



YOGA AND A DISEASES FREE INDIA

Arts

Dr. Lina Rani Pradhan

Dept. of Political Science, Banki College (Auto.), Banki, Cuttack, Odisha, India.

ABSTRACT

Yoga is a comprehensive and a priceless legacy of sages of India. But now India is raging with all sort of diseases starting from minor cough cold to Cancer, Diabetics, Hypertension, Parkinson, Alzheimer and Dementia, Covid-19 etc. Yoga is a complete system of medicine, not only for diseases of the body but also for the mind. Yoga and human body compliment to each other, so the regular practice of yoga makes our body energetic and regulated. Yoga is such a comprehensive beyond time and universal methods by the means of which every individual can have victory over all weaknesses of his life. That is why yoga is called science of total transformation. By the means of yoga a man can keep himself both physically and mentally healthy. So it's the need of the hour to again we should go back to Yoga and adopt it as a way of life. So this paper focused on the impact of yoga for a disease free India.

KEYWORDS

Disease free, Yoga, Pranayam, Asana, Ayurveda

Yoga And A Diseases Free India

A disease free India is just like a dream of Rama Rajya. India is a country which spends 2 trillion rupees annually for medicine. The healthcare market can increase three-fold to Rs. 8.6 trillion by 2022.¹ People in India and most of the under developed and developing countries swallowed medicine like food. So this is a chaotic situation all over the world. That is why the medicine companies are growing rapidly. And they want to invest massively in India, because India is now raging with all sort of diseases starting from minor cough cold to Cancer, Diabetics, Hypertension, Parkinson, Alzheimer and Dementia, Covid-19 etc. Especially now India is like a hub of diseases. So this paper focused on the impact of yoga for a disease free India. After many sages like Maharshi Patanjali, at present with great efforts of Yogrishi Swami Ramdev Ji Maharaj, almost whole population of the world is becoming well acquainted with the word yoga and its practices. It is a matter of great pride for India that he has done tremendous work to bring back the lost glory of yoga in India as well as all over the world.

Yoga

Yoga is a comprehensive and a priceless legacy of sages of India. The word 'Yoga' has been used in Vedas, Upanishads, Gita and mythological scriptures etc. since ancient time. Maharshi Patanjali explains 'Yoga' with the help of 'Yoga-Sutras' "*Yam niyamasan pranayam pratyahardharana dhyam samadhyoshta wanganani*" (Yoga-darshana:2.29)². Yam (Self-restraint), Niyama (Scriptural rules), Asana (Postures), Pranayama (Yogic Respiratory exercise, or balanced breathing), Pratyahara (Withdrawal of senses from their subjects), Dharna (Concentration), Dhyam (Meditation) and Samadhi (Transcendental Meditation) are the eight principles of Yoga. Ashtang yoga provides us with individual and social well-being, physical fitness, intellectual awakening, mental peace and contentment of the soul.³ So Yoga is a complete system of medicine, not only for diseases of the body but also for the mind.

Review Of Literature

The present study is trying to provide a prospect of yoga and its impact on human being through review the relevant literature.

Kuniko, Yamamoto-Morimoto (2019) in this study aimed to evaluate the effects of 8 weeks of asana and asana with pranayam lessons in order to clarify the influence of two different combinations of yoga practice on physical and respiratory function in healthy inactive middle-aged people. A total of 28 participants were divided into a yoga-asana group and yoga-asana with pranayam group. Participants attended a 70-min session once a week for 8 weeks. The yoga-asana group practiced basic asana without specific breathing instructions, while the yoga-asana pranayam group practiced basic asana with specific breathing instructions (pranayam). Both groups showed significant improvements in physical and overall respiratory functions after the 8-week yoga intervention.⁸

Sood (2018) in this study examine the impact of Ashtanga yoga on physical and mental health. In our daily lives we are over stimulated

with our work, obligations, family responsibilities constantly. The deeper awareness allows one's to breathe more effectively and alter patterns of unwanted behavior. Greater awareness of the breath extends to all facets of one's life. Ultimately it leads to enlightenment.⁴ Mishra, (2016) conducted a study on outcome of yoga practices on emotional acumen and healthy life style habits. This study is an endeavor to learn the effect of yoga practices (asana, pranayam and meditation including theories and practical) on emotional acumen and healthy lifestyle habits.⁵

Verma, et al. (2015) in this study examine that exercise made in yoga is a solution to depression and anxiety. Because today the life of science and technology has led to many problem such as depression and anxiety.⁶

Parag Javadekar and Manjunath N. K (2012) in this study has been designed to measure the performance of school children in a digit letter substitution task following the practice of Surya namaskar compared to physical exercise and it shows significant improvement after practicing surjya namaskar.⁷

Woodyard (2011) in her study exploring the therapeutic effects of Yoga and its ability to increase quality of life. While highlighting the importance of Yoga, it is considered as timeless and holistic model of health as well as healing for individual. Yoga offers a holistic path of healing. Yoga controls the fluctuations of mind and make live consciously with less sufferings.⁹

Objective Of The Study

The objective of the paper is to explore the role of yoga in daily life.

Inclusion Of Yoga In Daily Life

It is essential to take care of the physical body with proper nourishment and disciplined life in order to achieve success. The practice of yoga revives our dormant energy. Yoga and human body compliment to each other, so the regular practice of yoga makes our body energetic and regulated. Yoga perfects the body and the body perfects yoga.¹⁰

The Best Eight Pranayams For Daily Practice -

Maharshi Patanjali proposed Pranayam is the fourth part of Ashtang yoga. Pranayam depicts 'pran' and 'ayam'. 'Pran' means the air in the body and 'ayam' means control. Therefore, pranayam means to control breath process in the entire body and makes body healthy. Earlier, doing pranayam needs massive effort, but Yogarishi Pujya Swami Ramdevji has made it easy to practice. The most important pranayams which should be practice daily are Bhastrika, Kapalvati, Bahya Pranayam, Ujjayi, Anuloma-Viloma, Bhramari, Udgitha pranayam.¹¹

Daily Practice Of Complete Exercise Or Surjya Namaskar (Sun Salutation)-

Among the various sources of energy on the earth, air, water, sun, etc, the sun has prominent place which provide vital energy to the entire living thing. In the early morning the sun rays make medical effect on our body. It's scientific fact that our ancestor scholars found that we can

remain energized for 24 hours through various types of practice of absorbing energy from the sun rays during early morning. Such 12 conditions are called 'Surya-namaskar' which is a complete exercise.¹²

Practice Of Danda Asana/Push Up For Youth-

The physical exercise being practiced in the gym develops only muscle, while the exercise of asana and danda/push up boosts all the joints, capacity, power and durability of muscle. Indian sages invent Dands and sit ups to make our body healthy, beautiful, attractive. It is our well planned system of physical exercise. Dand makes our whole body and mind strong and balanced and sit ups brings stamina in our whole personalities especially all the problems related with our feet and legs. So in our daily lifestyle youth should be made a part of life to make their life style full of energy freshness and free from diseases.¹³

Shatkarma-

This is the scientific process of body purification. The sages delivered discourse to their disciples for body purification and entry into Raja yoga. This process makes human body disease free, healthy and increases life span and glowing on the face. It checks twenty types of cough diseases, all the bile, abdominal, heart and renal diseases etc.

*"Stkarma-nirgata-sthauilya kapha-dosa-maladikah
Pranayamam tatah kuryad anayasena sidhayati"*

Dhouti, Basti, Neti, Tratak, Nauli and Kapalbhathi-these six karma are considered discourse for yoga seekers who must exercise it regularly.¹⁴

Self-Realization-

Yoga is a path of self realization and divine realization. Yoga ensures a divine birth. One birth which takes place from the uterus of mother is called physical birth and the birth which takes place from Yoga is called divine birth. Yoga is basically a great pure scientific and spotless divine practice and ensures us the best kind of existence. It is also the greatest medium for the greatest growth of our mind, intellect, spiritualism and complete consciousness. Because we don't have peace of mind and receive a type of incompleteness inside us which is the biggest agony of mind, though we have all sorts of prosperity. But the principles of yoga teach us that I am complete in myself and the universe is also complete and divine.

Social Health-

For a civilized society and for a successful individual, Yoga is perhaps the finest way to develop a good sense of mind and work for the well-being of all people. A yogic mind is enlightened with the dutifulness. So the practice of yoga on daily life can help to lead a disease free life for an individual and allow other people, a positive point and reason throughout everyday life.

Use Of Ayurveda In Daily Life-

Today people are trapped in the vicious circles of different sorts of medicines and doctors for different diseases. Around thousands of years Ayurveda has been considered as one of the best ways to treat incurable diseases in ancient India. It blends our modern lifestyle and health-oriented habits with the ancient wisdom of using natural substances, medicines and herbs to help us lead a healthy and disease free life. Ayurveda was officially recognized by World Health Organization in 1976.¹⁵ The cardinal aim of Ayurveda is to restore the individual balance between mind, body and spirit. Ayurveda classifies all individuals and body types into three categories: Kapha (Earth and Water), Pitta (Fire and Water), Vata (Air and Earth). So, all Ayurvedic treatments and therapies vary for individuals depending on the fact that they belong to which above mentioned body type. Every individual needs to perform the exercises, yoga, meditation and take nutrition depending on his/her body type. As long as we are eating as per our body type and performing the exercises accordingly, Ayurveda claims that you will stay disease-free.¹⁶

Integration Of Yoga In Education And Curriculum

The present system of education is mainly focusing on the cognitive development of the child without giving the children enough time to the physical development. So children are encountering with various problems like obesity, depression, high anxiety etc. Yoga is not mere physical exercises but a holistic system that promotes a child to become a complete being. This needs physical, mental, emotional, spiritual dimensions to be incorporated into school curricular practices. The only solution to this situation is the integration of yoga into school curriculum.

Therefore, all educational institutions should follow the guiding principle of the National Education Policy (NEP), 2020 is to conserve and promote the rich heritage of ancient Indian knowledge and practices (section 0.7). So the relevant courses in arts, history, culture and yoga should be strategically used by educational institutions for meaningful social engagements.¹⁷

CONCLUSION

Yoga is such a comprehensive beyond time and universal methods by the means of which every individual can have victory over all weaknesses of his life. That is why yoga is called science of total transformation. By the means of yoga a man can keep himself both physically and mentally healthy. So it's the need of the hour to again we should go back to Yoga and adopt it as a way of life. Whereas the symptomatic and the systematic treatments form the pillars of the medical science based on modern medical systems, Yoga and Ayurveda is a science of eradicating all diseases by bringing about a balance in the system.¹⁸ Yoga is the only way to save India as well as the whole world from all kinds of evil things like diseases, stress and violence.

REFERENCES:

1. <https://www.ibef.org/industry/healthcare-India.aspx>
2. Ramdev, Swami(2014)"Yog : Its philosophy & practice", Divya Prakashan, Patanjali Yogpeeth, Haridwar
3. ibid.
4. Sood,R.(2018)"Impact of Ashtanga yoga on physical and mental health", *International Journal of yogaic, Human Movement and sports Sciences* , 102-104.
5. Mishra, A. T.(2016) "Effect of yoga practices on emotional intelligence and healthy life style habits", *KAAY International Journal of Arts, Humanities & Social sciences* , 68-85.
6. Verma,etal.(2015)The importance of yoga in the 20th century. *International Journal of Physical Education, Sport and Health*. Vol. 2(2) and no.- 1-2.
7. Javadekar, Parag , Manjunath N. K (2012),"Effect of Surya Namaskar on Sustained Attention in School Children ", *Division of Yoga and Life Sciences, Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, India*
8. Kuniko Yamamoto-morimoto, S. H. (2019)"Positive effects of yoga on physical and respiratory function in healthy inactive middle aged people", *Int. Journal of Yoga* , 62-67.
9. Woodyard,C.(2011)" Exploring the therapeutic effects of yoga and its ability to increase quality of life", *International Journal of Yoga* , 49-54.
10. Ramdev,Swami(2009)"Pranayam Rahasya(with scientific factual evidence)",Divya Prakashan, Patanjali Yogpeeth, Haridwar.
11. Balkrishna, Acharjya(2007) "Yog in the synergy with medical science", Divya Prakashan, Divya Yog Mandir (Trust), Patanjali Yogpeeth, Haridwar.
12. ibid
13. ibid
14. ibid
15. <https://www.news18.com/news/lifestyle/ayurveda-understanding-its-significance-health-benefits>
16. <https://ncert.nic.in/dess/pdf/tiyh.pdf>
17. https://www.education.gov.in/sites/upload_files/mhrd/files/NEP
18. ibid