

Exploring the Therapeutic Effects of Yoga: Opportunities and Challenges

Sri. Munawwar M Mushrif

Physical Education Director, Anjuman E Islam's College Of Education, Vijayapur, Karnataka

ABSTRACT

Yoga therapy is mechanism on the development of overall health, prevention from the diseases, healing and rehabilitation or cure from the diseases. The Yoga therapy uses simple postural, inhalation, breathing, relaxation and meditation practices. Yoga presents a useful technique of managing and reducing stress, nervousness and despair and numerous studies demonstrate the efficacy of yoga on mood. Benefits range from improved circulation to greater mental clarity to better digestion. The health benefits of regular yoga practice may include lowering blood pressure, improved posture and circulation, and a sense of wellbeing.

Key words: Correction, Jnana, yoga, destructive, power, regular and excessive

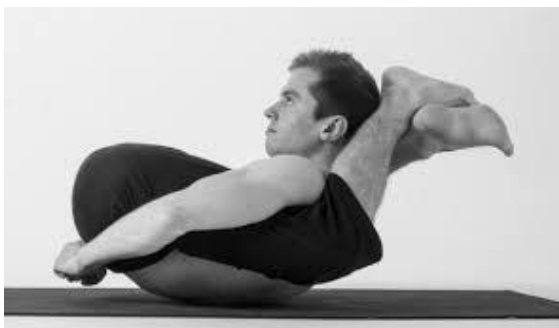
INTRODUCTION

Yogic therapy enhances muscular strength and body elasticity, endorse and develop respiratory. Yoga therapy improves mood connected with psychological disease, improve self-regulation, reduce stress, and increase flexibility. The use of certain things, which might affect someone very badly, might not have visible harmful effects on others. Therefore, the individual himself or herself has to determine what has been the harmful thing and in what measure. The correction should be done accordingly. Here, a few generally known weakening aspects are outlined.

Smoking: If you have been smoking excessively, correct it. Some people might have a weakening effect by smoking even a single cigarette, though the effect would remain only for about twenty four hours. If you can stop smoking completely, that would be highly desirable, especially when it has been a known factor of weakening in your case. The excessive use of jarada (tobacco) with betel might also have the same weakening effect.

Alcohol: Though alcoholic drinks are regarded as stimulants for sex-acts, their excessive use weakens the physical and mental powers of the individual because ail alcoholic drinks are vitamin-thieves. They destroy or kill the nutrients of the body. This destructive power is more in hard liquors and less in the milder ones. But regardless of this, if any alcohol is taken excessively, it will weaken the individual.

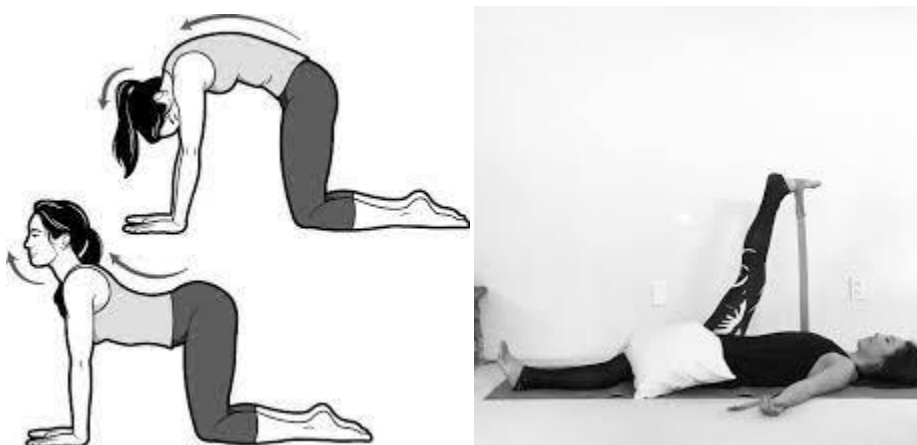
What is undesirable here is the regular excessive use. In case, you have social occasions to drink and you do drink excessively, that will not have any permanent effect. But if you make a daily habit of excessive use, that will have a long lasting effect. Now judge yourself, what should be done in your own case.



Sleep and rest: The one very important aspect of life which is not given due attention to is sleep and rest. Many people have developed the notion that sleeping for more than two to four hours in a day is a luxury. Some people purposely avoid sleeping for the required hours and as a result, they are constantly in a state of nervousness.



The above example is enough to reveal the cause of nervousness. What is the advice? The yogic advice is to sleep six to eight hours per day. Lack of sleep weakens not only the physical but also the mental power and condition of the individual. Then the question is what one should do in case one cannot sleep more than a few hours. This is another problem. For a remedy of this condition, see the next chapter on relaxation. The point to be emphasized here is that do not purposely cut short the hours of sleep like the Bingo playing lady cited above. Many people, who fail to have full pleasure in sexual performances, are primarily so because of inadequate rest and sleep. Therefore, correct yourself, if it is a fact in your own case.



Coffee and tea: They have become so much an integral part of modern day living that they cannot be completely ignored. But we should know what is wrong with them. Both cause various disorders when taken excessively. More than two cups of coffee or tea within a period of twenty four hours should be regarded as excessive. Both coffee and tea have about the same effect on the bodily system. They cause constipation, lack of sleep, roughening of the skin and also straining of the nerves. Excessive use of these causes uneasiness, shakiness and nervousness in many people. Needless to point out that their excessive use will weaken the sexual power of the individual. Therefore, a restraint should be maintained in their daily use.

Correcting certain habits: It has already been pointed out while discussing the causes of nervousness that various undesirable ways, habits, and certain superfluous mental assumptions would also cause the weakening of sexual ability. They need to be corrected. Further, lack of proper manner, techniques, and ways of sexual intercourse might cause dissatisfaction, lack of interest and even antagonistic outlook and feeling towards sex, which in due time would lead to a weakening of sexual powers. This also needs to be corrected.

It is beyond the scope of this book to provide a full coverage on all these corrective aspects. Therefore, it is suggested that the individuals should identify the causing factors and accordingly, they should try to correct them. For correcting the defective ways of sexual know-how, a recommendation is made for reading Kama Sutra of Vatsyayana, a translated version of which is available in English and other languages. The readers should also read a few other good books on this aspect in order to correct and also to acquire proper knowledge of sexual acts.

The Creative Measures: The creative measures here imply making efforts for acquiring and developing vigour, energy, stamina, potency, power and sex appeal for meaningful and satisfactory sexual life. Two things need to be done in this respect; one is taking proper food and the other is doing physical exercises.

Food: Please read that section and try to make your daily diet according to those governing principles. A special attention should be paid to eating fresh fruits and nuts from hard shells. These nuts should not be fried or roasted. They should be eaten in their natural condition. The recommended nuts are cashew, almond, peacock and pistachio. Physical Exercises, A regular practice of yoga asanas for about fifteen minutes daily would be quite satisfactory. You will be surprised within only a few months how do they energize the whole system.

Maladjustments: A close look into the causes of maladjustments would reveal that many of them are such whose remedies lie simply in doing what were not being done before; such as, to be faithful in case of unfaithfulness, to be reliable in case of unreliability and so on. Some other types of problems have also been fully discussed in the preceding pages and their remedies have already been suggested therein. Hence, only the most pertinent unsolved problems are covered here.

According to yogic principles, anything which is good can appear bad if the notion of evil is superimposed. Similarly, a thing which is regarded as bad can appear good when the notion is so favourably developed. What creates this difference is the feeling and not the object or the thing by itself. Thus, your spouse or sex-partner, which might be as good today as he or she was on the first day of your meeting, appears evil only because you have started to look at him or her with a superimposed feeling of evil. It need not give examples to illustrate how this is true because your own re-evaluation of some past happenings, events or things would reveal the validity of this fact.

Another yogic principle is that anything which is undesirable can be changed into desirable. This change from the condition of unpleasantness to pleasantness can be realized only when the individual so concerned decides, prefers, and works to bring about the change. It is within one's own power to create this changed state of pleasantness in all the fields-physical, mental and even worldly. Let me quote a few lines from Jnana yoga to show what an individual's powers are and what he or she can do. Jnana yoga says:

"You are the Pure One. Awake and arise. Almighty One! This sleep does not become you. Awake and arise; it does not befit you. Think not that you are weak and miserable. Almighty One, arise and awake, and manifest your true nature. It is not fitting that you think yourself a sinner, It is not fitting that you think yourself a sinner. It is not fitting that you think yourself weak." Say that to the world, say it to yourselves, and see what a practical result follows; see how with an electric flash the truth is manifested, how everything is changed"(Dittmann KA, Freedman MR, 62)

One more point which needs to be given attention to is about having tolerance. It means tolerance for the shortcomings of the other person. Without this quality of tolerance, one can be in trouble on countless occasions in daily life. You can say that you are quite tolerant but only the other one is intolerant. As already pointed out earlier, yoga teaches that before you try to correct others, correct yourself. You're that correction will inspire others to correct themselves also.

Further, your thinking that the other must think, act and be only as you want is a very undesirable notion. This is neither possible nor necessary and hence not even desirable. These differences are to be accepted as an essential part of human life and human progress as there is no danger or harm in these differences. Rather, these differences generate ideas of progress, corrections and creativeness. Therefore, the differences which you notice in other person have to be welcomed and tolerated with this understanding. Only then you can expect to maintain any pleasant and lasting relationship. Jnana yoga also expresses the same view when it teaches us:

"We must not wish that all of us should think alike. There would then be no thought to think: we should all be alike, as the Egyptian mummies in a museum are, looking at each other without a thought to think. It is this difference, this differentiation, this losing of sameness between us, which is the very soul of our progress, the soul of all our thoughts. This must always be" (Dittmann KA, Freedman MR, 67)

Misunderstandings: The remedy in these cases is to develop proper knowledge and understanding about the physiological aspects of human beings. What has happened in the process of natural growth and development should not cause alarm or uneasiness to any individual. Rather these changes should be accepted as a normal course of life.

There are women who get upset when menopause occurs. They begin to fear that perhaps it will cause physical and sexual inability and would debar them from sexual pleasure. It should be clarified that though certain physical changes do occur, they, in no case, would debar or even lessen the sexual pleasure. On the contrary, the menopausal period is regarded by many as a desirable change because there would be no fear of pregnancy.

The sane view is expressed by men of medical science. Let me quote a few lines from one of the most authoritative sources. Writing about menopause, the American Medical Association in its most recent book has this to say:

“There is not, as many women fear, any decline in sexual desire in women who had normal responses earlier in life. A happy love life is not only possible for older people, but good for them as well. Marriage for love and companionship late in life has the full approval of psychiatrists. In one respect, at least, menopause may enhance the enjoyment of marriage in later years: many couples welcome release from the possibility of pregnancy”(Boudette R. ,10)

In case, there is lack of sexual pleasure or any lack of physical capacity, some yoga asanas should be done to correct these defects. A great pleasant reward would be gained by just allowing fifteen minutes a day for practicing yoga.

CONCLUSION

The yoga practice in mental health disorders is enhanced further by enriching it with philosophy-based counseling. It conveys your body and mind together, and is built on three main points: exercise, breathing and meditation. The standard performance of yoga imitates some of the benefits of physical as well as spiritual therapy such as stronger muscles, better elasticity, and improved stability. Yoga presents to those steering the challenges of a hard job. Yoga therapy reduces the depression in people who had psychological problems.

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