

YOGA-A MANTRA FOR THE MANAGEMENT OF LIFE STYLE DISORDERS

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ABSTRACT

Human beings are very small units of universe. When one is in proper tuning with the rest of the world he remains healthy and happy whereas if there is any disturbance in this harmony disease appears. In this lifestyle plays a very important role. Rapidly increasing incidence of life style related ailments is posing a big challenge to modern medical system. It is here that yoga appears to make a vital contribution to the modern medical system for the management of disorders related to lifestyle. This article evaluates some yogic asanas for management of disorders related to lifestyle.

KEYWORD: Yoga, obesity, depression, bronchial asthma.

INTRODUCTION

Life style is a way of living of individuals, families and societies which they manifest in coping with their physical, psychological, social and economic environments on a day to day basis. Effort to maintain good health (swasthya), stabilized mind (sthira buddhi), right time of wakefulness (smadhi) and wisdom has been recognized as important contributing factors to achieve various goals of life and to fulfill different aspirations and ambitions of suffering. Human sufferings have been categorized into two main headings: "Agantuka vyadhi" i.e due to extraneous factors and parameters. "Nija vyadhi" i.e psycho somatic conditions or sufferings due to the factors related with the self. Yoga is supposed to be the best type of medicine for nija vyadhi which could be equated with lifestyle related disorders for our purpose. Traditional yoga literature has classified various parameters which decide and influence our lifestyle and lifestyle related disorders under the following headings:

- Different kinds of inputs reaching the consciousness (Ahara).

- Lack of inputs helping the consciousness (individual) to rest and recuperate (nidra).
- Different kinds of fears, phobias and complexes (bhaya).
- Indulgences to fulfill and satisfy sexual needs, urges and desires (maithuna).

Some useful Asana and lifestyle disorders

Obesity

Obesity is becoming a common health hazard and leads to many other diseases like coronary heart disease, hypertension, diabetes, psychosomatic disorders, Main cause of obesity is excessive eating and insufficient or lack of exercise.

Yogic cure

The biggest advantage of this system of cure is that the individual does not have to undergo fasting and feel any weakness. Also the reduction of weight is gradual so that the person does not feel any loss of strength. Due to gradual reduction there is no sagging of facial skin and conditioning of the body takes place simultaneously. Yogic way reduces weight in a lasting and permanent way.

Recommended Asanas

- Surya namaskara: It exercises every part of the body.
- Uttanpadasan (raising the legs) reduces obesity of thighs, hips.
- Urdhva-hast-uttanasan (raising half arms) reduces fat from lower part of the body.
- Katichakrasan (Hip twist) develops sleek waist
- Hastuttan padasan (hands touching raised legs) reduces fat of abdomen, thighs, arms,
- Others are sarvangasan, Dhanurasan, Shavasan, Halasan, Naukasan.

Anxiety, Stress and Depression

Anxiety

Anxiety disorders are characterized by fear, avoidance behavior and somatic symptoms like head-ache, sweating, muscle spasm, palpitations and hypertension often leading to fatigue. Types include Phobia, Panic disorders, generalized anxiety disorder that includes OCD.

Stress

Mental health and stress are two sides of the same coin, with an inverse relationship between them. Higher the mental health lower is the experience of stress and the resultant physical health problem. Thus to minimize the experience of stress and improve physical health it is

necessary to concentrate on mental health. Stress may be described as an individual's reaction in any situation. Situations in themselves are neutral with respect to stress.

Depression

Depression is a leading contributor to the global maladies resulting in a huge loss of productivity, marked with very low self esteem and a virtual loss of interest. Both in anxiety and in depression an individual is in nervous and defensive automatism that renders him as a slave of impulses and emotions.

Yogic Cure

Suppression and repression phenomena have a close relevance to stress, anxiety and depression. All yoga practices, particularly *trataka* and meditation, provide easy ways of unveiling one's own ego defenses, thereby facilitating mental catharsis in case of normal and mental patients alike. *Yama* and *Niyamas* offer an ample possibility of sublimation for the purpose. In the yogic practices viz. *asanas*, *pranayarnas* and meditation the common mechanism of tackling stress, anxiety and depression can be summarized as:

- Proprioceptive impulses from the musculoskeletal system are responsible for body awareness.
- Viscero-ceptive impulses from the internal organs are responsible for internal awareness.
- Many a dormant cortical pathway are stimulated by proprioceptive and visceroreceptive impulses arising from different regions of the body. The resulting sensory feedback brings relaxation not only to the respective regions but it also brings repressed wishes, emotions and thoughts to the surface, which finally find their way out, resulting in relaxation and reduction in stress, anxiety and depression.
- The internalized awareness, gained through an enhanced sensory feedback, makes yoga a special and probably the most effective intervention, different from all other interventions for stress, anxiety and depression.

Bronchial asthma

It is characterized by increased responsiveness of the bronchial mucosa to various stimuli, clinically manifested by difficulty in breathing due to generalized narrowing of airways.

Following yogic exercises are helpful to purify and improve the functioning of the upper respiratory tract:

1. Shatkarma(procedures for systematic purification)

- a. Kunjal kriya
- b. Vastra dhoti
- c. Sutra neti
- d. JAL neti
- e. Kapal bhati
- f. Bhastri

2. Tadasan, Pawanmuktasan, Ustrasan, Garbhasan, Bhujangasan, Gomukhasan, Vakrasan etc.

3. Pranayaam

- a. Suryabhedan pranayam
- b. Ujjai pranayam
- c. Bhastrika pranayam
- d. Bhramari pranayam

Among these, Asanas are broadly divided into three distinct groups:

1. Antirheumatic group asanas: This group includes sanu chakra, ardha titli shroni chakra, poorna titli, mushtika bhandhan, skandha chakra and greeva sanchalana. These group of asanas are for those debilitated by rheumatisms, arthritis, high blood pressure or other ailments where vigorous physical exercise is not advised.

2. Digestive group asanas: This group comprises of padottan asana, padachakrasana, suptpawanmukt-asana, supt udarkarshanasana, naukasana. This group of asanas is concerned specially with strengthening the digestive system. It is good for people with indigestion, constipation, acidity, excess gas, lack of appetite, diabetes, disorders of reproductive system.

3. Shakti Bhand group asanas: Chaki chalanasna, nauka sanchalanasana, namaskarasana etc are included in this group. This group of asanas are concerned with improving the energy flow within the body and breaking down neuromuscular knots. It can also be practiced after pregnancy for retoning flaccid muscle.

CONCLUSION

Traditional societies are being gradually replaced by modern lifestyles giving place to problems which amplify economic challenges for the health sector. Integrated approach of yoga therapy based on ancient yoga texts as traditional science born in this motherland shall provide the right answer to social economic burden. So to overcome or minimize disorders related to life style one should practise yogic asanas. Yoga should be learnt scientifically only then the required results can be achieved.

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