

YOGA AS PREVENTION TO HEALTH

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ABSTRACT

We can accomplish our goals when we are happy and healthy. Upon assuming a suitable attitude and way of life through the Yogic way of life, we can stay healthy and our life changes. We can become more creative and relaxed. By practising yoga, most of our physical health, psychosomatic, and stress-related problems can be solved. Many emotional and mental disorders are solved, and one can remain healthy and happy.

Keywords: Yoga, Adhi - Vyadhi, Lifestyle, Disease, Health.

INTRODUCTION

In the modern world, people are facing many problems because of poor lifestyles and one can improve their health and solve these problems by changing their lifestyle this can be done only by the individual itself and yoga help to make these changes in one's life. Yoga assists with treating disease, managing disease, and preventing many lifestyle-related disorders. Adopting the yogic lifestyle and having a yogic diet and adopting the yogic attitude and practising various yoga asanas help people to strengthen themselves and enable them to withstand stress better and develop good and positive health. Yoga is also called "health insurance". One can pent up stress through various yogic practices as one can change the perception towards things and change the reactions towards the stressful situation. One can enjoy many benefits by adopting yoga as a way of life, like a healthy diet, proper relaxation, positive attitude, and proper activities and by regulating and harmonising the breath by doing pranayama and other relaxation practices. Yoga has a great role in maintaining a proper and healthy lifestyle where healthy activities, known as achar, healthy relationships, healthy thoughts, known as vichar, healthy food, known as ahar, and healthy recreation, known as vihar, play a very vital role. World Health Organization defines health as "the fullest possible state of health—not just the lack of or infirmity—in one's physical, mental, and social aspects." A yogic lifestyle is an essential tool for achieving that "state" of health. Having the "feeling" of being healthy is just as important as "being" healthy. Thus, yoga and other Indian systems of traditional medicine are rightly seen as being more important when it comes to the quality of health or human life

with spiritual nature. Yoga is a holistic approach and both an art and a science. The lifestyle is the best designed. Numerous lifestyle disorders like diabetes, hypertension, and others can be successfully managed using this all-encompassing strategy. People who adopt yoga as a lifestyle, eat a yogic diet, have yogic attitudes, and engage in various yogic practices become stronger and develop good health, which makes it easier for them to handle stress. As yoga is considered "health insurance" one can achieve it by releasing pent-up stress, normalizing the way one perceives stress and reacting to it in an optimal manner, and this all can be done by doing yoga practices. Yoga is considered a holistic science that deals with the physical, mental, emotional, and spiritual health of the individual.

DISEASE

An abnormal condition that negatively affects the structure or function of all or part of an organism and that is not due to any immediate external injury is called a disease. Diseases are often known to be medical conditions that are associated with specific signs and symptoms.

YOGIC CONCEPT OF DISEASE

Aadhi

Adhi is a psychological disorder. With this psychological disorder, there are mental imbalances which further result in a physical disease called Vyadhi. Both Adhi and Vyadhi incur suffering, pain and pangs to the human being. Ajnana, or a lack of awareness of one's true state of bliss, predominates and results in:

1. Consuming nutritious food
2. Reside in unhealthy housing
3. Linked to the evil

4. Negative beliefs

Vyadhi

In Ayurveda, Disease is called 'Vyadhi'. It is the state of body and mind in which they are subjected to discomfort, pain and injury. The fundamental cause is an imbalance of the three doshas - Vata, Pitta and kapha. The state of balance or equilibrium between these three doshas in the body is called health, and the state of imbalance or disequilibrium is a disease. The imbalance may be due to an increase or decrease in one, two or all three doshas.

YOGIC MANAGEMENT ON LIFESTYLE DISORDERS

According to Maharishi Patanjali, there are nine antarayas obstacles,

1. Vyadhi (illness),
2. Styana (languor),
3. Samshaya (being doubtful),
4. Pramada (carelessness),
5. Alasya (laziness),
6. Avirati (hankering after pleasure),
7. Bhrantidarshan (delusory view),
8. Alabhabhumikatva (pessimistic attitude about obtaining success in the path of yoga),
9. Anavasthitatva (unsteadiness).

The sahabhuvas (accompaniments) also, manifest symptoms such as

1. dukkha (pain),
2. daurmanasya (mental depression/ frustration),
3. angamejayatva (lack of control of body) and
4. shvasa prashvasah (inhalation and exhalation) (Yoga Darshan I: 31).

Main cause of these antaryas is vyadhi. Due to kleshas and antarayas the mind gets disturbed, and samadhi is the ideal state of health. Sage Patanjali also mentions that liberation, bondage, and happiness are all caused by the mind. Yoga aims to lessen the effects of these elements and promote integration. That means to reduce kleshas and bring about the bhavana of samadhi, one should concentrate on slow and deep respiration and control the mental agitation to still the mind. One should focus on the inner luminosity, which is painless and gives stability and tranquillity.

Through the idea of Pancha klesha (psychological afflictions), Patanjali has also provided an explanation of the causes of stress and the disorders that are based on stress.

1. Avidya – lack of awareness/ misconception of reality
2. Asmita – I consciousness/ am-ness,

3. Raga – liking

4. Dwesha – repulsion/ disliking

5. Abhinivesha – fear of death

(Avidya asmita raga dwesha abhinivesha kleshah - Yoga Darshan II: 3).

Avidya is the mother of further four miseries. Vidya means understanding of Totality, total awareness, and avidya means lack of awareness and confining to the individual ego. These five afflictions have four different stages.

1. Deeply Dormant (prasupta)
2. Weakened (Tanu)
3. Dispersed (Vicchinna)
4. Generously active (udara)

(Avidya kshetram uttaresham prasupta tanu vicchinna udaranam- Yoga Darshan II:4).

According to the Yogic view of illness, there are four distinct stages that Disorders related to stress and Psychosomatic appear to go through.

1. **Psychic Stage:** In this phase, there are mild and persistent psychological symptoms of stress and many behavioural changes. One may experience disturbed sleep, irritability and many such symptoms. Therapy works in the stage effectively as it is comparable to the vijnanamaya koshas and manomaya koshas.

2. **Psychosomatic Stage:** Symptoms like tremors and hypertension become more prevalent when the stress is ongoing. Additionally, effective in this stage is yoga therapy. The koshas related to it are Pranamaya and Manomaya.

3. **Somatic Stage:** In this phase the symptoms are much more severe, like disturbed organ functioning, mainly the target or involved organs. A diseased condition is recognised in a person. The koshas related here are pranamaya and annamaya. The minor role of Yoga is there as a therapy in this state and is less effective, other methods of treatment need to be added.

4. **Organic Stage:** There is the full manifestation of the diseased state, some of the changes which are very persistent are severe Hypertension and stomach ulcer, and there are many complications. The kosha which is related is annamaya because the disease has become rooted in the physical body. Yoga gives a very calming effect and by being emotionally strong many psychological effects are taken care of in terminal and life-and-death situations.

Often, we disregard the very early stage, and later on we find it very dangerous —where one's lifestyle and patterns are less closely related. This is due to

the fact that medicine in today's time ignores the impact of Five koshas on health and disease and only considers the physical aspects.

Yoga Vashista, a great text on Yoga, in a commendable way, explains both the types of disease (psychosomatic and non-psychosomatic diseases) its causes and how it manifests in our body. Ailments which are caused by day to day problems are called Samanya adhija vyadhi and the essential disease being caught in birth-rebirth cycle are sara adhija vyadhi and can be understood in modern terms as a congenital disease. In contrast to the sara adhija vyadhi, which persists until atma jnana is attained, the samanya adhija vyadhi can be treated with common place remedies like medication and surgery. Surgery, medication, prayers, and necessary lifestyle adjustments can all be used to treat physical conditions that are not psychosomatic. Yoga practises can also be used to treat physical conditions and regain health through regeneration, recovery, and rehabilitation as needed.

The mechanism by which psychosomatic disorders develop is described by Yoga Vashista. Confused thinking causes prana (life force) to become agitated and flow haphazardly along Nadis, which causes energy to be used up and clogs up these vital energy channels. By disrupting the process of metabolism, and by taking more diet than required, the digestion process is disrupted. Many physical ailments are because of that as disturbance is created in the physical body as the natural movement of digestion is not happening. By having junk food, one has the possibility of many disorders developing in the body, and this is because of ignorance.

The underlying cause of the disease is described as follows by Yoga Vashista. Yoga is an Advaita or non-dual concept of oneness because it is holistic and unifying. Here, the emphasis is more on ease, harmony, and happiness.

[1] Vyadhi (Ailments)

[A] ADhi Vyadhi (originated by conflicts of mind)

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[a] Sara (essential)

[b] Samanaya ordinary

[B]Anadhi Vyadhi (Non-stress related)

[a] Injury, Infections and Toxins

A Yogic approach to Prevention and Management of Lifestyle Disorders

1. Cultivation of right attitudes – By cultivating the right attitude, one can reduce the stress that is overreaction than the response to any external stimuli. By cultivating the attitude of Maitri, karuna, mudita and upekshanam (Chitta prasadanam), one can attain clarity of mind. One should cultivate the attitude of pratipaksha bhavanam (negative over the positive) and emphasise the cultivation of karma yoga, raja yoga, and bhakti yoga principles in daily life.

2. Yoga Asanas - Some asanas as per the physical conditions and other health issues may be done.

3. Breath - body movement coordination practices - Some practices with breath coordination to be done to produce psychosomatic harmony and meditation to be done.

4. Kriyas - Kriyas to be done for internal cleaning and balancing of tridoshas (Vata, Pitta and Kapha)

5. Mudras - Mudras are to be performed as they produce a sense of inner calmness and induce a sense of relaxation and reinvigoration, and normalize the reflex mechanism.

6. Dharana and Dhyana - Concentrative practices that induce a state of meditation, like om Japa sadhana, are to be done.

CONCLUSION

Yoga helps in preventing and managing lifestyle disorders and diseases, and yoga helps in improving health. It helps in preventing diseases. The major benefits of yoga are because healthy diet, activity, relaxation, a positive attitude and yogic relaxation. Yoga helps in the attainment of balance and harmony (samatvam yoga uchyate) and the restoration of physical, mental, emotional and spiritual balance is the prime factor among changes.