

Yoga: A Therapy For Heart Patients



Yoga

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ABSTRACT

The present study has been conducted on the basis of Yoga as a therapy on Heart Patient. The number of patients living with heart disease is on the rise. Yoga is an unconventional form of physical exercise that has been practiced over a long period of time in the Indian sub-continent. Yoga has been found to improve physical and psychological parameters amongst healthy individuals. The effects of yoga on heart disease patients are unknown. It has gained immense popularity as a form of recreational activity all over the world. Benefits of yoga in the modification of cardiovascular risk factors and in the rehabilitation of the patient are areas of significant importance. The purpose of this study was to examine the effects of yoga on cardio-vascular endurance [functional capacity], flexibility, inflammatory markers, and quality of life on medically stable heart disease patients. This article attempts to study the history and the science of yoga and evaluate its effects on cardiovascular health.

Introduction:-

Today people are victims of the various heart diseases like Hypertension, Pericarditis, Myocarditis, Endocarditis and Coronary Heart Diseases, Heart attack, Strokes Ischemic Heart Disease and Hyper Lipidemia etc. are due to lack of exercise, excess consumption of alcohol, unhygienic food and lack of time for entertainment and inadequate rest.

Yoga is an ancient form of mind-body therapy that combines specific physical postures, or *Asanas*, with breathing techniques called *Pranayama* and meditation, *Dhyana*, to create a sense of well-being. Yoga has the surest remedies for our physical as well as psychological problems. Yoga makes the organs of the body active in their functioning and has good effect on the internal functioning of the human body as well as mind. Regular practice helps to keep our body fit, controls cholesterol level, reduces weight, normalizes blood pressure and improves heart performance. They make the mind strong thus enabling our human body to suffer pain and unhappiness stoically and with fortitude.

Series Of Ashtang Yoga

True Ashtanga Yoga has some exalted ends, hence, it is practiced in a series of stages in which the human being, normal man, Physical education teacher/student progresses at his or her own pace.

- **Primary Series:** It begins with the Yoga Therapy (Yoga Chikitsa) that is a form of Yoga, intended to detoxify the body and mind. This is done to build strength and stamina, both physical and mental.
- **Intermediate Series:** In the series is called the (Nadi Shodhana). It is designed to help strengthen the nervous system and consists of a set of exercises that follow the same sequence as the first set of, but with the inclusion of some more.
- **Advanced Series A, B, C, and D:** Series called (Sthira Bhaga) that literally means 'Divine Permanence'. This is the final and advanced form of the practice only for those who have fully mastered the initial stages.

Each level is to be fully developed before proceeding to the next, and the sequential order of asanas is to be meticulously followed. Each posture is a preparation for the next, developing the strength and balance required to move further.

Aims and Objective:

1. To study the effect of Ashtanga Yoga and certain yogic asanas on parameters helps minimize heart disease, stress and tension for heart patient.
2. To study the effect of Ashtanga yoga and certain yogic asanas on Blood pressure for heart patients.
3. To study the effect of Ashtanga yoga and there eight limbs are designed to help the Heart patient.

Need and Significance: This study is aimed to give awareness to peoples regarding the importance of yoga in human life in modern day and various measures which help in faster recovery for heart patients. Proper recovery helps in the regeneration of the body system and helps the human being to recover from the heart disease and to get ready for the next.

Methodology: Do you wish to improve the quality of your life? Then try taking up Ashtanga Yoga. One of the greatest practical philosophies on earth, called Yoga, comes from India. Actually it is Ashtanga Yoga - Ashta meaning 'eight' and Anga meaning 'limbs'. These eight limbs are designed to help the Heart patient and Yoga practitioner lead a healthy and happy life. The practice of Ashtanga Yoga helps minimize heart disease, stress and tension in life which is a good thing or at best minimize its effect.

During such hectic life man gets tired and mental fatigue to tough competition in modern life and strenuous activity. It becomes necessary for a every human being to know the different means of yoga asanas to get enhance the process of recovery from disease and get ready for fight in modern life.

Ashtanga Yoga:- To perform asana correctly in Ashtanga yoga, one must incorporate the use of (vinyasa and tristhana). «Vinyasameans breathing and movement system. For each movement, there is one breath. e.g. In Surya Namaskar there are nine vinyasas. The first vinyasa is inhaling while raising your arms over your head, and putting your hands together; the second is exhaling while bending forward, placing your hands next to your feet, etc. In this way all asanas are assigned a certain number of vinyasas».

“The purpose of vinyasa is for internal cleansing» («Ashtanga Yoga»). Synchronizing breathing and movement in the asanas heats the blood, cleaning and thinning it so that it may circulate more freely. Improved blood circulation and removes toxins and disease from the Heart. The sweat generated from the heat of vinyasa then carries the impurities out of the body. Through the use of vinyasa, the body becomes healthy, light and strong.

Tristhana refers to the union of «three places of attention or action: posture, breathing system and looking place. These three are very important for yoga practice, and cover three levels of purification: the body, nervous system and mind. They are always performed in conjunction with each other» («Ashtanga Yoga»).

These eight limbs are designed to help the Yoga practitioner lead a healthy and happy life. The practice of Ashtanga Yoga helps minimize stress and tension in life – which is a good thing or at best minimize its effect.

The method of eight limbs of Ashtanga Yoga are as follows:

- i. **Yama** : Discipline -: consists of steps designed to help people to dwell on the good and honorable virtues in humans. It comprises a set of ethical beliefs, viz., non violence, truthfulness, non-stealing, celibacy and to steer clear of envy, jealousy and other possessive and destructive behavior.
- ii. **Niyama** : Observances-: consists of steps that help us take control of our lives. Control, it is believed in Yoga, comes from personal restraint and Niyama is a combination of these checks. They are joy, patience, self study, purity and surrender to God.
- iii. **Asana** : Yogic Postures-: is the practice of doing Yoga postures for the improving the health of the body, mind and soul.
- iv. **Pranayama** : Breath Control-: consists of the practice of a set of breathing exercises.
- v. **Pratyahara** : Retraction of the Senses-: is designed to help people isolate themselves from the hustle and bustle of the world. The point is to be able to let the mind focus within ward, thereby becoming a haven for positivity.
- vi. **Dharna** : Fixation of Attention -: It helps us concentrate on personal development, to improve our understanding of our position in the overall scheme of life, and to develop long term goals in life.
- vii. **Dhyana** : Devotion -: literally means meditation. It helps us focus on our mission and long terms goals through the practice of meditation.
- viii. **Samadhi** : Fully Integrated Consciousness -: is the ultimate; it means attainment of a state of bliss and peace. Here lies the ability to find and focus on one's life mission and to perennially strive to attain the final goal of personal enlightenment.

Some Heart Disease that prevented through Yoga:

- **Yoga Treatment for Strokes Ischemic Heart Disease Patients;**

Whether stroke impacts speech, coordination, balance, vision or even breathing, there is no question that recovering from a stroke is a long and difficult process. And regardless of how stroke effects a patient, the ultimate goal of rehabilitation is to help stroke victims regain as much strength and function as possible to help them return to normal, independent living. Fortunately, while there are a number of ways that doctors help patients recover after a stroke, it turns out that something as simple as yoga may have significant benefits for stroke victims.

It is clear that activities like yoga can have a variety of health benefits, especially for patients who have had a stroke. Other

studies have shown that yoga can help improve strength, flexibility and endurance in stroke patients, and improving balance is yet another important benefit this therapy can provide.

- **Anuloam-Veloam, and Omkar Sadhana for Heart Patients;**

Anuloam-Veloam, and Omkar Sadhana is very effective for heart patients. As it synchronizes with the heartbeats of the patients and in turn offers a very smoothing effect to heart and blood circulation system through sound energy generated by Omkar and these pranayam.

- a. **Anuloam-Veloam,**

Procedure : Hold your right nasal with thumb, breathe in from left. Now open right nasal and close left nasal with middle and ring finger and breathe out from right nasal. Now breathe in from right nasal. Now close right nasal and open left and breathe out and in from left nasal. and so on. Benefits : The Heart, High BP, Heart blockage, vat-cuf-pit, Arthritis, Cartilage, Bent ligaments, Sinual fluid reduced, Parkinson, Paralysis, Neural related, Depression, Migraine pain, Asthma, Sinus, Allergy can function systematically.

- b. **Omkar Sadhana**

It will be excellent if we practice Omkar for Five minute to start with and gradually increase it to twenty minutes in the morning after wake up. Because during ach Omkar we get extra oxygen for eleven second in comparison to routine breathing; so within five minutes we can get extra oxygen for 220 second.

The purification of blood occurs by oxygen. The breathing capacity will function systematically. Our vital organs like cerebrum, cerebellum, pituitary gland , heart, lungs etc. can function systematically and healthily due to this oxygen. The control of our blood pressure. So the only key of good health, long life and balanced life is the regular practice of Omkar.

As it synchronizes with the heartbeats of the patients and in turn offers a very smoothing effect to heart and blood circulation system through sound energy generated by Omkar and these pranayam.

- **Conclusion-:**

It is concluded that the yoga and certain asanas have positive and useful effect on certain heart disease risk factors viz, Hypertension, Pericarditis, Myocarditis, Endocarditis and Coronary Heart Diseases, Heart attack, Strokes Ischemic Heart Disease and Hyper Lipidemia etc. Yoga therapy offered additional benefits to the standard medical care of Heart patients by improving quality of life.

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