

YOGA AND NATUROPATHY

YOGA



ORIGIN OF YOGA - According to Hindu mythology LORD SHIVA is founder of yoga. Yoga is one of the 6 orthodox system of philosophy (Nyaya, Vaisheshik, Samkhya, Yoga, Mīmāṃsā, Vedanta). Yogas' description also available in Bhagvat geeta and Gherand samhita . Hath yoga pradiipika . It was collected, coordinated and systematized by Maharshi Patanjali in his classical work ,the YOGA SUTRA which consist 195 aphorism (sutras).

DEFINITION-

योगश्चित्तवृत्तिनिरोधः (यो.सू. १/२)

This definition has been given by Maharshi Patanjali which means that the restraint (nirodhah) of mental (chitta) modifications (vritti). Can be simplify as , yoga is complete control over patterns or modifications of mind.

The word yoga is derived from the Sanskrit word 'yuj' meaning to bind ,join ,attach ,and yoke. It is the true union of our will with GOD's will. So yoga is like yoking of all the power of body, mind , and soul to GOD.

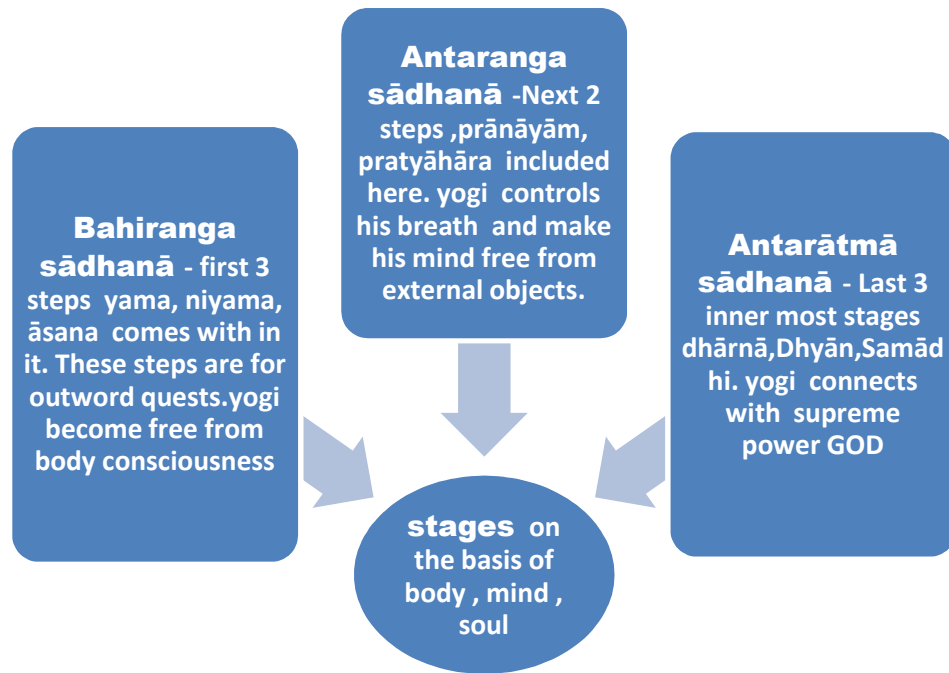
AIM/ WHY WE SHOULD DO YOGA-

योगो मोक्षप्रवर्तकः (च.शा. १:१३६)

Main aim of yoga is to secure liberation (moksh from the cycle of rebirth and death). Yoga basically teaches us to connect our spirit (jīvātmā) to supreme universal spirit (paramātmā).

THE STAGES OF YOGA- Patanjali enumerates it as 8 stages of yoga (Astāngic yoga).





1. **YAMA** – Universal commandments. Types are 1. Ahinsā, 2.satya ,3.Astyeaya, 4.Brahmcharya .
2. **NIYAM** – Self purification by discipline. Types are 1. Shaucha (cleanliness),2.santosh (satisfaction),3.Tapa (spiritual practices), 4. Swādhyaṃyay (self learning) , 5. Ishwar pranidhān (GOD 'S prayer).
3. **ASANA (POSTURE)** – Before starting asana bowel and bladder should be empty.
 Bath should be taken before asana and 15 min later asana.
 Best time for practicing asana is early in the morning or late in the evening in airy clean area , on folded blanket.
 Special precaution must be taken for female during menstruation , pregnancy ,after delivery.

SOME OF THE ASANA'S ARE HERE-



SHUKH ASANA– This pose is hip opener,eases menstrual pain, reduces anxiety.

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VRIKSASANA (TREE) - Hip opener, reduces depression,sciatica,make ankle stronger. Containdicationa are arthritis , vertigo, obese patients.

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VIRA BHADRASANA (WARRIOR POSE) - Relax body and mind .strenthening of legs ,shoulder , chest. CONTRAINDICATIONS- heart disease.hypertension,shoulder dislocation,cervical spondylitis.

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NAVASANA (BOAT)- reduces abdominal fat and strengthen abdominal muscles, CONTRAINDICATION - Asthma ,diarrhea,headache, cardiac problems,low blood pressure.



BANDHA SARVANGASANA (BRIDGE) - Increase spine flexibility, insomnia,anxiety. CONTRAINDICATIONS - -Injured back, pregnancy,cervical spondylitis.



UTKATASANA (CHAIR) - tones legs muscles strengthens hip reflexor , ankle,calves and back. CONTRAINDICATION - high blood pressure, arthritis,knee problems, injured neck back or shoulder.

4. PRĀN ĀYĀMA –



Prānāyāma is made up of 2 words **PRĀNA + ĀYĀMA** where Prānā means breath, respiration , life, vitality. And āyāma means length,expension, stretching, so by controlling breath yogi expend ,increase his life and vitality. Some of the Prānāyāma are as follows –

UJJĀYĪ PRĀN ĀYĀMA – In This Prānāyāma lungs are fully expanded and the chest puffed out like that of a proud conqueror .good for hypertensive and cardiac patients.

SURYA BHEDANA PRĀNĀYĀMA- Breath is inhaled from right nostril and exhaled from left nostril .Improves digestion and assimilation.

NĀDĪ ŚODHANA PRĀNĀYĀMA- Purification of nerves.

VILOMA PRĀN ĀYĀMA- Inhalation and exhalation with 15 second pause.

5. **PRATYĀHĀRA-** withdrawal and emancipation of mind from the domination of external world.

6 **.DHĀRNA-** concentration of mind.

7 **.DHYĀNA –** Meditation.

8. **SAMĀDHI-** A state of super consciousness brought about by profound meditation ,in which the yogi become one with object of his meditation –the universal power GOD.

NATUROPATHY



“NATURE CURES ,NOT THE PHYSICIAN - HIPPOCRATES”

Naturopathy is the constructive method of treatment of diseases where root cause of disease is removed with help of naturally available resources and elements. It creates harmonic balance between human and nature.

6 PRINCIPLES OF NATUROPATHY-

- First do no harm by treatment.
- Identify and treat the cause.
- Use healing power of nature.
- Doctor should teach patient.
- Treat the whole person.
- Prevention.

METHODES OF NATUROPATHY ARE-

- Fasting
- water bath and mud bath.
- Massage.
- Chromo therapy (use of colours).
- Aroma therapy.
- Sleep therapy.
- Yoga therapy.

IMPORTANCE OF YOGA AND NATUROPATHY IN COVID -19 PANDEMIC –

In current scenario of covid 19 pandemic when peoples are locked at their home or full fledged movement of life has been restricted ,here yoga and naturopathy can be really helpful in stabilizing strengthening our body ,mind ,soul. As yoga teaches us to be fit by mind and body and naturopathy teaches to reconnect our self with Mother Nature.

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