

Harmony of Yoga, Naturopathy and Ayurveda for Prevention and Eradication of Diseases

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Abstract:

This theoretical paper emphasizes on Fusion of Yoga, Naturopathy and Ayurveda for prevention and eradication of diseases. Yoga, Naturopathy and Ayurveda aim to built the immune system of the body so strong that it becomes capable of fighting any disease. Yoga, Naturopathy and Ayurveda aim to cure and prevention. They all teaches us that all treatment work best when the body system are clean. The principal aspects of yoga, Naturopathy and Ayurveda to eliminate or neutralize toxins. Modern medicines consist mostly antibiotics and chemotherapeutic drugs, which are applied but these drugs also kill bacteria flora, which is helpful for the maintenance of health and longevity. Yoga, Naturopathy and Ayurveda play on important role for an alternative and effective system of medicine, which help to preserve and promote health along with to cure diseases.

Key words: Yoga; Naturopathy; Ayurveda; Diseases.

Introduction

Yoga Naturopathy & Ayurveda are ancient Indian system to keep fit body, mind and soul. All these are the therapy which cures all diseases by natural ways. If we look the history we find that in ancient times there were neither medicines nor doctors as we have at present even then the people led a happy and long life. It was the period when people naturally remained healthy. They are not weak and unhealthy as people are these days. They were physically, mentally, socially and spiritually strong. They lived in harmony with nature. Their bond with nature was never broken they were born in the womb of nature; they attained a long life and in the end happily merged with nature.

Yoga is a scientific system that combines yoga postures, relaxation, breathing and meditation techniques which psychological moral and ethical principles. Through various combinations of practices determined by temperament and culture (personal preference) the yogi undergoes a complete and harmonious development physically, emotionally, mentally and spiritually. Yoga is not a religion. No one is ever told he or she must follow on path by only practicing these postures or meditating in the particular way. The students are given suggestions but is the left to the individuals to find a path that bring him or her harmony. The irregular life style give unhealthy habits and poor posture bring stress to the body & mind ,this creates anxiety, depression, restlessness and rage, Yoga while appearing

to clear with the physical body, actually influence the chemical balance of the brain, which in turn improve one's mental state of being.

Yoga has been proved to bring health to the body increased vitality and calmness to the mind and greater sense of peace and harmony. Through the yoga posture the body undergoes a through cleansing, the blood is enriched and circulation improved. Symptoms of old age and stress- tiredness, insomnia, anxiety, general aches and pains, back pain, poor posture constipation and other digestive disorder, wrinkles and poor complexion-are greatly reduced and in some cases cured. The body begins to develop younger look and feel muscles are toned and bones and joints are kept flexible and strong.

All the organs of the body are managed toned and flushed with oxygenated blood, which wastes away the accumulation of toxins. If you have poor circulation the body experience a toxic build up: veins arteries get blocked: the toxins attack the cell: and the body tissue begins to break down, triggering disease. The toxins from a poor diet, processed and refined foods alcohol and smoking are after stored in the body, particularly in the joints. That leads to other degenerative diseases such as rheumatism and arthritis. after doing yoga many students with these conditions report a significant reduction in their discomfort and improvements in movements for some students the symptoms disappear completely the nervous system and all the glands in the body begin to work more effectively, restoring the body's homeostasis of balance, freeing up from the physical manifestation of stress and depression.

Yoga (Asana & Pranayama) cleanses the body. Asana tone the whole body. They strengthen the bones and muscles, correct posture improve breathing and increase energy. This physical well being has a

strengthening and calming impact on the mind. Asana together with Pranayama, rectify physical physiological and psychological disorder.

Philosophy of Nature Cure

Nature is our mother, we are all creation of its elements and forces So, nature holds the keys to our physical well being. Naturopathy believes that all diseases are caused due to accumulation of toxins or morbid matter in the body because of indulgence or ignorance in eating and living habits, Nature cure is based on the realization that man in born healthy and strong and that he can stay as such by living in accordance with the law of nature, fresh air, sunshine, a proper diet, exercise, scientific relaxation, constructive thinking and the right mental attitude, meditation and yogic Pranayama all play their part in keeping a sound mind in a sound body.

Nature cure believes that disease is an abnormal condition of the body resulting from the violation of the natural laws. Every such violation has repercussion on the human system, in the shape of lowered vitality, irregularities of the blood and lymph and the accumulation of waste matter and toxins. When toxins accumulate other organs such as the bowels, kidneys, skin and lungs are worst affected. The whole philosophy and practice of nature cure is built on three basic principles.

The first and most basic principle of nature cure is the accumulation of waste material which is removed from the system through the organs of elimination.

The second basic principle of nature cure is that all acute diseases such as fever, colds, inflammation, digestive disturbances and skin eruption are nothing more than self initiated efforts on the part of the body to throw off the accumulated waste materials

thought harmful methods such as drugs, vaccines, narcotics and gland extracts.

The third principle of nature cure is that body contains an elaborate healing mechanism which has the power to bring about to normal condition of healthy the power to cure diseases lies with in the body itself and not in the hands of the doctor.

To cure disease, the first and foremost requirement is to regulate the diet. To get rid of toxins and restore the equilibrium of the system, it is desirable to completely exclude acid forming food including proteins starches and fat and to confine the diet to fresh fruits which will disinfect the stomach and alimentary curial.

Ayurveda- 'Ayur' and 'Veda' means the science of life health according to Ayurveda is not merely freedom from disease. It is essential that body mind and soul are in an excellent state so that the individual can perform his function and fulfill his role in life which in Vedic philosophy is called dharma.

Description of diseases along with the bacteria that cause them and most importantly the concept of tridosha or the three doshas. The doshas according to the Vedas are subtle elements in the human body responsible for all its function. According to the dictates of Ayurveda , illness occur due to an imbalance in the equilibrium between the three doshas- vayu, pitta, kapha. Roughly translated vayu also known as vata is wind, pitta can be represented by bile and kapha by phlegm.

Another important factor in the cure of diseases by natural method is to stimulate the vitality of body. This can be achieved by using water in various ways and at varying temperatures in the form of packs and baths. other natural methods useful in the cure of

diseases are air and sun bath, mud therapy and massage.

Thus a well balanced diet, sufficient physical exercise, the observation of the other laws of well living such as fresh air, plenty of sunlight, pure drinking water, scrupulous cleanliness, adequate rest and right mental attitude can ensure proper health and prevent disease.

Hence the world can respond to Ayurveda as a science of healing based on man's response to his environment. In Ayurveda, germs and organisms which cause diseases are described as secondary factors.

The primary factors are the disturbance in equilibrium of the three doshas. The body generally maintains equilibrium in the functioning of three doshas. Ayurveda believes that just as seeds sown over barren land will not take root even virulent germs cannot multiply and produce disease if this equilibrium is maintained in the body. Maintaining good health is as important as treating diseases. Ayurvedic medicines not only cure the patient of the disease, they also provide immunity against future attacks. In normal healthy individuals, they help to revitalize the body and stimulate the immune system. Ayurveda as a science most necessarily comply with the laws of nature. Therefore Ayurveda and the world around it are interdependent. Both the healer and the healed are the part of the same ecosystem. Ayurveda is an environment friendly science which enables the individual to live in harmony with nature and is a part of nature.

Conclusion:

Modern civilization has made man abnormal. He is sick physically and mentally. He hugs pain and broods over the melancholy thoughts. Medicines may soothe temporarily but offer no cure. By Yoga, Naturopathy and Ayurveda we overcome

physical, mental and emotional tensions and rid the world of its be setting maladies.

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