual in nature than different strategies for weight decrease.

The dynamic arrangement known as Surya namaskara is most vital for the treatment of weight. Surya namaskara is an entire practice in itself since it incorporates asana, pranayama, mantra and reflection. This training affects the endocrine and sensory system, adjusting metabolic irregular characteristics that reason and propagate weight. The pranayama hones prescribed for obesity are additionally the more unique structures which empower the digestion. These include: Bhastrika, Kapalabhati and Suryabhedan, which are performed alongside adjusting hones like Nadi-shodhana and Ujjayi. Standard routine with regards to pranayamas helps consuming fats.

YOGA for Stress

Current man faces pressure all over and got in its paws in a horrible winding knows not how to remove himself. His life has turned into a 'rodent race' and his body, feelings and brain are altogether clanked by the physiological and mental reactions of his 'self' to the pressure he faces throughout his life at each phase of presence. None are saved the whirlpool-like draw of this web. From minor tots confronting incalculable 'tests', in school, corporate specialists attempting to adjust their records at work, agriculturists drudging for their every day bread, troopers guarding the wildernesses, news correspondents softening themselves up request to make their 'dead-line's - none is saved this whirlpool of pressure and nobody knows how to get away. The words strain, weight and stress are for all intents and purposes synonymous terms that are utilized to depict the colossal use of nerve vitality that cutting edge conditions or circumstances of life request from every one of us. This can without much of a stretch be seen when a bustling specialist, legal advisor, agent or government official needs to meet countless, confront varying issues and discover prompt arrangements. The human body is made to work without a break, with the outcome that our sensory system is never-endingly under high strain and our solid framework turns out to be routinely tense. The greater part of this at that point at last prompts mental, passionate and physical weakness. A standout amongst the most well-known articulations heard these days is "I am excessively worn out, making it impossible to try and think".

YOGA for Children

The soundness of kids has turned into a matter of incredible concern everywhere throughout the world and the WHO, UNO and additionally UNESCO have been focusing on the significance of building up the potential that is there in our most noteworthy asset the offspring of the world. The craftsmanship and investigation of Yoga has a considerable measure to offer for the kids as far as their wellbeing and additionally entire prosperity. Yoga offers us a device by which we can give a protected and sound future for our cherished kids. Yoga is both preventive and remedial for medical issues that face youngsters and is additionally rehabilitative as a rule. It is likewise vital to comprehend the unique needs of the youngsters when showing them Yoga and strategies to make enthusiasm for them for this extraordinary gem of our social legacy. Yoga enables kids to develop cognizant mindfulness and builds mindfulness and fearlessness. It instructs kids to be delicate with themselves as well as other people and creates center and fixation. It likewise creates adjust and mental balance alongside train and an affection for learning. It enhances execution in every aspect of life, including schoolwork and mitigates pressure while giving a more noteworthy feeling of general prosperity. Standard routine with regards to Yoga expands adaptability, coordination, and quality of the kids and upgrades execution of games exercises

Yoga is the original mind body medicine and is one of the greatest treasures of the unique Indian cultural heritage. As both a craftsmanship and science it has a great deal to offer mankind as far as a comprehension of both the human personality and in addition all parts of our multilayered presence. This antiquated art of mind control as classified by Maharishi Patanjali over 2500 years prior encourages us to comprehend our psychological procedures and additionally the reason - impact relations of a large number of issues confronting present day man. Present day man is the casualty of stress and stress related disarranges that debilitate to upset his life completely. Yoga offers an exit from this 'whirlpool of pressure's and is an all encompassing answer for pressure. Yogic way of life, eating routine, states of mind and different practices help man to fortify himself and create positive wellbeing in this manner empowering him to withstand pressure better. This Yogic "medical coverage" is accomplished by normalizing the view of pressure, advancing the response to it and by discharging the repressed pressure viably through different Yogic practices. Yoga is an all encompassing and necessary investigation of life managing physical, mental, enthusiastic and otherworldly soundness of the individual and society

Yoga treatment for diabetes

Eating routine

Eating routine assumes a vital part in the administration of diabetes as it applies an immediate effect on the blood glucose level. The objective of eating regimen treatment is to keep up and delay a sound, gainful and glad life. Standard little dinners complex starches, for example, wheat, cereal, corn, dark colored rice and beans, maintain a strategic distance from

refined sustenance stuffs, garbage nourishment basic sugars, for example, white sugar, nectar glucose and desserts. Take bunches of green vegetables servings of mixed greens, severe gourd. Keep up great hydration.

Suryanamaskar

Suryanamaskar is great exercise for individuals experiencing diabetes, it builds the blood supply to different parts of the body, enhancing insulin organization in the body, it gives every one of the advantages of activity if rehearsed at 3-6 rounds. One round of Suryanamaskar comprises of twelve stances. It wears out the extreme calorie. In the event that rehearsed at moderate speed, it offers the advantages of asana.

Asanas

Asanas are gainful in the treatment of diabetes. Essential part of Asanas is dependability and solace experienced in the position. In the wake of accomplishing the position, one needs to unwind every one of the muscles and endeavor to keep up the positions for long. Because of different bends, extends and strains in the body, the inward organs are extended and subjected to strain. This expands the blood supply, oxygen supply to the organs, expanding the effectiveness and working of the organ. Extending different organs are brings about expanded productivity of the endocrine framework.

CONCLUSION

Yoga is a psycho-physical profound train for accomplishing association and amicability between our brain, body and soul and a definitive association of our individual awareness with the Universal cognizance. Yoga is mind-body system which includes unwinding, contemplation and an arrangement of physical activities performed in a state of harmony with relaxing. Being all encompassing, it is the best means for accomplishing physical, mental, social and otherworldly prosperity of the specialists. This can be accomplished by deliberate and restrained routine with regards to Ashtanga Yoga portrayed by sage Patanjali. The initial two appendages of Ashtanga Yoga are yamas and niyamas which are moral code and individual train for the advancement of our ethical, profound and social viewpoints. third and fourth appendages are asana and pranayama which help in our physical advancement and change of physiological capacities. fifth and sixth appendages are Pratihara and dharma for controlling our faculties and making our mind one-pointed, quiet and caution. Thus, it can be extremely very much incorporated as a wellbeing advancing apparatus in our general public. Sound individuals and in addition patients may curiously approach therapeutic experts to take counsel about Yoga. Yoga is an experiential science.

REFERENCES

- [1] Ananthanarayanan Tv, Srinivasan Tm. Asana Based Exercises For The Management Of Low-Back Pain. J Int Assoc Yoga Ther 1993;4:6-15.
- [2] Balkrishna V, Sanghvi Ld, Rana K, Doongaji Dr, Vahia Ns. The Comparison Of Psychophysiological Therapy With Drug Therapy. Indian J Psychiatr 1977;19:87-91.
- [3] Behera D, Jindal Sk. Effect Of Yogic Exercises On Bronchial Asthma. Lung India 1990;8: 187-9.
- [4] Bhole Mv, Karambelkar Pv. Effect Of Yogic Treatment On Blood Picture In Asthma Patients. Yoga Mimamsa 197.
- [5] Damodaran A, Malathi A, Patil N, Shah N, Suryavanshi, Marathe S. Therapeutic Potential Of Yoga Practices In Modifying Cardiovascular Risk Profile In Middle Aged Men And Women. J Assoc Physicians India 2002;50(5):633-40.
- [6] Chaudhary Ak, Bhatnagar Hn, Bhatnagar Lk, Chaudhary K. Comparative Study Of The Effect Of Drugs And Relaxation Exercise (Yoga Shavasan) In Hypertension. J Assoc Physicians India 1988;36(12):721-3.
- [7] Dash M, Telles S. Improvement In Hand Grip Strength In Normal Volunteers And Rheumatoid Arthritis Patients Following Yoga Training. Indian J Physiol Pharmacol 2001;45(3):355-60.
- [8] Datey Kk, Deshmukh Sn, Dalvi Cp, Vinekar Sl. "Shavasan": A Yogic Exercise In The Management Of Hypertension. Angiology 1969;20(6):325-33.
- [9] Khalsa Sb. Yoga As A Therapeutic Intervention: A Bibliometric Analysis Of Published Research Studies. Indian J Physiol Pharmacol 2004;48(3):269-85.
- [10] Bhole Mv. Effect Of Yogic Treatment On Various Lung Functions Of Asthma Patients - A Pilot Study. Yoga Mimamsa 1982;20:43-50.
- [11] Bhole Mv. Treatment Of Bronchial Asthma By Yogic Methods - A Report. Yoga Mimamsa 1967;9:33-41.

- [12] Bhaskaracharyulu C, Sitarama Raju P, Girija Kumari D, Et Al. The Effect Of Yoga On Lipoprotein Profile In Diabetics. J Diabetic Assoc India 1986;26:120-4.
- [13] Alien Ks, Steinkohl Rp. Yoga In A Geriatric Mental Clinic. Activ Adapt Aging 1987;9:61-8.
- [14] Benson H. The Relaxation Response. Morrow: New York, Ny, 1975.
- [15] Behera D. Yoga Therapy In Chronic Bronchitis. J Assoc Physicians India 1998;46(2):207-8
- [16] Iyengar, B. K. S. Light on Pranayama: The Yogic Art of Breathing. New York: Crossroad Publishing, 1989.
- [17] Schatz, M. P. Back Care Basics. Berkeley, Calif.: Rodmell Press, 1992.
- [18] Doshi DR and Jogsan YA (2012). A Study on Impact of Yoga on Self-Control in Obese Women. International Journal of Scientific and Research Publications, 2(8):1-3.
- [19] Satyananda SS. (1996). Asana Pranayama Mudra Bandha (2nd ed). Bihar Yoga Bharati, Munger, India.