

YOGA AND AYURVEDA IN MODERN LIFESTYLE**Parul Soni^{1*}, Sunayana Sharma² and Karan Chugh³**

¹PG Scholar Dept. of Swasthviritta & Yoga, Sriganganagar Collage of Ayurvedic Science & Hospital, Tania University Rajasthan.

²Professor & H.O.D in Department of Swasthviritta & Yoga Sriganganagar Collage of Ayurvedic Science & Hospital, Tania University Rajasthan.

³Assistant Professor in Department of Swasthviritta & Yoga Sriganganagar Collage of Ayurvedic Science & Hospital, Tania University Rajasthan.

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Corresponding Author*Dr. Parul Soni**

PG Scholar Dept. of
Swasthviritta & Yoga,
Sriganganagar Collage of
Ayurvedic Science &
Hospital, Tania University
Rajasthan.

ABSTRACT

Ayurveda essentially means the knowledge of life. It is art of living a healthy life. Ayurvedic concepts helps in natural healing that works in illness and improving the general wellness of human body and mind. Yoga is one of ayurvedic concept which helps in overall development of healthy body and immune system. Yoga and Ayurveda are not merely two separate but related healing disciplines. Each has its unique place and function, but each one overlaps with the other on various levels. Ayurvedic guidelines help to create the lifestyle and understanding of the external world necessary to support and preserve health. Ayurveda and yoga are the kind of holistic approach to eliminate the toxic byproducts which are accumulated in day to day resume during the course of faulty dietary habits and life

style errors. Effects of Ayurveda and Yoga on the different systems of body and its role in life style disorders to be studied in this paper.

KEYWORDS: Yoga, Lifestyle Disorders.

INTRODUCTION

In this modern era, every human being is living under stress to survive. Faulty life style with stress harms our health, happiness and inner sense of well-being. Pollution and uses of excess chemical based product are also a bid degenerative factor, which leads the maximum health problem and they are routes of many life style disorders even many leads to fatal diseases. In

present scenario Ayurveda and Yoga therapy becomes necessary to rejuvenate the body system for a better harmony in the body, mind and soul and helps to maintain health, prevention from lifestyle diseases. The word “Yoga” comes from Sanskrit root “Yuj” which means union, i.e. union of body and mind for a healthy living, concentrate one’s attention and it is also a psycho-somatic spiritual discipline for achieving union and harmony between our mind, body and soul and the ultimate union of our individual consciousness with the universal consciousness. The *Ashtanga Yoga* (eight fold practice of Yoga) described in *Yoga Sutra* of Patanjali is its glimpse in *Ayurveda* in the form of *Sadvrutta*, *Swasthavrutta*, *Acharya Rasyana*, *Dincharya*, *Dharneeya vega* and so on.

For healthy and happy life one should follow do’s and don’ts of yoga and Ayurveda. Shat Karma therapy in yoga and Panch karma therapy in Ayurveda helps in cleaning of body channels (*Srotorodha*), heal the damaged tissue and maintained body’s subtle energy and thus, create rejuvenation physically and psychologically. Regular practice of *Yoga* promotes strength, endurance, flexibility and facilitates characteristics of friendly, compassion and self-control and well-being.

Yoga and Healthy life

In yoga sutra patanjali described ashtang yoga (Eight fold practice of yoga).

- Yama (Moral imperatives/ Abstention)
- Niyama (Virtuos Habit, Behaviours and Observations)
- Asana (Posture that one can hold for period of time)
- Pranayama (Controlling of breathing)
- Pratyahara (Process of retracting sensory experience from external objects)
- Dharna (Concentration, Introspective focus)
- Dhyana (contemplation, Reflection and Profound, Abstract meditation)
- Samadhi (Absorption)

The first two of the eight limbs of Yoga, the yamas and niyamas, the yogic principles and practices of right living, provide the foundation necessary to sustain any spiritual or healing practice. They also provide an ideal code of conduct for doctors, therapists, and Yoga teachers.

Asana the “external medicine” of Yoga. It primarily treats musculoskeletal disorders, but

indirectly can benefit many other conditions and can provide an ideal form of exercise for everyone. Asana works best in the context of Ayurvedic dietary and lifestyle recommendations.

Pranayama is “internal medicine” of Yoga, because It brings prana or vital energy directly into the body and can be used to direct prana in various ways as needed. Pranayama directly impacts the doshas or biological humors of Ayurveda (vata, pitta, and kapha), which are modifications of prana. Pranayama is a great aid for the use of herbs and functions much like them to correct the movements of energy within our physiological and psychological systems.

Pratyahara plays an important role in internalization of energy necessary for deep healing or for true meditation to occur. If one is not reached the stage of pratyahara, then he/she is not really practicing Yoga as a sadhana or spiritual practice.

In pratyahara, one withdraws the prana and mind within. For real healing, the body and mind must be put in a relaxed state and the energy directed within.

Dharana is the necessary concentration of mind and the development of the power of attention required to sustain any healing practice.

Dhyana is called Meditation which is inner balance of awareness, it allows mind to heal itself

Samadhi is the unitary state of mind, prana, and awareness that develops the full healing power of body and mind and releases us from physical, emotional, and spiritual suffering.

These practices of Yoga provide the right attitude and state of mind for healing to take place on any level.

Except all these Eight^[8] forms of yoga there are other methods for cleansing the body and its channels among of them the shatkarmas are yogic cleaning procedures are most important one they cleanse the subtle channels as well as eliminate impurities and repair appropriate functioning of the physiology of the body. These are These procedures are as *Dhauti* (cleaning the stomach), *Basti* (cleaning the colon), *Neti* (cleaning the nasal passage), *Nauli* (cleaning the abdominal organs), *Kapalabhati* (cleaning the respiratory organs), *Trataka* (clearing the mind through gazing).

Effect on yoga therapy on different systems of body for related life style disorders

Yoga therapy helps in respiration related problems, as we know respiratory system is most important system of human body. It is mainly responsible for the supplying oxygen and getting rid of carbon dioxide in our body. Yoga practice including the poses, breathing and relaxation techniques put the control of mind and emotions, making more relaxed and allowing for breathe easily is very helpful to prevent from respiratory system related lifestyle disorders like asthma, COPD etc.

Some specific poses of Yoga are known to directly benefit and enhance the circulation of blood and body fluids throughout the body. Different types of asana improve the blood flow along the wall of the heart and toned up heart wall thus preventing heart diseases like heart attack, hypertension etc. Continuously Yoga practice, *Asana* (body posture), *Pranayam* (Breathing exercise), *Dhyana* (meditation) and deep relaxation allow to spend more time with the parasympathetic nervous system and it produce positive psychology of human being.

Yoga is also helpful in keeping skeletal system in proper shape and make body flexible.

Yoga and pranayama with *Ayurveda* are very effective for reproductive system by balance the hormones and give strength the reproductive organs. Ayurveda and yoga have the potential to prevent the progression of the diseases and if started early, maybe even possibly of manifest a cure.

CONCLUSION

Yoga and Ayurveda make effect on whole body from internally to externally. They bring about better neuro-effector communication; improve strength of the body, increasing the optimum functioning of all the organ system of our body. Yoga helps in retainin the mental health and keep away from stress Ayurveda helps in maintaining the healthy body. In Modern lifestyle yoga and ayurveda can make a significant part to improvement of health.

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