



ORIGINAL RESEARCH PAPER

Respiratory Medicine

YOGA: A JOURNEY TO AN ANCIENT SCIENCE TO MODERN SCIENCE

KEY WORDS: anxiety; harmony; meditation; stress

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ABSTRACT

Yoga began in India over 5000 years ago. It is a traditional practice aimed at providing harmony to the body, mind, and spirit. The origins of yoga can be traced back to the Vedic period in India approximately 1500 BCE. At that time, yoga became especially recognized as a spiritual practice and was closely associated with Hinduism and Buddhism. During the 1800s, Indian teachers and monks introduced yoga to the Western world. Various types of poses, breathing techniques, and meditation practices were taught, which numerous individuals embraced and adapted to suit their requirements. By the mid-1900s, yoga became highly popular in the West. Several studies have documented the use of yoga in relieve of pain, associated stress, anxiety and sleep disorders, both in patients and their caregivers. People with serious respiratory ailments have found a good solution in yoga.

INTRODUCTION

Originating in ancient India, yoga continues to play a significant role in the country's rich cultural diversity. Common elements of yoga include postures (asanas), meditation (dhyana), and breathing techniques (pranayama). Since many component combinations and modifications may constitute a "new" form of yoga, it is challenging to pinpoint the precise number of yoga styles performed worldwide.^[1] To the best of our knowledge, there are several varieties of yoga, including but not restricted to: Karma yoga, Kripalu, Kriya yoga, Kundalini yoga, Mantra yoga, Moksha, Iyengar yoga, Jivamukti yoga, Jnana yoga, Kali Ray TriYoga, Ashtanga (or Astanga) yoga, Bhakti yoga, Bikram yoga (hot yoga), Chair yoga, Forrest yoga, Hatha yoga, ISHTA (Integral Science of Hatha and Tantric Arts), Iyengar yoga, Jivamukti yoga, Jnana yoga, and ISHTA (Integral Science of Hatha and Tantric Arts) Iyengar yoga, Jivamukti yoga, Jnana yoga, Kali Ray TriYoga, Karma yoga, Kripalu, Kriya yoga, Kundalini yoga, Mantra yoga, Moksha, Power yoga, Prenatal yoga, Purna yoga (integral yoga), Raja yoga, Restorative yoga, Sahaja yoga, Satyananda yoga, Sivananda yoga, Stand-up paddle yoga, Svaroopa yoga, Swara yoga, Tibetan yoga, Viniyoga yoga, Vinyasa yoga, and White Lotus yoga. There seems to be no estimate of the proportion of each type of yoga taught by practitioners worldwide. The common goal of yoga practitioners is to seek to attain a perfect integration of body, mind, and spirit.^[2,3,4]

Preachers Of Yoga

Aadiyogi Lord Shiva was the original teacher of yoga, imparting its profound secrets to Goddess Parvati. Following that, the Saptrishis were entrusted with the knowledge of yoga to disseminate it throughout the world. Hiranyagarbh is credited with establishing yoga on Earth. In contemporary times, Maharishi Patanjali is recognized as the father of Yoga. Notable modern yoga teachers include Aadi Shankaracharya, Jananeshwar, Matsyendranath, Gorakshnath, Sri Ramkrishna, Sri Vivekanand, and Swami Shivanand. The Yoga S tras of Patañjali consist of 196 Indian aphorisms that address both the theory and practice of yoga. Compiled by Sage Patanjali before 400 CE, the Yoga Sutras organize and synthesize knowledge about yoga from earlier traditions.^[5,6,7]

Patanjali begins his treatise by stating the purpose of his book in the first sutra, followed by defining the word "yoga" in his second sutra of Book 1.^[8]

योगश्चित्तवृत्तिनिरोधः॥२॥ yogaś citta-vṛtti-nirodhah

—Yoga Sutras 1.2

This concise definition relies on the interpretation of three terms from Sanskrit. I. K. Taimni interprets it as "Yoga is the

restraint (nirodhah) of the changes (vṛtti) of the mind (citta)."^[9] Swami Vivekananda renders the sutra as "Yoga is the control of the mind's substance (Citta) from adopting various forms (Vrittis)."^[10] Edwin Bryant explains that, for Patanjali, "Yoga primarily involves meditative practices that lead to achieving a state of consciousness devoid of any active or discursive thoughts, ultimately reaching a state where consciousness does not perceive anything external, being solely aware of its own essence as pure consciousness, unmingled with any other object."^[11,12] Patanjali describes yoga as consisting of eight parts (अष्टाङ्ग aṣṭ āṅga, "eight limbs"): "The eight parts of yoga are yama (ethical restraints), niyama (personal observances), asana (yoga poses), pranayama (control of breath), pratyahara (sense withdrawal), dharana (focused attention), dhyana (meditative contemplation), and samadhi (union)."^[13]

Yoga In Modern Era

Currently, Baba Ramdev is recognized as a prominent Indian Yoga Guru. He has made significant contributions to the field of yoga and has spread awareness among people not just in India but also internationally. Subsequently, the Honorable Prime Minister of India, Mr. Narendra Modi, put forth the concept of International Yoga Day during his address at The United Nations General Assembly (UNGA) on September 27, 2014. As a result, International Yoga Day has been commemorated each year on June 21 since 2015.

Yoga is a timeless discipline that employs poses and breathing methods to enhance lung airflow, increase air capacity and endurance, while also alleviating stress. The term yoga comes from the Sanskrit word "yuj dhatu," which signifies the union of mind, body, and spirit. The purpose of health yoga is to achieve equilibrium within the body on physical, mental, and emotional levels. Connecting with our breath allows us to transition our bodies from a state of "disease" to one of well-being. Yoga serves as a remedy for stress and can be a significant asset in achieving a healthy, balanced lifestyle.

CONCLUSION

Yoga is boon for the healthy as well as patients in the modern era.. If community follows four dimensions of yoga i.e, lifestyle, yoga, pranayama and meditation, health can be achieved easily.

Conflict Of Interest

(If Present, Give More Details):None

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9. Translation 3: The Yogasutras of Patanjali Charles Johnston (Translator) For text and word-by-word translation as "Yoga is the inhibition of the modifications of the mind." See: Taimni, p. 6.
10. Vivekananda, p. 115.
11. Edwin Bryant (2011, Rutgers University), The Yoga Sutras of Patanjali IEP
12. Bryant 2009, p. 10.
13. Yoga Sutras 2.29.