

Scientific Study of Curative Effects of Yogasana

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Yoga is the science of right living and, as such is intended to be incorporated in daily life. It works on all aspects of the person; the physical, vital, mental, emotional, psychic and spiritual. The science of Yoga begins to work on the outermost aspect of the personality, the physical body, which for most people is a practical and familiar starting point. When imbalance is experienced at this level, the organs muscles and nerves no longer function in harmony, rather they act in opposition to each other. For instance, the endocrine system might become irregular and efficiency of the nervous system decrease to such an extent that a disease will manifest. Yoga aims at bringing the different bodily functions into perfect co-ordination so that they work for the good of the whole body.

From the physical body, Yoga moves on to the mental and emotional levels. Many people suffer phobias and neuroses as a result of the stresses and interactions of everyday living. Yoga can not provide a cure for life but it does present a proven method for coping with it. In the last half of this century, Hatha yoga has become the most well known and widely practiced of the systems. However, the concept of what constitutes Yoga is broadening as more people take it up, and this knowledge is spreading. In the ancient texts, Hathayoga consists of the Satkarmas, cleansing practices, only. Today, however, Hathayoga commonly embraces the practices of Asana Pranayama, mudra, & Bandha as Well.

Today, as we prepare to enter the 22nd century, a spiritual heritage is being reclaimed of which yoga is very much a part, physical and mental therapy is one of Yoga's most important achievements. What makes it so powerful and effective is the fact that it works on the wholistic

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principals of harmony and unification. Yoga has succeeded as an alternative form of therapy in diseases such as asthma, diabetes, blood pressure, arthritis, digestive disorders and other ailments of a chronic and constitutional nature where modern science has not researched into the effects of Yogic practices on HIV is currently under way with promising results. According to medical scientists, Yogotherapy is successful because of the balance created in to nervous and endocrines systems which directly influence all the other systems and organs of the bodies.

The mind and body are not separate entities although there is a tendency to think and act as though they are. The gross form of the mind is the body and the subtle form of the body is the mind. The practice of *Âsana* integrates and harmonizes the two. Both the body and the mind harbor tensions or knots. Every mental knot has a corresponding physical muscular knot and vice versa.

The aim of *Âsana* is to release these knots. *Âsanas* release mental tensions by dealing with them on the physical levels acting somato-psychically, through the body to the mind. For example emotional tensions and suppression can tighten up and block the smooth functioning of the lungs, diaphragm and breathing process, contributing to a very debilitating illness in the form of Asthama. Muscular knots can occur anywhere in the body tightness of neck as cervical spondylitis the face as neuralgia, etc. As well chosen set of *Asanas*, combined with Pranayama, Satkarma, Meditation and Yoga nidra, is most effective in eliminating these knots, tackling them from both the mental and physical levels. The result is the release of dormant energy; The body becomes full of vitality and strength, the mind becomes light, creative, joyful and balanced.

Regular practice of *Asana* maintains the physical body in an optimum condition and

promotes health even in an unhealthy body. Through Asana practice, the dormant energy potential is released and experienced as increased confidence in all areas of life. Yoga practices promoting the general health of specific areas of the body and the prevention of common ailments. These practices should not be taken as a prescription for therapy. Anyone who, is suffering from a disease or ailment must seek the guidance of a competent and knowledgeable Yoga therapist or medical doctor with whom they can discuss their symptomatology. But yogasana are equally beneficial for keeping our body in sound health and free from disease. Yogasana have the capacity to cure many types of ailments. But on the whole they have more preventative than curative value.

Treatment of Abdominal disease

Pawanamutâsânâ, Trikonâsânâ, suputâvâjârâsana, ustrâsana, sasânikasana, matsyasana, yogamudrâsana, drutahalâsana, Ardhamatsyendrasana, halasana, & any backward or forward bending Asana etc.

Hansana, Mayûrasâna, Tolângulâsana, Brahmacaryâsana, Merudandâsanâs, Nirâlamba, pashcimottânsânâs, Agnisârakriyâ, Nauli, kunjali etc.

Bhastrika, kapalabhati, unniyanobandha, sankhapraksalana etc.

These above mentioned *Yogasanas* are useful for abdominal diseases

Treatment of Hyper acidity

Vajrasana for at least 10 minutes after every meal.

Nadishodhana, Bhramari, Agnisarakriya, kunjala etc. Other relaxation and cultivation of mental tranquility through *Yoganidra* and meditation.

These above described *Yogasanas* are useful for curing the Hyperacidity disease.

Yogasanas are much useful for curing disease and patient should take light vegetarian meals also.

Treatment of Alzheimer Disease

Pawanamuktasana, Nadishodhana, Ujjayi, Bhramari, Neti, Trataka,

Yoganidra, Ajapajapa, Antaramauna, etc.

These are above stated *yogasanas* are useful for removing the Alzhamers disease

Treatment of Angina pectoris

Pawana-muktasana, Hasta-utthanasana, Makarasana, Akarna-dhanursana and Savasana, Ujjayi, Nadishodhana, Bhramari, Yoga-mudra etc.

These above described *yogasanas* are much useful for curing disease and patients should take light vegetarian meals also.

Treatment of Arthritis

Pawanamuktasana, Nadshiodhana, deep abdominal breathing, Bhramari, Kapalabhati, Neti, Laghusankhapraksalana, kunjala, yoganidra, Meditation etc.

These above mentioned *Yogasanas* are very useful for curing disease and patient should take light vegetables. Meals and avoid sour & artificial food also.

Treatment of Asthma

Ustrasana, Suryanamaskara, sarvangasana, shashankasana, Marjariasana, sputa- Vajrasana, Matsyasana, Hastauttanasama, Dwikonasana, Padahastasana, Baddhapadmasana, Utthititolasana, backward bending Asanas, Savasana with breath awareness, Nadishodhana, kapala-bhati, Bhastrika, deep abdominal breathing at all times, vastraduauti, kunjali, jalaneti, sankhapraksalana, yoganidra, Ajapajapa, Antarmauna and other meditation and relaxation techniques to remove the source of nervousness etc.

Avoid mucus producing food such as milk and milk products, rice and non-vegetarian foods. Eat fruit and vegetables in season and cooked, rather than raw vegetables (Salada) especially in winter.

Treatment of Adrenal glands

Suryanamaskara, Ustrasana, Dhanurasana, Salabhasana, Trikonasana, Shashankasana, Marjariasana, Cakrasana, Halasana, Pascimottanasana, Padahastasana, Ardha- matsendrasana, Purnamatsenadrâsana, Muyurasana, Hansasana, Bhashrika, pasini- mudra, uddiyanabandha, Agnisara-kriya, nauli, Merudandasana, Niralambapashaimottanasana and also stressfree regular life style etc.

Treatment of Adenoids

Simhasana, Suryanamaskara, Pranayama, Ujjayi with khecarimudra, Neti, Kunjalala etc.

These above mentioned *yogasana* are useful for curing diseases. Patient should avoid non vegetarian food, milk products and sour food.

Treatment of Anger

Shashankasan, pashcimottanasana, Yogamudrasana, Garbha-sana, Kurmasana,

Nadishodhana, Bhramari, Sitali, Akasi, yoga,

Pranamudra, maha mundra, Mahabheda mudra, yonimudra, Pasinimudras, Mulabandha, mahabandha and all types of meditation and relaxation practices etc.

These above described *yogasana* are useful for curing disease

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