



GENERAL WELL BEING WITH YOGIC THERAPY

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ABSTRACT :

Yogic Therapy is a gift of the Yoga- Shastra . All classes of men and women of all ages without and discussion are adopting to their advantages. It is far more effective, easier and cheaper than most other therapies. Yogic therapy is based on the following basic disciplines of knowledge: Psychology, Chemical, physiological , philosophic-Spiritual. Panchkoshas (Annamaya kosa, Pranamaya kosa, Manomaya kosa, Vijnanayamanya kosa, Anandamaya kosa). Gunas (Sativs, Rajas, Tamas) and Chakras. Yogic Therapy has certain principles such as : Body leaning, Activating endocrine glands, managing proper functioning of all systems i.e. nervous system, breathing , digression, blood circulation, excretion etc. Yogic Therapy emphasizes on prevention than cure, controlling the diet to remove disease, preserving celibacy, controls the mind , and spiritual purification. This paper includes assumptions, principles and processes of yogic therapy , yogic therapeutic techniques and their benefits psytherapeuchotically.

KEYWORDS : Yoga, Yogic Therapy, Well being.

INTRODUCTION

Good health is a gift of nature and it depends on man to make wholehearted effort to preserve it. Yoga is as eternal science which is relevant irrespective of race, religion and geographical limitations. Since its basic principles are related to essential ingredients of human personality and total health. Yoga is a holistic practice that integrates and develops the mind, body , breath and spirit. The word "Yoga" is derived from the mind, body , breath and spirit . The word Yoga is derived from the Sanskrit root "Yuj" which means to yoke, bind , unite , join, or harness. Yoga can be seen as a philosophy and practice of connection. As an individual it developed his /her sense of relatedness to other people, other beings, environment and Universe. An individual also develops his/her sense of connection to him/her sense of connection to him /herself through. Yoga can become more aware of the links between mind, body, breath, feelings, memories, experiences, health and states of consciousness. The techniques of Yoga aim to uncover and highlight these connections (Gharote 1990).

General well may be defined as the subjective feeling of contentment , happiness, satisfaction with life's experience and one's role in the world of work, sense of achievement , utility, belongingness and no distress, dissatisfaction or worry etc. Therefore, general well being not only includes these dimensions but also it means to be fit physically., mentally, emotionally, and spiritually. Yogic practices are able to fulfill all the dimensions of general well being (Bakshi & Kumari , 2009).



Yoga can be a powerful tool when combined with psychotherapy. It can be a way to work with clients who have more difficulty expressing them and healing

through traditional (talk) therapy. We are beings with bodies and experiences that are sometimes difficult to describe through language. Emotional and sensations are often embodied in physical experiences. Clients may be blocked or struggling with powerful physical reactions and memories, such as those evoked by trauma, eating disorders, anxiety, or medical concerns. Physical work may assist therapeutic goals such as helping clients to feel more comfortable in and accepting of their bodies, as well as helping clients who have problematic relations to their bodies and bodily functions. Relaxation, deep breathing, and only to feel better and but also self-aware about their perspectives and patterns.

The definition of ideal psychological health proposed by Yoga- Psychology is enlightenment, awakening or realization. Health is seen as more than being free of symptoms, or adjusting and compromising to life's constraints and difficulties. Yoga promotes physical and mental health, rather than being curative medicine or seeking physical well being alone (Singh,1986). Yoga practice promotes physical and mental health, through 'the maximization of joy and the complete unfolding of the human potential'. (Rama Swami,1989).

In addition to promoting physical health, Yogic practices release tension and clam the body. The breathing and concentration practices calm both the body and mind, increasing focus and naturally promoting meditation. The mental and physical benefits of meditation practices, such as mindfulness meditation, have been very well documented. Many mental health practitioners for meditation ultimately lead to the experience of higher states of consciousness. This transpersonal consciousness in which awareness is manifested as intuition and wisdom, must be directly experienced (Rama et.al. 1976).

Yogic Therapy:- Yogic therapy is a gift of the Yoga shastra. It belongs to the ancient system. The householders, sanyasis, young and old and indeed all classes of men and women of all ages without any distinction are adopting it to their advantages. It makes the life-forceful, stronger and gives new life to the body. It is far more effective, easier and cheaper than other therapies. It is as of much a science as an art of living a handsome life.

The concept of Yogic Therapy was first introduced by Kavalayananda in 1927. Strictly speaking, therapy is not a field of Yoga, but Yoga can be the effective method in alternative or complementary medicine for the treatment of chronic functional disorders. Yoga contributes to the holistic health through promotion, preventive and curative methods (Kavalayananda,1991). Yogic Therapy is now known world over as technical and scientific system. It also uses the most modern equipments and is found useful by doctors as well. They are gradually adopting it in many ways.

Yogic practices encourage health by promoting physical and mental suppleness, strength, endurance, balance and relaxation. Working with the body can affect the mind. One of the goals of physical postures is to gain perspectives on the body by gaining distance from it, fostering neutral observational and promoting higher levels of growth (Rama, Belle tine And Ajaya, 1976). As a body releases tension and postures become effortless, the mind becomes calm. Mental concentration and focused attention results naturally to become more introspective, allowing access to intuition and one's inherent wisdom. Because the breath is both a voluntary and involuntary function (regulated by mind and body), it can be considered and intermediary between mind and body (Morse, Cohen, Furst & Martin,1984). The rhythm of the breath is often one of the most obvious physical indications of a person's emotional and mental state. Although mental and emotional states often feel difficult to control, the irregularities of the breath can be easily observed and controlled. Yogic breathing exercises teach awareness of the breath, healthy breathing, and concentration. The breathing practices also teach one to be aware of and control energy shifts.

Basis of Yogic Therapy:-

Yogic therapy is based on the following basic discipline of knowledge.

- 1) Physiology 2) Chemical 3) Psychological 4) Philosophic –Spiritual
 - a) Panchakoshas (Annomya kosa, pranomya kosa, Manomya kosa, Vijnyanmaya kosa, Anandmaya kosa)
 - b) Gunas (Satva, Rajas, Tamas)
 - c) Chakras

Our body has an inbuilt system of resistance , which is capable of removing diseases from their very root. While it seeks to make us disease free in a natural way, at the same time it helps us to maintain the highest degree of efficiency of the body by keeping it physically fit to guard , in turn against the invasion of any disease.

Assumptions of Yogic Therapy:-

- 1) Body has resistance power to fight against diseases.
- 2) Body has inherent self –organizing capacity.
- 3) All physiological system of the body cooperates with each other.
- 4) Each cell possesses inherent power (Shakti) to generate and regenerate energy.
- 5) Higher nervous system controls bodily functions/ activities.
- 6) Cosmic energy controls the healing capacity of the body.

Principles of Yogic Therapy:-

- 1) Body cleansing
- 2) Activating endocrine glands
- 3) Managing proper functioning of all systems i.e. nervous system , breathing, digestion, bold circulation, excretion etc.
- 4) Emphasis on prevention than on cure.
- 5) Controlling the diet to remove diseases.
- 6) Preserving celibacy.
- 7) Controlling the mind.
- 8) Spiritual purification.

Process of Yogis Therapy:-

Yogic therapy reduces the tension of the body and mind. Each cell of the body starts receiving changes and all internal organs of our body start functioning and work properly. Since all our body systems have an inherent self-organizing and self-functioning arrangement and mutually co-operative in their functioning, disease element starts diminishing. As soon as disease attacks, the endocrine glands and other systems become quite active jointly to resist it. It is their natural function (dharma) that helps to cure the disease and maintain the subjective wee-being.

Yogic Therapeutic Techniques:-

There are different types of Yogic therapeutic techniques, which increase the diseases resisting capability of the body. These are as given follows—

1. a) Yamas (Restraints) – The five values of Yama are – i) Ahimsa (non-violence) ii) Satya(truthfulness) iii) Asteya(non-stealing) iv) Brahmacharya (celibacy) v) Aparigrah (non-covetousness)

b) Niyamas :- (Observation) – The five values of Niyamas are – i) Saucha(purity) ii) Santosha (contentedness) iii) Tapa (austerity) iv) Swadhyay(self-education) v) Ishwar (Pranidhan (meditation on the divine)

2) Yogic (Improved) Diet:- By yogic diet (Improved) including all constituents of balanced diet (carbohydrates, proteins, vitamins, minerals, fat, water, and roughage) and observing various rules such as taking boiled vegetables, vegetables' soup, salad and fruit, obtaining from fried, greasy food items, sweets, meat etc.. Eating moderately, masticating well while eating, taking only two meals a day, remaining calm and contented while eating , eating only when hungry etc.

3) Six –fold Cleaning Practices (Shat Kriyas) :- Kriyas are the purificatory techniques classified into six division (Neti, Kunjal, Basti, Nauli, Tratak, Kapalbathi) which bring about increased range of adoptability of the tissues forming various organs and systems . It raises the threshold of their reactivity and establishes the voluntary control on different reflexes.

4) Asanas (Postures) :- Asanas are physical exercises of each part of the body. They are practiced along with breathing and relaxation. They relieve tension, make endocrine glands to generate enough digestive juice to help the body systems to function properly., strengthen the spine , and to improve efficiency of intestine and other parts of the body.

5) Mudras:- Mudras are the practices for activating particular part of the body . this is a position in between the Asana and Pranayama. All basic Mudras help us to cure different types of diseases.

6) Bandhas:- Bandhas are practices of controlling particular system / part(s) of the body . Bandha means binding or locking . Practicing bandhas along with Pranayama makes them more effective. Locks energize the glands and improve the blood circulation to help the mind and life. Force under control/

7) Relaxation:- Relaxation is the process of loosening the whole body through which fatigue is removed/ dissolved. Yoga nidhra/ Shavasana is very effective for getting relaxation of both mentally and physically.

8) Pranayama:- Prsnayama is the process of breathing with regulation and control of it. Practicing Pranayama sets the blood –purification system right. The movement of prana and sub-prana within the body keeps it in proper balance, makes the mind calm, and the body relaxed . It keeps all the systems active and healthy.

9) Upvas:- Upvas is the process of fasting i.e. either not providing food to the body or providing particular type of food to the body.. Upvas is a simple method of protecting health, cleaning the body and eliminating the disease. It gives rest to the digestive system, activates the functioning of the excretory system, improves the working of liver, increases the resistance against disease, develops will power. , reduces extra body weight and cures diseases automatically. It is a natural and scientific process of keeping fit and fine.

10) Sankalp Shakti(Will Power) :- It is A state of mind to generate internal power . Yoga raises the will power which develops the internal power of resistance against diseases., it obviates the very disease, introspection, thinking aright, concentration, tratak, meditation etc. help in enhancing one's will power.

11) Surya Snan(Sun Bath) :- It is a method of observing Sun rays into the body and removing toxic/ morbid material. Sun bath cures body's paleness, provides for the shortage of iron, removes feebleness of nerves, and alleviates fatigue of iron, removes feebleness of nerves , and alienates fatigue, and weakness of the muscles. It cures many a chronic diseases too.

12) Yogic Massage:- It is a method of having a dialogue with other persons or with the self on ethical and spiritual topics.

13) Faith in Higher Reality/ God:- It is a state of mind of concentration on spiritual entity or form which helps to develop the internal strength in man.

BENEFITS OF YOGIC THERAPY:-

1. The most important benefits of Yogic therapy are physical, mental, and spiritual as ell. The aging process, which is an artificial condition, caused mainly by autointoxication or self poisoning , can be slowed down by practicing Yoga. By keeping the body clean, flexible and well lubricated, we can significantly reduce the catabolic process of cell deterioration.
2. Laboratory test proved the Yogi's can increase their abilities of consciously controlling automatic or involuntary functions, such as temperature, heartbeat and blood pressure.
3. According to medical scientists, Yogic therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body.
4. Yoga acts both as a curative and preventive therapy . The very essence of Yoga lies in attaining mental peace, improved concentration power, a relaxed state of living and harmony in relationship.
5. Jitendar Kumar (2007) studied the effects of Yogic practices , emotional states(Anxiety) , stress depression, regression, fatigue, guilt, extraversion and arousal) of senior secondary school students and their scholastic achievement in chemistry and found that there was a positive effect of Yogic practices on emotional states and scholastic achievement of students in chemistry.

6. Jitendar Kumar (2011) studies the effect of Yogic practices concentration and academic achievement of senior secondary school students and found that there was a positive effect of Yogic therapy practices on concentration and academic achievement of senior secondary school students.
7. Yogic Practices also results in greater reduction in anxiety scores than drug therapy.
8. Research into the effects of Yogic practices on I-IV is currently underway with promising results.
9. Yoga can relieve the symptoms of several common and potentially life threatening illnesses such as –
 - 1) Musculoskeletal problems(Backache, general body pain, osteoarthritis, Rheumatoid arthritis 2) Respiratory Disorders (Bronchial Asthma, Allergic Rhinitis's) 3) Cardiovascular Disorders (Hypertension, Peripheral Vascular Disease).4) Digestive Disorders (Hyper acidity, Irritable Bowel Syndrome, Constipation) 5) Neurological Disorders (Migraine, Multiple scleroses) 6) Psychiatric Problems(Neurotic disorders, schizophrenia, Anxiety) 7) Endocrine Disorders 8) Geriatric Problems 9)Gynecological disorders and Obstetric conditions 10) Regular Yogic practices create mental clarity, calmness , increase body awareness, relieve chronic stress patterns, relaxes the mind, centre attention and sharpen concentration.11) Yoga strives to increase self awareness on both physical and psychological level. 12) Regular practice of breathing through one nostril also helps to improve communication between the right and left side of the brain. 10) Studies shown that yoga increases our brain activity and enhances its cognitive performance. 11) Through the practice of Yoga, one become aware of the inter connectedness between our emotional , mental and physical levels. Gradually this awareness leads to an understanding of the more subtle areas of existence. The ultimate goal of Yoga is to make it possible for one to be able to fuse together the gross material (Annamaya), physical (Pranamaya) , mental(manomaya) , intellectual (Vijnanmaya) and spiritual 9Anandmaya) level within one's being. 12) Apart form being a genuine system of spiritual quest firmly rooted in Indian traditions, Yoga can be practical tool for body – mind integration for the holistic healing and positive health which is accessible by and applicable to the majority of people in the society. A systematic attempt to implement Yoga into formal health care system, would bring great benefits to general public.

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