

Yoga – The Non-Pharmaceutical Approach For Lifestyle Disorders

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DESCRIPTION

The word 'Yoga' is derived from the verbal root word "Yuj" in Sanskrit it means joining act of union, uniting etc. Usually the human soul attaining complete union with the ultimate divine power or the supreme spirit is considered as the Yoga. The Yoga sutras in ancient India were reassigned orally by erudite sages to their disciples and the tradition continued for the ages so on. Patanjali, further organized these sutras which are available now days. Yoga considers that when the whole body has lowered life force, the result is a lowered vitality level, poor health and susceptibility to various diseases. No disease would occur if the body's life force were high enough to fight against it. Yoga is the union of mind and body with spirit. During practice of Yoga, one can deeply connect to its innermost self through mindful exercise, involving Asanas, controlled breathing i.e. Pranayama and meditation. These postures strengthen the body, the meditation sharpens one's focus, and the breath calms the mind and heals the body. When the three are in harmony, the result is improved fitness, flexibility, stress management, relaxation skills, mental clarity, and overall well-being. There are many techniques of yoga Types of The Yoga-Yoga mainly classified as Jnana Yoga, Karma Yoga, Bhakti Yoga and Raja Yoga. According to Yoga Sutra there are Ashtanga Yogas. Ashtanga Yoga -Yoga Sutra of Patanjali Maharshi is the earliest book, which is available on Yoga. The eight limbs of Yoga are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. The first four are considered as Bahiranga (external) Yoga, whereas the later are consider as the Antaranga (internal) Yoga. They are:

Yama: The principles and ethical rules followed in personal and social behaviors are Ahimsa, Satya, Asteya, Brahmacharya, and Aparigraha.

Niyama: These are the personal ethical rules for everyone. By the niyama one can get control of the thoughts and purification of the body.

Asana: The Asana gives firmness and flexibility to the body. The static posture is usually used for the meditation in which body remain still.

Pranayama: It is the method through which the vital energy is enhanced. The control of the Prana can be achieved by the practice of Pranayama. It does the purification of the Nadis and provides the lightness to body.

Pratyahara: It stands for the withdrawal of the senses, cognition and action from both the external world and the images or impressions in the mind i.e. bringing inward.

Dharana: Pratyahara is nothing but withdrawing the senses from the external worldly things where Dharana is the initial state of Dhyana.

Dhyana: Dhyana is the meditation. Here the awareness of the inner self is developed.

Samadhi: It is the very highest state of the awareness or trance state. The rejecting the perception of the external part and meditating on the internal part or the state of absolute contemplation is Samadhi. First two part mentions about avoiding mental transgression.

CONCLUSION

That yoga exhibits positive effects for treatment of various systemic ailments and lifestyle disorders. Practice of yoga is beneficial for all the dimensions of health. Physical, mental, social, and spiritual health of the person can be improved and well maintained with the regular Yoga and at the same time it also promotes harmony with nature. The eventual aim of Yoga is to transform the individual and attain ultimate salvation.

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