

A REVIEW ARTICLE ON ASHTANG YOGA

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ABSTRACT

Yoga is a practice that involves the physical, mental and spiritual self. It is oldest way in history to keep a check on Healthy mind and body. It was a discipline that originated in ancient India and was aimed at instilling peace of mind and body with concentration, meditation, postures and breathing. In today's modern world Almost 8 persons out of 10 suffer from Low Back Ache at least once in their life. About 70% of the Low Back Ache sufferers belong to the age group of 30- 40 years. Yoga has a great role to prevent and cure many of the so called life style disorders. Yoga is considered as a most effective against backpains. Yoga Asana helps tones the abdomen and strengthen the spine. It helps in keeping our mind and body healthy.

KEYWORDS: Yoga, Ashtang Yoga.

INTRODUCTION

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.

Nirukti of Yoga according to Bhagavadageeta, "Samatwam Yoga Uchayate" balancing of two opposite things. According to Patanjali Yogasutra "Yogah chitta vritti nirodhah" is Yoga. here Chitta means Antahakarana (Manas, Buddhi, Ahamkara). Vritti means fluctuations.

Nirodha is Avarodha (to stop). So Yoga helps to stop the fluctuations of Manas. 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, Achara Rasyana, Dincharya, Dharneeya vega and so on.

Hathayoga Pradeeipika, compared *Manas* with *Parada* as *Parada* becomes *Sthira* after doing *Samskaras* on it and also then it will be useful further for medicine purpose also the same way *Manas* can be controlled by *Pranayama* so that it can achieve all *Arthas* (*Chintya*, *Vicharya*, *Uuhya*, *Dheya*, *Sankalpa*) *Nirukti* of word *Swasthya* according to Ayurveda is “*Samdosha Samagnishcha Samdhatu Malahakriya Prasannatmendriya Manaha Swasta Iti Abhidhiyate*” the person is considered as healthy when he is having equilibrium state of *Dosha*, *Agni*, *Dhatu*, *Mala Kriya* and whose *Aatma* (soul), *Indriya* (senses), *Manas* (mind) all are happy is considered as *Swastha* person (healthy individual).

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.

In this modern era, every human being is living under stress & Faulty life style it 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.

Yoga Asana

In Yoga Sutra Patanjali has explained 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)

First four (4) are related to Sharira and next three (3) are related to Manas. Last one is related with Aatmana. This yogic bridge to join Aatma to Paramatma

- **Yama**- It is related with Sayam means Calmness and control over ourselves It includes *Ahimsa, Satya, Asteya, Brahmachrya and Aparigraha*. These are few rules which one should follow in public and personal sphere
 - *Ahimsa* i.e. not to follow *hinsa* is explained into *Dashavidha papakarma* in Ayurveda it should be avoided.
 - *Satya* i.e. one which exactly the person has spoken, thought, and imagine while talking to others
 - *Asteya* is not to steal anything from anyone.
 - *Brahmachrya* is abstinence from sexual urges which helps to increase potency.
 - *Aparigraha* is free from attachment of external pleasure.
- **NIYAMA** – Following self-discipline is called Niyama It includes *Shoucha, Santosha, Tapa, Swadhyaya, and Ishwara Pranidhana*.
 - *Shoucha* is cleanliness of body as well as mind
 - *Tapa* regularly will definitely have *Hitayu*
 - *Santosha* is feeling of satisfaction
 - *Swadhyaya* means *yoga Shastra* refers learning of *Moksha Shastra*, chanting of *Mantras* as taught by teachers is at the initiation of teaching is *Swadhyaya*.
 - *Ishwara Pranidhana* is devoting oneself completely to the *Ishwara* *Ishwara Pranidhana* is devoting oneself completely to the *Ishwara*.
- **ASANA**- The stable posture which gives comfort is *Aasana*. In Ayurveda some specific postures are mentioned as a cause of disease such as *Utakatasana, Vishamasana* habitual to these will cause *Arsha*.
- **PRANAYAMA** – Controlling breathing pattern i.e. Inhaling and Exhaling of air is Pranayam

- **PRATYAHARA** – It is controlling state of mind where it cut off from it's sensory objects and Ayurveda also highlighted the importance of *Manas* in production of disease as well as to maintain health.
- **DHARNA**- Control on mind and focusing on any single object to attain concentration is called dharna.
- **DHYANA** – Continuing practice of focusing is called Dhyana It will increase Rajas guna and decrease tamas guna.
- **SAMADHI** - It means join with *Aatma* and feeling of *Parama Chaitnya Avstha*. In this stage one is only concentrated on his *Dheya*.

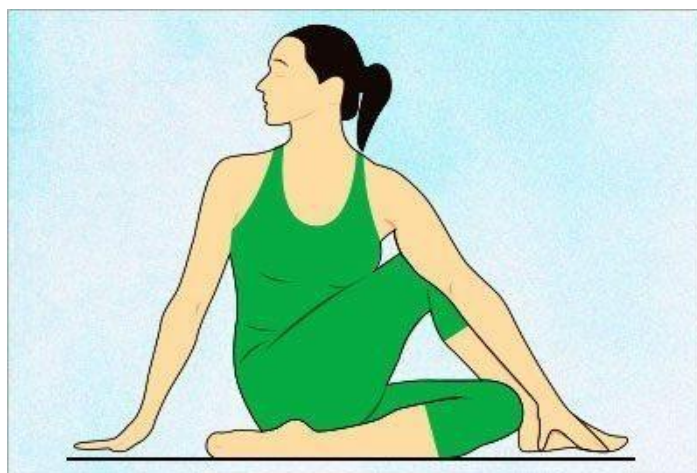
YOGASANA AND TODAY'S WORLD

“*Sthiram Sukham Aasana*” which gives *Sthirata* to the body is *Aasana*.

Aasanabhyasa Yogen Suswasthya Labhte Dhruvam/ Dirghayusham Manah Toshama Hritpavitrayama Tathev Cha||” Continuous practice of *Yogasana* will give health along with long life, *Mana Santosha*, *Chitta shanti* definitely.

There are total 84 Asana are explained in Hatha Yoga Pradipika here we can see few asana which can be helpful in today's world.

- **MATSYENDRASANA**



- Method- Place the right foot at the root of left thigh and the left foot outside the rightknee. Grasp the feet and twist the body
- Benefit- It stimulates the *Jatharagni*. Regular practice of this will activate *Kunadalaini*

and destroys deadly diseases.

- **PASHCHIMOTTANASANA**



- Method - Stretch both legs on the ground like sticks. Grasp the toes with both hands. Rest the forehead on the knees.
- Benefits- It is one of the prime important *Aasana*. It kindles *Jatharagni*, flattens belly, and brings good health to the man.

- **MAYURASANA**



- Method - Hold the earth with both hands. Place the sides of navel on elbow. Rise high above the ground like a stick.
- Benefits – It will very helpful for curing the diseases *Gulma*, *Udara* and so on. It stimulates *Jatharagni* in such a way that it can digest *Kalakuta Visha* also.

DISCUSSION

As explained in *Ashtanga Yoga*, *Ahimsa* in today's days means physician should treat every patient without hurting them and without making any difference in them. While explaining four qualities of patient it is given that he tell *Satya* (only truth) without any hesitation to the physician. So then only physician can plan treatment procedure. *Steya* is considered as

Dashvidha Papakarma. So practicing of *Asteya* will give good life. *Brahmacharya* is considered as life according to Ayurveda. Unnecessary consumption of alcohol, doing sexual intercourse will lead to *Ojokshaya*.

CONCLUSION

Yoga and Ayurveda helps not only for disease treatment as well as for maintenance of health also. According to B.K.S. Iyengar, “Yoga is the golden key that unlocks the door of peace, tranquillity and joy.” So, instead of doing yoga in only one day, we have to adopt the yoga and Ayurveda as a culture. Then only we can see the disease free country.

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