



## **The Effect of Yoga Practices on Psychosomatic Diseases**

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### **Introduction:**

Yoga is an old science which is helpful to keep up physical, mental, profound and social wellbeing. We can keep up every one of these sorts of wellbeing with the assistance of standard yoga practice. The significant idea of Jain Vishva Bharat Institute is that "CeeCmÛe meej ceeèeejes" is significant. You have a lot of information yet it must get into your own training. On the off chance that it isn't, at that point there is no utilization at all of your insight. You know very well that Yoga isn't negligible treatment yet it fixes a wide range of diseases. Knowing every one of these things of your advantage, you are not rehearsing yoga is designated "Pramad".

Yoga isn't just practice of Asana, yet it incorporates Yam, for example, Ahinsa, Satya, Asteya, Brahmcharya, Aprigraha and Niyam for example Sauch, Santosh, Tapa, Swadhyay,

Ishwarpranidhan and so on and afterward different kinds of Asanas, Pranayam, Pratyahar, Dharna, Dhayan and Samadhi. There are different sorts of yoga for example Chaturang Yoga, Shadang Yoga, Saptang Yoga, Astang Yoga and so on. The Hiranyagarbh is the originator of yoga. There is no distinction between Raj Yoga and Astang Yoga. Yoga astangik marg has been told by Baudh. The Maharshi Patanjali gathered every one of these things together is called Astangyog for example Yam, Niyam, Aasan, Pranayam, Pratyahar, Dharna, Dhayan, and Samadhi. Pranayam is incredibly valuable for keeping up great wellbeing of our inner organs for example huge/small digestive tract, kidney, liver, lungs, pancreas and so forth. Pranayama reinforces inner organs thus additionally expands its capacity and vitality. With the assistance of Pranayamas our inside all framework becomes solid and all diseases and difficulties of the diseases can be controlled as well as restored after some month's customary practice. The working limit of every one of the eight frameworks i.e conceptive framework, skeletal framework, stomach related framework, circulative framework, sensory system, endocrine framework, respiratory framework and so on increments with the assistance of yoga practice. The resistant framework likewise gets sufficiently able to confront any physical and mental issue before you. In current medicinal science, you will find that there are not many diseases which we can fix for example Malaria, T.B. and so forth. In any case, there are number of diseases you will locate that cutting edge restorative science can't fix those diseases. They can control however not fix. In this manner, I think, in Ghathi Hospital at Aurangabad, "WE CARE, HE CURES" is written in strong letters in order. I don't get it's meaning? There is no fix in present day therapeutic science; they can just attempt to control the malady.

The Modern drug has supplanted practically all customary frameworks of medication in various pieces of the globe in light of its balanced premise. It has demonstrated powerful in controlling irresistible diseases yet today the quickly expanding occurrence of stress related way of life issue is representing the best challenge to the human services framework itself. It is here that Yoga as a subordinate and correlative treatment, an arrangement of way of life adjustment with set up psychosomatic advantages, can make an indispensable commitment to the cutting edge restorative framework. It is perfectly clear that yoga isn't just about physical developments and it incorporates contemplation and other strategy as well as it is the way which drives us

towards reality, a definitive reality. The various meanings of yoga gives a superior comprehension of what yoga is?

Definitions:

1. **Ministry of Ayush: Yoga** is a discipline to improve or develop one's inherent power in a balanced manner. It offers the **means** to attain complete self-realization.
2. Maharishi Patanjali. Patanjali: **Yogas citta-vritti-nirodhah.**
3. **Shrimadbhagavadgita:** Yogah karmasu kaushalam.(2/50) –Yoga is skill in action.
4. Lord Shri Krishna says: **Samatvam yoga uchyate – Bhagavdgeeta (2/48).**
5. **Swami Vivekananda :Yoga is controlling the senses, will and mind.**
6. Veda :"**Yoga** is the control of the whirls of the mind (citta)."
7. **Katha Upanishad** (Kathopanishad) - **Yoga** is this complete stillness.

**Meaning:**

The meaning of the word “Yoga” is “Union” means to join or to unite. The meaning of this word is also “to control” and to discipline”.

In brief Yoga is nothing but balance of body, mind and feelings etc.

### **Scientific Research on Medical Applications of Yoga:**

A large number of research studies have been published in the last few decades and the finding can be understood under two broad categories:

1. Application of Yoga in disease including rehabilitation and
2. Promotion of positive health at physical, mental, spiritual and social levels.

### **Application of Yoga in disease including rehabilitation**

The use of Yoga as a complementary and mind-body therapy is rapidly increasing worldwide on a large scale. The psychosomatic, stress relieving, health benefits of Yoga in numerous conditions has been established and systematic reviews published by Funderburk (1977), Khalsa (2004), Innes (2005 and 2007) and Yang (2007). The benefits of Yoga as a lifestyle modification have also been reported by Bijlani (2005) and Sharma (2008). Yoga as a therapy is also cost effective, relatively simple to learn, and carries minimum risk; hence it should be advocated as an adjunct, complementary therapy in our search for an integrated system of medicine capable of producing health and wellbeing for mankind. Some of the important studies reporting the therapeutic effects of Yoga are given below:

**Hypertension and Heart disease:**

Yoga has preventive, promotive just as therapeutic potential. Logical investigations have begun giving archived proof to this conviction of the specialists. Since way of life related diseases, for example, coronary corridor infection, corpulence and hypertension expanding in our cutting edge society, Yoga based way of life ought to be given an exceptional spot in avoiding and dealing with these diseases. As ahead of schedule as 1930's Swami Kuvalayananda of Kaivalyadhama began concentrating the impacts of Yogic practices on circulatory strain, pulse and so forth in Yogis. Madanmohan (1983) examined the impact of Shavasan and Pranayam in prepared subjects and found huge abatement in oxygen utilization, pulse and diastolic circulatory strain. They credited it to the capacity of the subjects to accomplish a condition of profound psychosomatic unwinding. Shavasan alone has been demonstrated to be successful in the treatment of hypertension (Datey 1969; Patel and North 1975). This was credited to diminish recurrence and force of proprioceptive and enteroceptive motivation traffic arriving at the nerve center. In another open examination there was a decrease in circulatory strain after only 2 months of Yogic way of life change (Sachdeva et al 1994).

It has been discovered that there was critical decrease in cardiovascular hazard factors following 3 months of private yoga and contemplation preparing program that included low fat lacto-veggie lover diet. Weight file, absolute serum and LDL cholesterol, fibrinogen, and pulse were fundamentally decreased particularly in the subjects with raised levels. Weight is a free hazard factor for coronary corridor illness (Tani et al 2009). In an examination on 40 male

understudy volunteers (12-15 years), and Rajapurkar (1993) found that following 1 year of Yoga practice, there was negligible noteworthy improvement in perfect body weight, body thickness, cardiovascular continuance and anaerobic power. Rehearsing Yoga indicated a customary abatement in all lipid parameters aside from HDL. In my very own class experience is that following two months standard yoga practice, one young lady of 22 years named Sharda Kale (RSETI Student) who was experiencing Low Blood Pressure is presently driving typical existence with no prescription. In this way, the impact of yogic way of life on a portion of the modifiable hazard elements could most likely clarify the preventive and helpful valuable impact saw in coronary corridor ailment. Murugesan has exhibited that normal Yoga practice of 60 minutes/day accomplished for a time of 11 weeks was as successful as therapeutic treatment in controlling hypertension in hypertensive subjects. The Yoga based way of life adjustment helps in relapse of coronary injuries and improvement in myocardial perfusion. This converted into clinical and symptomatic improvement. The different investigations utilizing way of life and stress decrease mediations have appeared to diminish the hazard factors related with the ailment and lessen occurrence of cardiovascular occasions. This mediation whenever utilized related to ordinary treatment can help decrease human services costs, avoid auxiliary difficulties and improve personal satisfaction.

**Diabetes Mellitus:**

Diabetes is a significant worldwide medical issue. India currently has the biggest populace of diabetics globally, 19 million. India is likewise expected to show the most elevated increment in pervasiveness globally by 2025 (195% development) (WHO report, 2004). Moderate weight reduction and expanded physical movement can avert or defer the advancement of type 2 diabetes in high-hazard gatherings, for example, those with debilitated glucose resilience. These investigations give some fundamental proof of the gainful impacts of yoga on glucose resistance and long haul glycemic control; anyway randomized controlled examinations are expected to approve these discoveries.

**Asthma and hypersensitivities:**

The logical premise of utilizing Yoga as a subordinate treatment in incessant obstructive aspiratory diseases is entrenched with critical upgrades in lung work, personal satisfaction records, and bronchial incitement reactions combined with a diminished requirement for normal and salvage therapeutic utilization. (Nagarathna and Nagendra 1985, Vempati et al 2009). Behera (1998) announced detectable improvement in dyspnea and lung work in patients with ceaseless bronchitis following a month of Yoga treatment that utilized an assortment of stances and breathing methods. Yogic purifying methods, for example, neti kriya (warm saline nasal wash) evacuate over the top mucous discharges, decline aggravation, and diminish bronchial touchiness in this manner expanding incitement edge while Kapalbhathi (a Yogic breathing procedure), through compelling exhalations, improves the ability to breathe out against obstruction. These instruments can help achieve both goal and abstract enhancements in the state of patients with bronchitis. Mr Balwantraoji Vitekar was experiencing Asthma for an extensive stretch, yet now with the assistance of customary yoga, Pranayama practice, presently no one realized that he is experiencing Asthma, and now exactly at 84 years old he kicked the bucket.

Various investigations have given proof of the useful impacts of Yoga in patients of respiratory conditions. This incorporated Yoga module which is a mix of breathing activities, asanas, kriyas, pranayama, contemplation and unwinding has indicated improved aspiratory work, diminished symptomatology, diminished medicine score over the long haul and abatement in term of intense asthma scenes.

### **State of mind and Psychiatric Disorders:**

Countless investigations show that the act of Yoga can deliver noteworthy lessening in the basal nervousness scores. The two months of Yoga and reflection methods can diminish execution uneasiness and temperament unsettling influence in youthful expert artists. It has been accounted for that support in a two-month Yoga program lead to a noteworthy decrease in apparent degrees of uneasiness in ladies who experienced tension issue. These outcomes point to the helpful job of Yoga isn't just causing decrease in basal nervousness level yet in addition weakening the expansion in tension score in stressful states, for example, assessments. Evidently, an abatement in tension scores in Yoga professionals prompts their better acclimation to the ecological and inward stressors. Along these lines, they can play out their obligations with quiet demeanor

which improves their exhibition. Gupta et al (2006) revealed a diminishing in state and characteristic nervousness scores in sound subjects just as patients following 10 days of Yoga based way of life intercession program.

Ordinary act of Yoga and contemplation adjusts levels of different neuro-transmitters in the mind. This proposes the act of yoga ought to be investigated as a treatment for clutters with low levels, for example, sadness and uneasiness issue. To sum things up, the standard yoga practice decreases Anxiety, Stress, Depression, Regression, Fatigue, Guilt, Extraversion, Arousal and so on kinds of mental issue moreover.

**Effect on pregnancy:**

Primer proof from different logical investigations bolsters Yoga's potential adequacy, especially whenever began right off the bat in the pregnancy. He likewise inferred that a coordinated way to deal with Yoga during pregnancy is protected. It improves birth weight, diminishes preterm work, and diminishes IUGR either in disconnection or related with PIH, with no expanded inconveniences. A survey by Field (2008) announced that elective treatments have been discovered powerful for decreasing pregnancy-related back and leg agony and sickness and for lessening gloom and cortisol levels and the related rashness rate. It likewise said that the work investigate commonly shows that elective treatments decrease torment and along these lines the requirement for drug.

**Yoga in restoration:**

Yoga practices have been attempted in the restoration of different socially hindered gatherings like detainees of correctional facilities, medicate abusers, drunkards, inherently visually impaired, rationally impeded and youngsters from network (remand) homes. In all these socially burdened gatherings Yoga can be useful through giving better mindfulness and dominance over quelled annoyance or wretchedness or uneasiness which could be a typical basic factor that can meddle with their proficiency in any new learning for better living.

**Yoga for conduct issue:**

Custom curriculum for the rationally hindered has now been all around streamlined and these youngsters are getting coordinated into general instruction. Yoga has been given a shot as a subordinate in instruction of youngsters with mental hindrance, learning disabilities and consideration shortfall hyperactivity disorders. Krishnamacharya Yoga Mandiram (1983) recorded and revealed abstract enhancements and furthermore portrayed the practices of yoga received for these youngsters. They recommended that the breath control got through Yoga expands psycho-engine coordination. They reasoned that Yoga improves fixation, ability to focus and upgrades IQ and memory control by overseeing the psyche. Bhavanani et al (2012) examined the prompt impact of mukha bhastrika (a roars type pranayama) on response time in simple-minded youths and recommended that such Yogic breathing systems be utilized as a successful method for improving neuromuscular capacities in uncommon youngsters. Yoga for advancement of positive wellbeing. Yoga intercessions are known to influence physical wellbeing by improving solid wellness, adaptability, expanding engine control and execution, change digestion and autonomic capacity, and improve ventilatory elements of the lungs including a prolongation of breath holding time. Concentrates on training of single asanas have appeared to increment diastolic weight, beat pressure following 5 minutes practice of sarvangasana, matsyasana and shirsasana (Kavalayananda, Swami 1926, Bhole MV and Lobo 1981). The practices of specific asanas are likewise appeared to increment intra-gastric weight which helps in improving the blood flow. There have likewise been various investigations recommending that Yoga produces intense physiological changes, and advances physical wellbeing by improving execution. Bera and Rajapurkar (1993) have announced that Yoga preparing brings about critical improvement in cardiovascular perseverance and anaerobic edge. This is reliable with the discoveries of Muralidhara and Ranganathan (1982) who have detailed an improvement in heart recuperation file following multi week Yoga preparing program as demonstrated by Harvard step test. Raju et al (1994) have discovered that subjects who rehearsed pranayama could accomplish higher work rates with diminished oxygen utilization per unit work and without increment in blood lactate levels. Madanmohan et al (2004) have shown that following 2 months of Yoga preparing, a given degree of activity prompts a milder cardiovascular reaction, recommending better exercise resilience. Yogasanas are physical stances



rehearsed with mindfulness will in general balance out the brain. Yogasanas are psycho-physical in nature and are not simple physical activities. Maharshi Patanjali depicts asana as "sthiram sukham Asanam" signifies asana should be steady, agreeable and easy. Research examines completed assessing the advantages of asanas have additionally explained them as not quite the same as activities as prove by decreased solid electrical movement during the support of asanas in a casual way though the equivalent strong electrical action expanded when a similar asana was performed in an isotonic manner as in exercise, and decrease of basal pace of vitality consumption.

A constructive psychological well-being would be accomplished by honing of impression of data landing to the mind through the entirety of our unique detects, better scientific personnel (IQ), more honed memory and on the general improvement in character qualities. Studies show that training of Yogic systems cause improvement in parts of recognition, thinking, thinking, and recollecting the assignment. Yogic procedures improve mindfulness and this thusly diminishes reaction time or response time, basic methods for deciding tactile engine execution. Madanmohan et al (1992) revealed that Yoga practice for 12 weeks brings about critical decrease in visual and sound-related response times in the ordinary grown-up male volunteers. Yoga practice achieves a more prominent improvement in this undertaking which requires particular consideration, focus, visual examining capacities, and a dreary engine reaction.

**Conclusion:**

Yoga influences each cell of the body. It realizes better neuro-effector correspondence, improves quality of the body, builds the ideal working of all organ-frameworks, expands opposition against stress and stress related diseases and brings serenity, balance; uplifting disposition and composure in the specialist which makes him lead an intentional and more beneficial fulfilled life. In this manner, it is said that Yoga isn't unimportant treatment however it fixes all infection as stress is primary driver of all illness and day by day yoga practice lessens the stress which is the reason for all physical, mental, otherworldly and social maladjustment.

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