

New Dimension In Principles Of Yoga Therapy For Managing Life Style Disorders

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Yoga has been well recognized all over the world for its healthful therapeutic utility in the last 4-5 decades. Scientists and investigators has proved the efficacy of various yogic practices in treatment of various diseases as well as its importance as preventive medicine. (Jain et.al, 1993; Malhotra et.al, 2004; Mahapure et.al, 2005; Sutyaprabha et.al, 2001; Ray et.al 2005; Sodhi et.al 2009 etc., Santaella et.al, 2011). The four principles of Yoga therapy laid by Swami Kuvalyananda and Dr. Vinekar (1994) in their book titled "Yogic Therapy - its basic principles and methods" has been playing vital role in preparing effective yogic schedule for managing diseases. But the need of a new dimension has arisen in the principles of Yogic therapy for effective management of Life style disorders; viz. Diabetes, Bronchial asthma, Cervical spondylosis, Hypertension etc. As the already laid down four principles of yoga therapy does not cover directly the management of behavioral causative factors of Life style disorders. The present research paper will highlight the need of new dimension in therapeutic principles to overcome the behavioral causative factors for effective & early management of a Life style disorder through examples. It will definitely add a new horizon in therapeutic field of principles of prescribing yogic practices for yogic management of diseases.

Yoga has been well recognized all over world for its healthful and therapeutic utility in the last 4-5 decades. Scientists and investigators has proved the efficacy of various yogic practices in treatment of various diseases as well as its importance as preventive medicine (Jain et.al., 1993; Malhotra et.al, 2004; McCaffrey et.al., 2005; Satyaprabha et.al., 2001; Ray et.al., 2005; Sodhi et.al., 2009; Malgorzata and Janusz, 2011). Baba Ramdev has provided extensive recognition to Indian heritage of yogic science by organising yoga training/therapy camps in various parts of the India. Hon'ble Prime Minister Sh. Narendra Modi ji had got recognition to yoga in UNO and getting declared 21st June of the year as International Yoga Day for world-wide acceptance of yogic practices for healthy way of life.

In consideration to therapeutic value of various yogic practices, Swami Kulvalyananda and Dr. Vinekar (1994) in their book titled "Yogic therapy - its basic principles and methods" have laid down four basic principles for effective outcome in management of diseases. These are:-

- (i) **Development of correct psycho-logical attitude through observance of Yamas and Niyamas (Social and personal ethical values) :** This component play a vital role in managing psychological and psychosomatic disorders. These are to be observed during yogic treatment to reduce the intensity of disease as well as possible deteriorating condition of the disease. The observance requires follow up of all the principles as laid down by Maharishi Patanjali.
- (ii) **Practicing suitable Shatkarmas for removal of gross impurities of the Human Body:** This is the 2nd important principle of yogic therapy, the non-observance of which may cause harmful effects instead of benefits. In the treatment of Asthma, if Neti, Dhauti, Nauli, Kapalbhata etc. are not properly practiced before practicing Asanas, Pranayama, Mudras and bandhas etc., the treatment will require more time as well as the gross impurities movement will affect the healthy organs for any disease. Therefore, the Shatkarma also play crucial role in effectiveness of yogic treatment.

(iii) Toning up of Neuro-musculo-glandular system :

In continuation to observance of ethical values and practice of suitable shatkarmas for removal of toxins from the human body; there is requirement of proper flow of Pranic energy (Prana) to diseased organs by toning up of neuro-musculo-glandular system of the body with the help of suitable practice of Asnas, Pranayama and Mudras to regain vitality in the anatomico-physiological system of the body. For example, in constipation the use of spinal poses of lower back viz. Halasna, Bhujangrasna etc. Suryabhedan pranayama for removal of Vata dosha etc. are prescribed for managing constipation.

(iv) Follow-up of indicated/ contrain-dicated dietary instructions along-with yogic based dietary norms:

This principle is also playing important role in managing diseases in yogic way with efficacy. Every therapy like allopathy, Ayurveda, Homeopathy, Unani, Naturopathy etc. are prescribing indicated/contra indicated food articles to prevent aggravation of doshes and counteracting the ill-effects of excessively taken food articles of a specific physical dosha. The instructions of taking papaya and guava fruits for managing constipation and avoiding cauliflower, lady finger, fried articles etc. as contra-indicated food articles are to be

observed. Moreover, dietary intake norms are also to observed for effectiveness of intake of indicated food articles, for example- taking major meals in Surya Swara, taking liquid articles in Chandra Swara respectively; taking hot potency/cold potency articles in chandra/Surya Swara no water intake just after meal, no food intake without hunger etc.

The present author, having more than 35 years teaching experience in yogic therapy, has realized the need of another dimension in the area of yogic therapy principles with respect to lifestyle disorders and thereby establishing a new therapeutic principle on the basis of causative factors of a specific disease and emphasizing the conduct manual/corrective behavioural norms to restrain them from aggravation of disease and thus the effective yogic management. The new dimensional yogic therapy principle can be stated as : **Observance of causative factor based norms of conduct.** To understand this principle, the examples are described. These are:

Yogic therapy for constipation : In the yogic management of constipation, various defective life style based causative factors are mentioned on left side and their respective corrective behavioural norms are on right side have been mentioned.

	Defective life style based causative factors of constipation		Correct behavioural Norms
1	Unhygienic toilets causing person to leave toilet early without attending proper bowels.	1	Use of hygienic toilets.
2	Lack of fibrous food	2	Intake of whole wheat chapatis/ break, salads, leafy vegetables.
3	Excess intake of Fried articles.	3	Avoiding excess intake of Poori, Bhatara, Samosa, Tikki etc.
4	Excess intake of Tea, Coffee etc.	4	Avoiding excess intake of tea, coffee.
5	No water intake in proper quantity	5	Intake of proper quantity of water.
6	Intake of Bidi, cigarettes, alcohol and other intoxicants.	6	Leaving/giving up of smoking, drinking alcohol, charas etc.
7	Lack of Exercise.	7	Adopting exercise/yogic asnas etc.
8	Intake of steroids, antibiotics, pain killers, B.P. medicines in excess.	8	Avoiding excess intake.

9	Taking laxative in excess.	9	Avoid excess intake
10	Excess intake of fast food.	10	Avoiding fast food.

Yogic therapy for Asthama : In the yogic management of Branchial Asthama, various defective lifestyle based causative factors and their corrective behavioural norms are :

	Defective life style based causative factors of Branchal Asthama		Correct Behavioural Norms
1	Sleeping without digestion of food at night i.e. taking food 2-3 hrs. before going to bed.	1	No food intake after sunset.
2	Intake of sealed/packed readymade food	2	Avoid tinned packed food.
3	Excessive sleep	3	Avoid excess sleep to restrict aggravation of Kapha dosha.
4	Excess of exercise/physical work.	4	To avoid strain on respiratory organs.
5	Polluted environment - dusty winds/ roads, harvesting season, smoky area.	5	Avoid pollution for fresh air and healthy lungs.
6	Profession like road building labour, Traffic policeman, industries, bakery etc.	6	Avoid pollution oriented profession to restrict aggravation of disease.
7	Taking sweet articles/ice cream after meals.	7	To avoid aggravation of Kapha dosha.
8	Excess use of perfumes.	8	Avoid perfumes for allergic reactions to respiratory system.
9	Intake of cold potency articles at night/evening.	9	Avoid cold potency articles intake at night to prevent aggravation of disease.
10	Excess smoking/alcohol drinking.	10	Avoid smoking. alcohol drinking to prevent aggravation of vata-kapha oriented Bronchial asthma.

Yogic therapy for Hypertension : In yogic management of Hypertension, the causative factors and their respective corrective life style behaviour are :-

	Causative factors based defective life style		Corrective behavioral norms
1	Lack of exercise.	1	Adopt some of way regular exercise for maintaining flexibility of blood vessels.
2	Taking excess saturated fat food.	2	Restrict saturated fat food to maintain viscosity of blood.
3	Taking tinned packed preserved food	3	Avoiding tinned food having sodium content increasing blood pressure.
4	Intake of salt and sweet articles in Surya Swara unintentionally.	4	Avoid salt and sweet intake collectively in Surya swara.
5	Not managing diabetes and obesity.	5	Create awareness for managing diabetes and obesity to avoid hypertension.
6	Lack of proper sleep.	6	Having proper sleep/rest and thereby balancing work and rest.
7	Excess intake of alcohol, having smoking, charas etc.	7	Avoid intoxicants like tobacco, alcohol etc.
8	Excessive indulgence in sex, use of contraceptive pills, steroids etc.	8	Restrain excessive indulgence in sex, contraceptive pills, steroids etc.

Yogic therapy for Cervical Spondylosis : In the yogic management of cervical spondylosis, the causative factors based defective life style and their respective correct behavioral norms are :-

	Defective life style based causative factors		Correct behavioural norms
1	Forward bending profession like computer work, microscopic work, Tailoring, sewing, drawing etc.	1	Avoid forward bending profession.
2	Long time driving.	2	Having rest at proper intervals.
3	Lack of exercise	3	Regular exercise schedule.
4	Excessive games and sports of forward bending like Hockey etc.	4	Avoid excessive forward bending exercise.
5	Excessive whip-lasting action from arms.	5	Avoid excess whiplashing action like washing of clothes with wooden rods.
6	Excessive use of high-pillows	6	Avoid use of high pillows.
7	Improper weight lifting e.g. suitcase in travelling, bucket of water etc.	7	Avoid improper weight lifting.
8	Lack of calcium, iron for weak muscles.	8	Regular intake of calcium and iron in balanced diet.

With all the above examples, it is clear that there is urgent need to restrain defective life style based causative factors for prevention of aggravation of diseases as well as early yogic management of disease. Every life style disorders should have conduct manual to correct defective life style based causative factors and thereby increasing efficacy of yogic practices in lesser duration. This factor can not be included in development of

psychological attitudes as it has been dealing with correction of negative emotions. Thus, the need of the hour is to incorporate new therapeutic principle of yogic therapy, i.e. **"Observance of behavioural norms for corrections in defective life style based causative factors."** Thus new dimension will definitely improve efficacy in yogic therapy in future research also.

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