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YOGA – ITS GLOBALIZATION IN CURING DISEASE AS MEDICINE IN MEDICAL SCIENCES

A.HUSAIN¹, A.B. KHAN², A.ANSARI²

College of pharmacy, Integral University,

Campus Shahjahanpur, U.P. India

email- draltafhamdard@gmail.com

Abstract

The practice of yoga does not exclude any religion, creed, or race from the spiritual soil of ancient India and form of eight divisions, or limbs (ashtanga yoga) and even now bear the title in India of sanatana dharma, “eternal way”. Yoga is a method for aligning oneself with this sense of inner balance. In Vedic period (circa 1500–600 BCE), Post-Vedic era (circa 600 to 100 BCE), during the period of One hundred BCE and through the seventeenth century CE, in 8th century main teachings which are in practice in modern age are Yoga Sutras, Hattha yoga and Bhagvad Gita. In the past few decades, it has been the subject of research as a therapeutic measure in mental stress, obesity, diabetes, hypertension, dyslipidaemia, coronary heart disease, chronic obstructive pulmonary disease and It has been shown that yoga decreases anxiety,

stress, and levels of salivary cortisol norepinephrine and epinephrine levels. The Honourable Prime Minister Mr. Narendra Modi gives his full efforts in making of Yoga popular and established it as a brand globally. From last few decades yoga become more popular and achieved exceptionally growth globally and now become a multi-billion dollar industry.

Key Words: Sanatana dharma, Yoga, Coronary Heart Disease, anxiety, obesity, diabetes.

Introduction

Yoga a *moksha shastra* from the various forms of human suffering. The word *yoga* is derived from the Sanskrit verb root *yuj*, to yoke, unite, or bring together” (1). The practice of yoga does not exclude any religion, creed, or race from the spiritual soil of ancient India and even now bear the title in India of *sanatana dharma*, “eternal way”. The Sanskrit work contains a series of 195 terse aphorisms (*sutras*, or “threads”) which convey the most essential ideas of yoga theory and practice. These *sutras* present the essence of yoga in the form of eight divisions, or limbs (*ashtanga yoga*) (2).

Yoga is a method for aligning oneself with this sense of inner balance. In the process, multiple levels of human experience—body, breath, and mind and it is gradually freed for deeper concentration and reflection. Many modern practitioners have become interested in yoga as a means for improving health (3).

It also approached the task of promoting good health in two ways: by removing obstacles that block the path to health and by promoting alignment with healing forces within.

In modern age the yoga is associated with physical exercises and it is yoga’s recent development. They combined in one system the goals of improved health, self-discovery, and spiritual self-understanding.

Historical evidences of yoga in India

In Vedic period (circa 1500–600 BCE), THE teachings were transmitted orally from teacher (*guru*) to disciple (*shishya*). These teachings are found in four compilations: the *Rig Veda*, the *Yajur Veda*, the *Sama Veda*, and the *Atharva Ved* in recent era (4). The vedas are organised from circa 1500 bce, with later additions extending to 600 bce (5). The Samhitas is the oldest portion. The Upnishadas is the final portion of the modified and edited texts of Samhitas.

In the period of **Post-Vedic era (circa 600 to 100 BCE)** the Vedas was compiled and made available for practice and study. Twelve *Upanishads* and the *Brahma Sutras* give highly personalized yogic goals of self-development, balanced living, and Self-realization. A literature regarding this is compiled in two epic texts, the *Ramayana* and *Mahabharata*, and in latter’s well-known the *Bhagavad Gita*. Yoga practices were codified in the *Yoga Sutras* of Patanjali (c. 200–100 BCE), and in Patanjali, an authoritative commentary added by the sage Vyasa.

During the period of **One hundred BCE and through the seventeenth century CE**, in 8th century CE the great philosopher Shankaracharya revived the believe and practice of *advaita vedanta*, nondualism, and wrote authoritative commentaries on the *Bhagavad Gita* in the *Brahma Sutras*, and 10 major *Upanishads*. **Georg Feuerstein** has listed 40 types of yoga ranging in wide

range of practice. There are three main teachings which are in practice in modern age are Yoga Sutras, Hattha yoga and Bhagvad Gita (6).

Yoga and its teachings travelled from East to West In the recent **Modern era** and first of all its delivered by Swami Vivekananda in the United States in 1893. He drew the attention by writing on the four paths of yoga which is described in Bhagavad Gita named as raja yoga (meditation), karma yoga (selfless action), bhakti yoga (devotion), and jnana yoga (metaphysics). In the early twentieth century, the practice and research in yoga is initiated by Swami Kuvalayananda of the Kaivalyadhama Yoga Institute and Yogendraji of the Yoga Institute, Mumbai. After that a number of yoga practitioners give their contribution in this field such as T. Krishnacharya, Swami Shivananda Sarasvati, and swami Gitananda Giri and scientists such as H. R. Nagendra and R. Nagarathna of S-VYASA (Swami Vivekananda Yoga Anusandhana Samsthana) University, Bangalore up to Swami Ramdev makes yoga famous and popular throughout India and also initiate research and benefit of yoga in health care field from year 2002.

POPULARIZATION OF YOGA GLOBALLY –

Since 2015, our Honourable Prime Minister Mr. Narendra Modi also gives his big contribution to make yoga more popular in the world and in its Globalization by establishing the “World Yoga Day (21st June)”. He also makes record of “Largest Yoga Session” in history by performing the series of Asanas (Yoga Positions) on the lawn outside the Indian Parliament in the celebration of the first “UN World Yoga Day” with 37,000 people. He also created the ministry of yoga with its own yoga minister. By this India give second greatest gift to the world in form of “Yoga” after number “zero”. The Honourable Prime Minister Mr. Narendra Modi told that Yoga also encourages health and happiness through regular exercise and he established yoga as a Brand in the world (7). It gives the results and the Yoga schools, centres and studios are found in all countries in the whole world due to the hardworking of our yoga practitioners, Scientists and our Honourable Prime Minister Mr. Narendra Modi. The Honourable Prime Minister Mr. Narendra Modi gives his full efforts in making of Yoga popular and established it as a brand globally. From last few decades yoga become more popular and achieved exceptionally growth globally and now become a multi-billion dollar industry.

The list of some famous yoga schools in India and globally are as follows –

S.No.	Countries	Name of Yoga Centres/Yoga Schools
1.	India	Kalvalyadhama College, Hospital and Research Institute Patanjali Yoga University, Hospital, Training and Research Institute Sawami Vivekananda Yoga Anusandhan Sansthan University, Hospital and Research Centre Art of Living Yoga Schools Morarji Desai National Institute of Yoga Sri Ramkrishna Math and Ramkrishna Mission.
2.	USA	Satchidananda Ashram – Central America Kripalu – North America Ananda Ashram – New York Sivananda Ashram Yoga Farm – San Jose (8)

3.	Europe	Arhanta Yoga Ashram – Netherlands Aliko Yoga School – Greece Spirit Sadhana School of Yoga – Spain The House of Yoga – UK The Vinyasya People Yoga Studio Bonn – Germany Yoga Mea School – Italy (9)
4.	Gulf	Zen Yoga Café – Dubai Life n One Yoga Studio – Dubai Voyoga Studio – Dubai Body Language Yoga Studio – Dubai (10)
5.	African Countries	The Sahala Yoga Studio – South Africa Africa Yoga Project – Kenya (11)
6.	Asia	Zen Resorts – Bali Barberyn Reef Ayurveda Resort – Sri Lanka Kamalaya – Thai land Ashiyana Goa – India Atmosphere Resort – Philippines Mandala Ou Resort – Laos (12)
7.	China	Body and Soul Yoga Club Y ⁺ Yoga Centre Z & B Fitness Yoga Studio Red Door Yoga School (13)

YOGA ASANA AND ITS RELATION TO CURING DISEASES

In the past few decades, it has been the subject of research as a therapeutic measure in mental stress, obesity, diabetes, hypertension, dyslipidaemia, coronary heart disease, and chronic obstructive pulmonary disease **(14)**. A study on patients who were taking antidepressant medications but who were only in partial remission showed significant reductions for depression, anger, anxiety, and neurotic symptoms. The study supports the potential of yoga as a complementary treatment of depression **(15)**.

It has been shown that yoga decreases anxiety, stress, and levels of salivary cortisol **(16, 17)** norepinephrine and epinephrine levels **(18)**. In 2008, researchers at the University of Utah showed that yoga practitioner had the higher pain tolerance and lower pain-related brain activity during the MRI **(19)**. Yoga asana and pranayama for three continuous months, 1 h every day in the morning decrease in body weight, body mass index (BMI), and waist hip ratio that is helpful in the management of obesity **(20)**.

A study from Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), Pondicherry showed that Sukha pranayama reduced heart rate and systolic blood pressure in hypertensive patients within 5 min of practice **(21)**.

Yoga asana and pranayama brought down fasting as well as postprandial blood glucose levels and acetylated haemoglobin in patients of non-insulin dependent diabetes mellitus **(22)**. A study from Bangalore reported a significant decrease in serum total cholesterol, triglycerides, and LDL levels but no significant change in HDL levels **(20)**. Practiced yoga exercise for a period of 1 year showed a decrease in the number of anginal episodes per week and decrease in body weight in patients with severe coronary artery disease **(17)**.

All India Institutes of Medical Sciences (AIIMS), Delhi, reported that yoga postures, pranayama, and meditation decrease in exercise induced broncho-constriction. The same findings were reported by another study conducted in United States of America among patients suffering from chronic obstructive pulmonary disease (23). According to Patanjali, yoga consists of eight steps or limbs, which are related as parts of a whole and equally important for the eight steps or limbs of yoga are as given: (24, 25)

S.No.	Name of Limb of Yoga	Health Aspects
1.	YAMA – <i>Ahimsa</i> <i>Satya</i> <i>Asteya</i> <i>Brahmacharya</i> <i>Aparigraha</i>	Codes of restraint, abstinences, self-regulations
2.	NIYAMA – <i>Shaucha</i> <i>Santosha</i> <i>Tapas</i> <i>Svadhyaya</i> <i>ishvara pranidhana</i>	Observances, practices, self-training
3.	ASANA	Meditation posture
4.	PRANAYAMA	Expansion of breath and prana, regulation, control
5.	PRATYAHARA	Withdrawal of the senses, bringing inward
6.	DHARANA	Concentration
7.	DHYANA	Meditation
8.	SAMADHI	Deep absorption, meditation in its higher state, the state of perfected concentration

The first five limbs of this system are termed “external” because they address relationships with the world and with the body, breath, and senses. The “internal,” or “mental,” rungs of yoga, the last three of the eight limbs, comprise three increasingly refined stages of concentration (26).

DIFFERENT YOGA ASANAS RELATED FOR CURING OF DISEASES

It has been shown that Yoga Asana which are helpful in the given diseases and these exercises are supplement to the medical treatment. It is necessary that yoga practiced regularly then these illnesses will never harm the practitioner.

S.No.	DISEASES/DIS ORDERS	ASANAS PRACTICED
1.	Abdominal Disorders	Lolasana, Pavanmuktasana, Bhujangasana, Purna-Salabhasana, Paschimottanasana
2.	Arthritis	Shashankasana, Setu-Bandha-Sarvangasana, Purna-Salabhasana
3.	Asthma	Kapalbhati, Siddhasana, Shirshasana, Sarvangasana-1, Adva-Matsyasana, Ardha-Matsyendrasana, Supta-Vajrasana, Bhujangasana
4.	Back-ache	Dhanurasana, Setu-Bandha-Sarvangasana, Majrasana, Bhujangasana, Gomukhasana, Adva-Matsyasana, Shirshasana, Akaran-Dhanurasana, Sarvangasana-1, Chakrasana, Ardha-Matsyendrasana, Matsyendrasana
5.	Bronchitis	Kapalbhati, Bhujangasana, Adva-Matsyasana, Purna-Salabhasana, Padmasana, Sarvangasana, Lolasana
6.	Chronic Obstructive Pulmonary Diseases	Pranayama, Yoga Postures
7.	Cold	Simhasana
8.	Constipation	Hastapadasana, Shirshasana, Pavanmuktasana, Halasana, Akaran-Dhanurasana, Matsyendrasana, Vajrasana
9.	Depression	YogaMudra, <u>Shavasana</u> , <u>Hastapadasana</u> , <u>Parvatasana</u> , <u>Shirshasana</u> , <u>Trikonasana</u>
10.	Diabetes	Shavasana, Bhujangasana, Mayurasana, Halasana, Sarvangasana, Matsyendrasana, Yoga-Mudra, Mandukasana
11.	Gall Bladder disorders	Dhanurasana, Bhujangasana, Mayurasana, Trikonasana
12.	Headache	Shavasana, Sitali
13.	Hypertension	Pranayama
14.	Indigestion	Lolasana, Katti-Chakrasana, Bhujangasana, Shavasana, Tadasana, Mayurasana, Halasana, Sarvangasana, Matsyendrasana, YogaMudra, Vajrasana, Mandukasana
15.	Insomnia	Bhujangasana, Shavasana, Purna-Salabhasana, Tadasana, Halasana, Sarvangasana
16.	Kidney Disorders	Dhanurasana, Bhujangasana, Purna-Salabhasana, Sarvangasana, Matsyendrasana, Vakrasana
17.	Liver Disorders	Paripurna-Navasana
18.	Menopause Disorders	Uddiyan-bandha, Majrasana, Bhujangasana, Shavasana, Adva-Matsyasana, Halasana, Sarvangasana, Yoga Sitting Postures
19.	Menstrual disorders	Uddiyan-bandha, Majrasana, Bhujangasana, Shavasana, Hastapadasana, Halasana, Shirshasana
20.	Neurasthenia	Shavasana, Shirshasana, Virasana, Siddhasana, Tadasana

21.	Obesity	Dhanurasana, Bhujangasana, Uddiyan-bandha, Hastapadasana, Halasana, Matsyendrasana, Mandukasana, Supta-Vajrasana, Paschimottanasana, Ardha-Matsyendrasana
22.	Piles	Adva-Matsyasana, Shirshasana, Halasana
23.	Poor Posture	Dhanurasana, Ushtrasana, Bhujangasana, Gomukhasana, Tadasana, Tiriya-Tadasana, Trikonasana
24.	Prolapse	Uddiyan-bandha, Shirshasana, Sarvangasana
25.	Prostate troubles	Vajrasana, Shirshasana, Sarvangasana, Matsyendrasana
26.	Reproductive	Bhujangasana, Shirshasana, Halasana, Sarvangasana, Shavasana, vajrasana
27.	Rheumatism	Dhanurasana, Gomukhasana, Matsyendrasana, Trikonasana
28.	Sciatica	Gomukhasana, Setu-Bandha-Sarvangasana
29.	Sexual disability	Uddiyan-bandha, Kapalhati, Dhanurasana, Bhujangasana, Majrasana, Adho-Mukha-Svanasana, Balasana, Shirshasana, Sarvangasana-1, Yoga-Mudra, Matsyendrasana
30.	Sinus	Shavasana, Bhastrika
31.	Skin diseases	Sun-Salutation
32.	Throat Disorders	Simhasana, Ujjai
33.	Thyroid Disorders	Setu-Bandha-Sarvangasana, Adva-Matsyasana, Sarvangasana
34.	Varicose Veins	Shirshasana, Sarvangasana
35.	Wind Pains	Uddiyan-bandha, Pavanmuktasana
36.	Wrinkles	Yoga-Mudra

CONCLUSION –

Thus the yoga is not yoga in its true sense. “Yoga” means union of our individual consciousness with the Universal Divine Consciousness in a super conscious state and the practice of yoga is beneficial for all and every aspect of health i.e. physical, mental, social, and spiritual and it is globally accepted not only by whole world but also by medical sciences and research scientists.

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