



## IMPORTANCE OF RELIGIOUS EDUCATION IN THERAPEUTIC CONDITIONS

### Pharmaceuticals

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### ABSTRACT

Religious education is an essential component of a broad and balanced education. Important Hindu texts establishing the basis for yoga include the Yoga Sutras of Patanjali, the Bhagavad Gita, and the Hatha Yoga Pradipika. Yoga may include love and devotion (as in Bhakti Yoga), selfless work (as in Karma Yoga), knowledge and discernment (as in Jnana Yoga), or an eight-limbed system of disciplines emphasizing meditation (as in Raja Yoga). These practices occupy a continuum from the religious to the scientific. In Bhagavad Gita three types of yoga has been explained (1) Jnana Yoga for a person of enquiry and rational temperament, (2) Bhakti Yoga for the emotional temperament, and (3) Karma Yoga for a person of action. Yoga is highly beneficial in improving various musculoskeletal and neurological disorders like osteoarthritis, carpal tunnel syndrome, back pain, Parkinson's disease etc. Various articles has been taken out from PUBMED, RESEARCH GATE, SCIENCE DIRECT DATABASES to find out the application of therapeutic yoga postures and practice to the treatment of health conditions and involves instructions in yogic practices and teachings to prevent reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Practices and postures for the Parkinson's disease and knee osteoarthritis has been beneficial to improve muscular strength, endurance, balance and co-ordination. Studies concluded that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

### KEYWORDS

Bhagavad Gita, Yoga, Parkinson's Disease, Knee Osteoarthritis

Therapeutic efficacy of yoga has been described in various Indian religious books such as the Bhagavad Gita, the Ahirbudhyna Samhita, the Upanishads and the yoga sutra of Sage Patanjali. There are eight aspects of yoga according to sage patanjali referred to as asthanga yoga, which include yama (social discipline), niyama (personal discipline), asana (moulding the body into various positions), pranayama (regulation of breath), pratyahara (involution of the senses), dharana (concentration), dhyana (meditation), and Samadhi (state of bliss). (Dasa, 2008). The word "yoga" comes from a Sanskrit root "yuj" which means union, or yoke, to join, and to direct and concentrate one's attention. (Lasater, 1997 & Raub 2002). In Bhagavad Gita three types of yoga has been explained:

- 1) Jnana Yoga for a person of enquiry and rational temperament,
- 2) Bhakti Yoga for the emotional temperament, and
- 3) Karma Yoga for a person of action. (Shivananda, 2000)

Krishna uses the word yoga over 100 times in the Bhagavad Gita. For yoga in the Gita is a rich, complex and colorful experience engaging so much of life and human existence. Krishna gave several types of definitions of yoga in Bhagavad Gita i.e.:-

- a) Yoga is Clear, discerning, totally voluntary, dynamic participation in one's life.
- b) Yoga is Sacrifice that elevates us, motivates us, informs us, actively engages us and does so in a manner that is harmonious to all other living beings. (Ghosh, 2012)

### Benefits of Yoga Therapy

Yoga is highly beneficial in improving various musculoskeletal and neurological disorders like arthritis, carpal tunnel syndrome, and back pain. (Raub 2002, Shivananda 2000, Ghosh 2012, Collins 1998, Woolery, Myers, Stemliem, Zeltzer 2004, Kissen, Kissen-Kohn 2009 & Garfinkel 1998). It enhances muscular strength and body flexibility, promote and improve respiratory and cardiovascular function. It promotes recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain. It helps in improving sleep patterns, enhances overall well-being and quality of life and encourages relaxation. (Collins 1998, McCall 2007, Cohen, et al 2004, Pilkington et al 2005, Javnabkht et al 2009, Birkel et al 2000, Vedamurthachar et al 2006, Woolery et al 2004).

### Yoga Therapy in Therapeutic conditions

Yoga is one of the most beneficial complementary therapies for Parkinson's disease (PD). Yoga practice improves motor function which may be partially explained by improvements in balance, strength, posture and gait. Due to the progressive nature of PD yoga programs may offer a way to maintain wellness and perhaps quality of life.

### Yoga Therapy in Parkinson's disease

**Seated cat/cow (extension and flexion):** Place your hands on your knees and inhale as your chest and abdomen move forward; exhale as you dome the spine and contract the belly area. Continue to alternate for two to three minutes.



Figure 1. Seated cat/cow posture

### Core twists with hands on shoulders (twisting right and left):

Inhale center and exhale as you revolve your chest to each side. Continue until the strong muscles in the sides of your waist feel warm and awake.



Figure 2. Core twists with hands on shoulders

**Elbow kayaks:** Interlace your fingers behind your head, pressing your head lightly into your hands; "paddle" your elbows forward and back, one at a time, as though you are kayaking and your elbows are your oars, enjoying a deep side-body opening and smoother mobility in the shoulders as you move.



Figure 3. Elbow kayaks

**Chair Bharadvajasana:** Sit very upright and sideways in your chair with your right hip toward the back of the chair. Take your hands to either side of the chair back and gently revolve into a twist, keeping your knees even. Gaze to the right and keep your eyes looking to the right as you turn your head to the left. It is common for this movement to challenge your ability to maintain a long, deep breath. It's also common for the movement to seem "jerky." Don't be discouraged if it seems a little awkward in the beginning. Try once on each side, building to two on each side.



Figure 4. Chair bharadvajasana



Figure 5. Seated or standing joy kriya

**Yoga Therapy in Knee Joint Pain**

Lyengar Yoga has been beneficial yoga therapy for patients with Knee osteoarthritis and rheumatoid arthritis and found that a regular yoga practice helped improve quality of life. (Kolansinski, Garfinkel, Gildentsai, Matz, Dyke, Schumacher, 2005)

**Mountain Pose (Tadasana):** From Downward Dog, turn your left foot out 45 degrees and press into your palms to make room for your right foot to step in between your hands. Inhale, keep your hips low and sweep your arms out and up into Warrior 1. Exhale, sink into the pose. You can bring your hands together or keep them shoulder-width apart. Then line up your front and back heels. Check that your front knee points straight ahead and comes directly above your right ankle. Turn your hips to face forward and try to bring your front thigh close to parallel with the mat. Engage the glutes on your back leg as you straighten your back knee. This will stabilise your left hip. Draw your ribs in to avoid overarched your lower back. Hold the pose for 5 deep breaths, in and out through your nose. Step back to Downward Dog for the other side.



Figure 6. Mountain pose

**Supported Chair Pose (Utkatasana) :** Stand with your feet hip width apart, toes pointing straight ahead. Then sweep your arms forward and up, directly overhead. Bring your hands shoulder-width apart, palms facing each other. Bend your knees, draw your hips back and sit back in Chair. Your weight should be evenly distributed between your toes and heels and don't let your knees come forward over your ankles. Check that both knees point straight ahead and do not fall in towards each other or out to the sides. Without moving the position of your feet, you should feel as though your heels are turning in towards each other. This will stabilise your hips and align your kneecaps correctly. Try to reach through your fingertips and contract your abs. Draw your ribs in to prevent your lower back from arching. Hold the pose for 5 deep breaths, in and out through your nose.



Figure 7. Supported chair pose

**Hero Pose (Virasana) :** Kneel down on floor in a position with knees apart and thighs parallel to each other. Incline towards forward direction and turn the calves outwards with your hands. Always breathe out when you kneel down on floor. Hands should be placed on thighs with palms facing in downward direction. Remain in hero pose for one minute and then repeat.



Figure 8. Hero pose

**Tree Pose (Vrikshasana) :** Gently stand in Mountain pose which is briefed above. Standing in this pose, stretch the body by shifting Body Weight on the left foot from right foot. Now incline your right knee and hold it in air for few seconds by balancing with act of holding the foot of the right knee of right



Figure 9. Tree pose

**Child's Pose ( Balasana ):** It is a gentle mild knee stretch whose intensity can be increased as you move closer towards your bottom in direction of your heels. In this pose, your feet should be together with your toes untucked and knees are separated so that belly can rest between the thighs. Your forehead on the floor laded with mat with the arms extended out comfortably. Make sure to keep blankets behind the knees or on the heels. Child's pose can be held for 8 to 10 breaths. You can increase your breaths with time as you feel comfortable with Child's Pose.



Figure 10. Child's Pose

**Triangle Pose (Trikonasana):** It is a great pose for strengthening the muscles that support the inner quadriceps. It improves the overall knee mobility and strength. This pose helps induce rapid weight loss and activates your metabolism. Outer part of Quadriceps and inner part of Quadriceps get weak in Knee related weaknesses and injuries. Step your feet widely so that your left foot is parallel with the back of your mat and your right foot is turned out at a 90 degree angle position, aligned parallel with the inside horizontal edge of the mat. Right knee should be bent so that it lines up with the ankle and hip. Press into both feet and straighten the right leg, engaging the inner part of your quad and thigh. Reach your right arm straight down and rotate upward with the left side of your body. Hold for a few breaths, come in normal position and then repeat again. (Yoga for knee joint pain, 2017)



Figure 11. Triangle Pose

## Result

The yoga practices and postures for the Parkinson's disease and knee osteoarthritis has been beneficial to improve muscular strength, endurance, balance and co-ordination.

## Conclusion

This study concludes that yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

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