



## **Yoga as a Therapy**

**Dr. Hansaraj Dongare**

**Director & Head**

**Dept. of Phy. Edu. & Sports,**

**Aasaramji Bhanwaldar Mahavidyalaya,**

**Devgaon Rangari Dist. Aurangabad**

### **Abstract:**

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 defects, 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 diseases. 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 Pantanjaly 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 postures, will not only help to keep a person normal but also practiced to prevent and treat certain diseases.

**Keywords: Yoga, Rajayoga, Stress.**

**Prologue :**

Yoga is becoming more popular in different parts of the world than even before. Now peoples are coming to India to learn and practice yoga from abroad and joining the

Asharam as of different 'Yogacharayas'. For the restless mind Yoga gives solace, for the sick, it is a boon. For a common man it is the fashion of the day to keep him fit by doing some yogic exercise.

Now a days yoga appearance to make a vital contribution to the modern medical system. Various ailment are being treated with the help of yogic practices. Most of the psychiatrists are using yoga for the treatment of psychotically-distributed persons. They have their own yoga therapy centers established in their hospitals.

**Understanding Yoga:**

Before practicing yoga it is very essential to understand in intensively. Moreover, it should be practiced as a therapeutic means only by the persons 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 shloka 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 'yogasutras'<sup>1</sup> nearly 4000 years ago described yoga as a conscious process of gaining mastery over the mind i.e. yoga Vritti Nirbhdhah. But the definitions given in 'Bhagavadagita, mainly three are as under

- (1) 'Yoga karmashu koushalam'.
- (2) Dukh samyoga wiyga 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 meanings 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 believe 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.

Now-a-days concept of health care is changing. Today we are witnessing a revisioning of attitudes towards health care that is taking us back in times to a more personalized form of health care and ahead towards new ways of viewing health and healing. The term that describe this new health is 'holistic' from the 'Greek Holes' meaning 'Whole'.

### **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 like a cave which many times join the anus and latterene start coming out of it. Generally medicine does not affect it.

**Treatment:**

Ayurvedic kesar sutra treatment is the best treatment of bhagandar. In yogic practice of yoni mudra, in vajarasana mulbandha, ganeshkriya, vastikriya, sacasana and practice of dhayana daily for 15 minutes is essential. It is advisable to sit in hot water for 15 minutes daily for having hipbath for earlier effect and relief. Nothing is better than sitting in hot water for the patient of bhagandar and piles.

**Stress:**

Stress is simply the rate of responses of wear and tear in the body. Stress is the non-specific responses of the body to any demand made' upon it

**Treatment:**

Maharishi Patanjali has suggested Abhyasa- Vairagya yoga for stress elimination, Kriyas Yoga for stress management and Ashtanga Yoga for Stress Prevention. When stress is aroused, people must manage it, and further it must prevented and then complete elimination is possible. Thus, yoga practice are to be practiced with patience and perseverance to keep one's back healthy. Yoga therapy has been mostly used for the treatment of diseases, which are now a days regarded to be psychosomatic or stress related and some psychiatric disorders. Hence yoga is beneficial to individual in following ways:

- 1) Yoga is the best relaxation technique.
- 2) Development of awareness.
- 3) Yoga philosophy positive attitude towards life.
- 4) Yoga provides emotional stability.

Thus, yoga provides hundreds of methods to suit different individual with different psychological make up all leading to the same goal of developing the inner face and bliss. The sick person is offered immediate superficial remedies at the body and mind level in form of Asanas, Kriyas, bandhans and Pranayama.

**Conclusion:**

A lot of work has been done in the field of research in yoga therapy and the deeper investigations are on way. Doctors are also accepting it as a holistic solution as drugs are proving more and more useless in several ailments. They are feeling helpless in curing many diseases and turning towards yoga practice, homeopathy, naturopathy and so on. But it may be remembered that the disorders caused by infection can be treated better medicines, which kills the germs. Yoga therapy is better suited for functional and psychosomatic disorders and also for some chronic ailments. It should also be remembered that the preventive aspect of yoga is of greater value than the curative aspect.

**References :**

Bansal, Ajay (2005), "how yoga helped" Total Health^ A Journal of Yoga Way pf\_LHe\_.

Berkman L.F., Breslow L, (1983), "Health and Ways of Living" (NewYork: Oxford University Press),.

Nagendra H. R., Mohan T. Sri, et. al. (1988), "Yoga in Education", 1<sup>st</sup> ed., (Bangalore : Vivekananda Kendra).

Unkule Nitin, (2005 ), "Yoga and Exercise" Nisargopachar VarJa. A Monthly Magazine. Vp.L-3.

Vayas Susheel Kumar, (2004), "Yoga Education", (Delhi :Chawla Publishers)

Vyavahare S., ( 2005),, "Stress Management and Yoga" I<sup>51</sup> International Conference on Revival of Traditional Yoga.