

Yoga for Health, Happiness & Harmony

First Edition

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YOGA FOR PHYSICAL HEALTH AND WELLNESS LIFE

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Abstract---Yoga is ancient science of health and wellness bestowed by the seers and sages of India for the welfare of the humanity. This is one of the most ancient systems of Psychosomatic training known for the human beings. Yoga has been great art and science of healthy living even though it is one of the six systems of Indian philosophy. Positive health is an important means of leading meaningful life filled with happiness and inner harmony. The principles and practices of Ashtanga Yoga of sage Patanjali is great contribution to lead such a life. They encompass the aspects of the human personality on account of our Social behavior, personal traits like intellect and emotions as well as the harnessing the potentiality of the mind and body for a state of homeostasis or perfect equilibrium condition. The teaching of HathaYoga such as the practice of Asana contribute for the physical and mental health, steadiness and feeling of well being and keeps an individual free from diseases of the mind and body. The regular practice of yoga is an antidote for the many of the psychosomatic and lifestyle disorders of the modern life with the revival of the traditional heritage along the lines of the sustainable approach.

Keywords---Yoga Health Wellness and Diseases

1. Introduction

Yoga is an ancient Indian discipline that helps to achieve a physical and mental well-being. If regularly practiced, yoga helps to maintain and improve a practitioner's health. The benefits of yoga are achieved through adherence to good ethical principles and personal conduct, physical postures (asanas), breathing (pranyama), control of the senses, concentration of the mind, meditation and absorption in the Infinite (Samadhi).

Health and Wellness

Health is one of the basic human needs and the good health is an important contribution for the quality of human life experience. Our ancient vedic scriptures

have shown the importance of the good health by keeping the fit body in which it says "Sharir Madhyam Khalu Dharma Sadhanam".which means body is means of achieving the great objectives of meaningful life .

These objectives are called as chaturvidha purushartha in Indian scriptures. We can see the importance of good health in this sutra of Charakasamhita. Dharmarth Kam Mokshanam Arogyam Mulamuttamam Rogastasya apahartha sreyasojeevitasya cha in which it echoes that in order to accomplish the Dharma ,Artha ,Kama and Moksha health is important and disease become the obstacle to the progress.

These concepts are pivotal to the productivity of the individual either in the personal or professional life which depends a lot on the state of the health in terms of physical efficiency and mental concentration International Health Conference in New York on 19 June - 22 July during the year 1946 brought the idea of health definition, accordingly, World health the same as "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Ayurveda the ancient science of health in India contributes the prominent significance to view the health on holistic perspectives which covers much deeper aspects of the health definition of WHO. We shall see the more profound definition comprising the spiritual dimensions of the health including the physical and mental health concepts in the sutras of Sushruta Samhita, Sama dosha sama agnischa sama dhatu mala kriyaaha Prasanna atma indriya manaha swastha.

The equilibrium condition of Three doshas (vata, pitta and Kapha) Digestive fire, all the body tissues & components (Dhatus) as well as all the excretory functions along with a pleasant mind, controlled senses and spirit contribute for the health.

2. Wellness and its relevancy in the health

Wellness is a process of achieving the full potential to enhance the higher quality of the life experiences. It is relevant in the reduction of the stress and the risk factors of the disorders leading to illness as well as to ensure the positive health conditions through the multi dimensional approaches based on the sustainable principles and practices.

3. Health care system and its challenges

Health care systems around the world are dealing with Great Spirit to provide the best possible health solutions at the same they are facing the challenges of the

modern life in which we can see the rise of psychosomatic diseases such as hypertension which are due to the chronic stressful situations, improper lifestyle and a lack of physical activity. The incidents of the mental sickness are heavily affecting the physical health conditions.

Holistic health view of philosophical foundations of Yoga

The schools of yoga which are the philosophical foundations of the realization of the higher aims of life through their methods. The collective experiences of these processes help in the stability of the emotions, improved intellect as well as the efficient functional abilities of different systems of our body which encompass the connection of the body, mind and spirit.

Role of Hatha Yoga and its curriculum in health and wellness

Hatha Yoga is the science of the purification of the mind and body, Hatha means a balance between two forces of energy which represented as physical and mental energy. The channelization of the energy takes place through the subtle energy channels called as nadis and they contribute the flow of the energy in the form of energy centers which are called as chakras. These are the vital forces and places in our body encompassing the entire human spectrum from gross to subtle experiences. The concept of disease is deeply established in the blockages of the energy in the nadis which are mainly due to many of the imbalances on account of psychosomatic disturbances experienced by an individual in his daily life on account of various stressful factors encountered in the external environment of his surroundings either in the personal or professional life. In order to bring about such harmony in the mind and body to enjoy the good health the practice of Hatha yoga curriculum will be of great help. Ancient classical texts explain different techniques, Hatha pradeepika on of the well known texts in on the subject explains the following practices. Asanas – Body postures. The practice of Asana is considered as the foremost practice among the Hatha yoga sadhana.

4. Pranayama – Control of prana / breath

Hatha Pradeepika explains about the pranayama technique. The controlled regulation of the speed of the respiration through the regulated inhalation, exhalation and retention of the breath either internally or externally is called as Pranayama which helps in improving the length of the breath and making it

subtle. There are eight classical pranayama techniques. These practices remove the barriers responsible for the blockages in the nadis and bring the purification. Most of the mental sickness and distractions of the mind are attributed to disturbed flow of prana. Hence, the pranayama practice helps a lot in harnessing the harmony through the balanced flow and bring the best possible mental health. The effect of steadiness in the breath results in to the steadiness of the mind. This is useful in the regulation of the senses control as well as attaining the one pointedness of the mind. This entire experience of the pranayama will develop the capacity of concentration.

5. Shatkarmas – 6 cleansing techniques

Cleansing techniques play significant role in the removal of toxins in the body which are resulting on account metabolism . The balance on thridosha is an important contribution of shatkarmas for the good health and wellness. These gross impurities are also exposing some risk factors for health and proper blood circulation as well as joint range of motions. Body cleansing is brought about by the practice of the shatkarmas or six purificatory techniques. These are very important from the point of view of physical and mental health. These techniques are also highly valuable in healing internal disorders.

There are six main groups of shatkarmas or yogic cleansers as follows

1. Neti: nasal cleaning, including jala neti and sutra neti.
2. Dhauti: cleansing of the digestive tract.
3. Nauli: abdominal massage.
4. Basti: colon cleaning.
5. Kapalbhati: purification and vitalisation of the frontal lobes.
6. Trataka: Blinkless gazing

These are the special practices in Hatha yoga to channelize the pranic force in a controlled and sustainable manner. The guidance and discipline is an important factor in the successful practice of bandhas and mudras. The 10 mudras of Hatha pradeepika reveal the great wisdom to acquire the control on the pranic force to maintain the vitality. Vital points of the body such as navel region and pelvic floor health are improved by the practice of these techniques.

6. Meditation techniques

Practice of meditation is one of the best things to inculcate for the good mental health. It is an effective antidote beat the stress and its influence on the mind and body of the routine life. The harmony of the mind and body result from meditation practice which is useful in better neuro muscular coordination, concentration, memory and other cognitive capacities. This is in important technique to be brought in the practice of yoga as therapy in the modern health care system. Raja Yoga, the Royal road of positive health.

Ashtanga Yoga begin with the lessons of Non-violence which and other principles necessary to bring the harmony between the self and the society as well as the development of the personal qualification through the set of personal observances. These eight limbs are;

- Yama are known as codes of restraint, abstinences, self-regulations
- Niyama are called as observances, practices, self-training
- Asana is Stable and comfortable body posture
- Pranayama is controlled expansion of breath and prana or its regulation.
- Pratyahara is the process of withdrawal of the indriyas (the senses)
- Dharana is process of concentration
- Dhyana is practice of meditation which is an unbroken flow of the awareness
- Samadhi is the ultimate state of Yoga which is reached through the meditation

7. Conclusion

The principles and practices of Yoga have been practiced form several thousand years and have been subjected for the investigation in different areas like psychology and allied sciences. They stood the test of all the time and are of great help in the achievement of best possible holistic health through their regular practice. Yoga revives our heritage and tradition and supports the modern health care system to prevent many of the modern psychosomatic diseases.

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