

IMPORTANCE OF YOGA FOR HEALTHY LIFE - A REVIEW**Siddalingesh M. Kudari^{1*} and Annapurna R.²**¹Member BERISM, NCISM, Govt of India, New Delhi.²Professor & H. O. D Department of Rachana Sharir, Faculty of Indian Medical System SGT University Gurugram.Article Received on
05 May 2024,Revised on 25 May 2024,
Accepted on 15 June 2024

DOI: 10.20959/wjpr202411-34544

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Govt of India, New Delhi.**ABSTRACT**

Yoga and Ayurveda are two interrelated branches of the same great tree of Vedic knowledge that encompasses all human life and the entire universe. In this regard, it is important to understand the respective roles of Ayurveda and Yoga in the Vedic system. The yogic exploration of consciousness, the subtle energies of prana and mind, and various types of spiritual practices are all inter-connected. Yogic texts contain discussions of meditation, concentration, mantra, ritual, pranayama, asana, and related factors but as part of spiritual practice, not as a therapy.

INTRODUCTION

Ayurveda and yoga are two interrelated branches of the same great tree of Vedic knowledge that encompasses all human life and the entire universe. Vedic knowledge is the ancient science of the seer and yogis of India designed to show us the inner working of the universe and of our own consciousness, leading us ultimately to the state of self realization and liberation from the cycle of birth and death. Both the practice of Yoga and Ayurveda go hand in hand as they both stem from same Vedic system originated thousands of years. Born from the same Vedic scriptures they have the same underlying principles and belief that lead to holistic wellbeing of the individual. While Yoga deals with the harmonizing of mind, body and soul while Ayurveda takes care of the person's both physical and mental wellbeing through the means of diet and lifestyle changes. Yoga Word Yoga is derived from Sanskrit word "Yaju" means "to join" or to link or to combine. Although, the word can be used in various connotations, its fundamental meaning as per Yagyavalkya smriti "Samyogo yoga ityakto jeevatma – pramaatmano" meaning is to join or link the soul to God or the Super soul.^[1] The process of Yoga (That is,

of linking the soul to the Super soul) involves a step-by-step preparation aimed at balancing the body through various physical postures, controlling the mind and the senses through Pranayama, and finally realizing the truth that the soul is the real conscious energy. Yoga is the essential spiritual discipline based on subtle science which focuses on establishing harmony between mind and body. The goal of yoga is self realization, freedom from all kind of sufferings leading to the state of Moksha or Kaivalya. Ayurveda The word „Ayurveda’ is formed from an amalgam of two Sanskrit words—„Ayu” meaning a combination of body, senses, mind and soul.^[2] and „Veda,” meaning knowledge. The ultimate goal of Ayurveda is to stay healthy mentally physically and spiritually.^[3] Through adherence to a proper diet and lifestyle, Ayurveda aims to keep the body toxin-free, which in turn induces clarity of the mind and awakening of intelligence, leading to the realization that the soul is the real conscious energy and needs to be cared for too. Ayurveda provides lifestyle recommendation for health, longevity, and disease prevention as well as special methods for rejuvenation of body and mind. It includes the practices of Yoga from Asana and Pranayama to mantra and meditation as part of its healing tools.

Ayurveda along with yoga

The fundamental processes in both Ayurveda and Yoga involve purifying the mind and body, controlling the mind, and finally linking the soul or consciousness with God. According to both systems, it is this connection with God that is the ultimate purpose of human life and leads to a state of eternal bliss, even while one is resident in this material world. Importance of Yoga is mentioned by Acharya Caraka in Sharir sthaan that “mokshe nivritinirshesha Yoga moksha pravartakam”.^[4] that means all pain is relieved by yoga. Just as Yoga is not limited to physical postures and fitness, Ayurveda, too, is not limited to herbal remedies for physical disorders. Both systems have deeper levels and if practiced properly can lead to a state of complete balance at the physical, mental and spiritual levels. Not only are Yoga and Ayurveda similar, they supplement each other. A person practicing Yoga needs to follow a specific Ayurvedic dietetics and regimen according to his or her constitution. Similarly, a person following an Ayurvedic diet and regimen also needs to practice Yoga on a regular basis to stay healthy. We can call asana the 'outer pharmaceutical' of Yoga. It essentially treats musculo-skeletal disorders, yet it benefits numerous other conditions and gives an ideal form of exercise to everyone. However, without the correct eating routine, its recuperating possibilities are constrained, as bodily action will reflect the nutrition the body receives. Asana works best with regards to Ayurvedic dietetics and lifestyle recommendations. In

present era, we are not thinking about health; rather we are worried about the disease. The sole reason behind this mindset is that we fall short to lay down priorities in our life. Since, childhood we are taught to conquer good rank in class followed by aspiration of good job to earn money and multiplication in earning in rest of life. Nature always gives us an alarm about the breakdown of our body and mind but we disregard it as we know that we are living the well equipped world of medicine science. In this way, during the voyage of life our mental and physical concern is paid no attention, until we fall. In Ayurveda, the process of treatment or healing is not restricted to the physical body, but encompasses the mind, senses and soul as well. As Yoga mainly deals with strengthening and controlling the mind and senses, it can be seen as a sister discipline of Ayurveda. This is important because we observe that in general, most people today suffer from mental disorders, related to the stress-filled lifestyles followed in present era. Thus, it is diagnosed with the help of Ayurveda “Nidan Panchaka”.^[5] The knowledge of Yoga has proved to be very beneficial in this regard. Since all the techniques of Yoga are natural and do not involve synthetic or chemical drugs, its closeness to the principles of Ayurveda is well understood. Yoga is considered merely a „fitness regimen“ or even some kind of gymnastic, but Yoga like Ayurveda, is also a way of life and can be prey to the predators of health. Practiced by everyone, Yoga encompasses the mind, soul and body. In the modern age Yoga has evolved as a branch of medical science. All the current research on Yoga evaluates its physiological effect on the body. Most of the research is focused on the endocrinological, metabolic, neuro-physiological and psychological effects on the body. Moreover, its effect on human behavior and working has been shown to be useful for many states of the body. The Achara rasayana,^[6] (code of conduct) described in Ayurveda is same as the Yama and Niyama of Yoga. Both Yoga and Ayurveda proclaim Moksha (Liberation from material bondage) to be their ultimate goal. Both systems see the body as being composed of subtle and gross elements and help each other in healing. Ayurveda takes care of the Dosha-Dhatu-Mala (body humors-tissues-metabolic wastes), while Yoga suggests how to keep the mind balanced in different circumstances. Sattvavajaya.^[7] which means „healing the mind by increasing purity of mind“, is one of the three main types treatments mentioned in Ayurveda, and there is mention of the use of Yoga techniques and meditation to maintain a healthy state of mind. During the pandemic of COVID19 a major challenge is emerged for the health care sector. During that period it was very important to strengthen the immunity of host for the public health perspective to prevent the spread of infection and down regulate the potency of the agent. The vaccine induces to specific immunity, but it is very important to improve the overall host

immunity. In this period yoga along with Ayurveda focus on strengthening the immunity and provide effective, accessible and affordable means to fight the disease as well as negative impact of disease.

CONCLUSION

The conclusion is that Ayurveda and Yoga need to be practiced side by side in order to attain a state of complete health and happiness. The concern of classical Yoga is Sadhana, not Chikitsa, which was regarded as the field of Ayurveda. Most importantly, we do not find in Yoga texts a discussion of disease, pathology, diagnosis, or treatment strategies apart from the approach of Ayurveda. There is no Yoga system of medicine in terms of diagnosis, pathology, and treatment, apart from Ayurveda. Yoga therapy as asana therapy does not unfold the full healing potential of classical Yoga and its many methods. It keeps Yoga subordinate in a secondary role, reduced primarily to a physical application. We need a yogic system of medicine not simply for treating the physical body but also for treating the mind, emotions, and psychological disorders. A truly holistic and spiritual approach to medicine and healing, we need both Yoga and Ayurveda, but with Ayurveda providing the medical foundation and Yoga the spiritual goal and practices.

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