



YOGA AS THERAPY

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ABSTRACT:

Yoga is an ancient Indian way for all-round development of individual physically, psychologically, emotionally and spiritually. It is defined as union of self with the spirit of Universe as per Hindu philosophy. It not only keeps overall health of the person in sound condition but it can also be used as therapy for several psychosomatic disorders. It is one of the best therapies which is natural and without any medication.

KEYWORDS:

THERAPY, PSYCHOSOMATIC.

INTRODUCTION

For Yoga as therapy yogic exercises, consisting mainly of different postures called asanas are used specifically for improving health. It mainly involves asanas, pranayama, dhyana.^[1]

At least three types of health claim have been made for yoga: magical claims for medieval haṭha yoga, including the power of healing; unsupported claims of benefits to organ systems from the practice of asanas; and more or less well supported claims of specific medical and psychological benefits from studies of differing sizes using a wide variety of methodologies.

There are number of schools and styles of yoga worldwide which provide knowledge about Yogic practices in their own styles. But the ultimate goal is the same for all these schools or styles.

YOGA THERAPY

According to one of the great masters of yoga therapy from the 1900s, TVK Desikachar:

"Yoga therapy is a self-empowering process, where the care-seeker, with the help of the Yoga therapist, implements a personalized and evolving Yoga practice, that not only addresses the illness in a multi-dimensional manner, but also aims to alleviate his/her suffering in a progressive, non-invasive and complementary manner. Depending upon the nature of the illness, Yoga therapy can not only be preventative or curative, but also serve a means to manage the illness, or facilitate healing in the person at all levels."

It may be defined as a therapy which encompasses a wide range of activities and practices, calling it "the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of Yoga".^[20]

As per sports medicine, asanas function as active stretches, helping to avoid and protect muscles from injury; these need to be performed equally on both sides, the stronger

side first if used for physical rehabilitation.^[34]

USES:

The yogic therapy can be used for several types of disorders.

PHYSICAL DISORDERS:

It includes various structural disorders such as lordosis, kyphosis, scoliosis for example. Yoga helps in curing the musculoskeletal deformities to the great extent. It not only cure the problem but also helps in achieving excellent efficiency of problematic organ.

Along with this, Yogic therapy can help in improving several functional disorder such as cardiovascular diseases, respiratory problems, digestive system malfunction. It also helps in keep hormonal balance and improved immune system.

PHYSICAL CONDITIONS WHICH CAN BE TREATED BY YOGIC THERAPY

- Back Pain
- Musculaskeletal problems
- Diabetes
- High Blood Pressure
- Parkinson's
- Asthma
- COPD
- Cancer
- HIV
- Alzheimer's
- Brain Injury
- Multiple Sclerosis
- Autoimmune Diseases

- IBS
- Obesity
- Heart Disease
- Insomnia
- Arthritis
- Osteoporosis

PSYCHOLOGICAL DISORDERS:

The Yogic therapy is the best solution for several psychological disorders such as anxiety, fear, unstable behavior, relaxed sound sleep related problems. The asanas, pranayama, dharana and dhyana greatly help in curing many psychological disorders without taking a single medicine.

MENTAL HEALTH CONDITIONS WHICH CAN BE TREATED BY YOGIC THERAPY

- Stress
- Depression
- Anxiety
- PTSD
- Schizophrenia
- ADHD
- Eating Disorders
- Addiction
- Post-Natal Depression

Although Yogic therapy may be relatively safe, but it is not a risk-free if performed improperly. So, it should be performed under proper the guidance qualified person. The precautions need to be taken.

CONCLUSION:

It can be concluded that, yogic therapy is the application of yoga postures and practice to the treatment of different health conditions and involves instructions in yogic practices and teachings to prevent, reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Yogic therapy enhances physical abilities such as muscular strength and body flexibility, promote and improve functional abilities such as digestive, respiratory and cardiovascular function, promote recovery from and treatment of various psychological issues such as addiction, stress, anxiety, depression, and chronic pain,

improved sleep etc. Thus, it leads to enhanced overall well-being and quality of life.

DISCUSSION:

The unity of mind, body and spirit, the mind-body fitness programs such as Yogic therapy may help people in their pursuit of better physical conditions, peace, calmness, and greater wholeness and integration in their lives. The yoga can be important component of a personal wellness plan.

The Yogic therapy may not may not result in the complete eradication of physical diseases and/ or adverse conditions from the body but the discipline of yoga offers individuals a timeless and holistic model of health and healing and offers a holistic path of healing.

We are well aware of the fact that, there exists an unquestionable connection between a one's overall physical and mental health and the inner peace and well-being. This way, we live better and suffer less.

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3. Feuerstein, Georg (2006). "Yogic Meditation". In Jonathan Shear (ed.). *The Experience of Meditation*. St. Paul, Minnesota: Paragon House. p. 90. *While not every branch or school of yoga includes meditation in its technical repertoire, most do.*

4. Newcombe 2019, p. 209.

Sources

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3. <https://themindedinstitute.com>