



# PRINCIPALES AND METHODS OF YOGA THERAPY

**Dr. Janak Singh Kushwah**

**Govt. Degree Collage Joura Dist. Morena (M.P.)**

## **ABSTRACT**

*Yoga is mainly known for its postures, while it has a rich philosophical/spiritual background which is often not well known. Particularity the ethical principles of yoga, the yamas and niyamas, are of relevance for western practitioners also. We thus intended to develop and validate an instrument that operationalizes the yamas and Niyamas and performed a cross-sectional survey among 901 yoga practitioners in Germany with standardized instruments. Principal component analysis of the 23-items yama/Niyama questionnaire (YaNiQ) pointed to 4 factors with good internal consistencies (Cronbach's  $\alpha = 0.86, 0.82, 0.85$  and  $0.63$ ) Best predictors of these factors were conscious presence (mindfulness) and inner correspondence.*

## **Introduction :-**

*Yoga is a generic term for physical, mental and spiritual disciplines, originated from ancient India. It is a spiritual and aesthetic discipline including breath control, simple meditation and adoption of specific body postures, practiced for health and relaxation.*

*The Sanskrit term Yuj means to unite / Integrate a person's own The Sanskrit term yuj means to unite / Integrate a person's own consciousness with the universal consciousness. It is a harmonious blend between the body, mind and the spirit, wherein the body controls the actions, the mind controls intelligence and the spirit controls emotion.*

*Thus, Yoga teaches that the jeevatmaa (human spirit) can be united with paramatmaa (God) to secure moksha Paramatma (God) to secure moksha (Liberation).*

According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be in harmony with the universe and can be called a yogi.

### **History of Yoga :-**

Traced back over 5,000-10,000 Years. The early writings on tyoga wee transcribed on fragile palm vleaves that were easily damaged, destroyed or lost. Some texts state that yoga has existed since the beginning of tim consider Lord shiva as the ADIYOGI i.e. the first yogi.

### **Santosha :**

Santosha is contentment, it means that there is bliss surpassed. When man is complete he feels his duty to god is performed and he loves god, individuals will be contend when the spirit does not waver in the wind of desire.

### **Tapas :-**

A Burning effort under all circumstances to achieve a definite goal in life. Leading a disciplined life is the key with 3 airs including for the body, for the mind and through speech.

### **Savdhyaya :-**

Education or daily reading draw out the best in a person./ Changes ones outlook to life by which he realizes all creation is for adoration and not enjoyment. By this the speker and listener are of one mind by education or daily reading it draws out the best.

### **Classical Yoga :-**

Defined by Patanjali's Yoga-Sutras, the first systematic presentation of yoga, Patanjali is considered the father of yoga and still influences many practices of moden yoga.

### **Post – Classical Yoga :-**

rejected the teachings of the ancient vedas and embraced the physical body as the means to achieve enlightenment. This exploration of physical spiritual connections and body centered practices led to the creation of what we primarily thnk of yoga in the west : Hatha Yoga.

### **Modern Period :**

Swamy Vivekananda presented hatha Yoga to the western world and laid the found growth and innovations that we see today.

Yoga is not merely restricted to performing asnas. It can be divided into.

*Hatha Yoga : This branch uses physical poses or asanas, breathing techniques of pranayamas and meditation to achieve better health as well as spirituality. Different styles in this path include Lyengar style. Integral style, the astanga style etc.*

### **Principles of yoga :-**

*Patanjalis classification of classical yoga, as set out in his yoga sutras explained 8 limbs of yoga as yama (Universal moral codes) niyama (self purification by discipline) asana (Postures) Pranayama (rhythmic control of breath) Pratyahara (Withdrawing of Mind from senses) dharana. (Concentration). dhayana (deep meditation) and samadhi (union with dharana (Concentration) dhayana (deep meditatio) and samadhi (union with the object of meditation) He underlined these eight limbs as the core principles to be followed to attain moksha.*

*Under the commandments of yama and Niyama, he put forth five principles to guide the way of living and five inner observances to lead a peaceful life. These include ahimsa, satya, asteya, brahmacharya, aparigraha, shoucha, santosha, tapas, svadhyaya, ishvara pradnidhana*

### **Ahimsa :-**

*Ahimsa is non-violence, has a wider positive meaning of love. The prerequisites for ahimsa include abhaya (being free from fear) and akrodha (being free from anger).*

### **Satya :-**

*Satya means truthfulness in thought, word and deed Just how mahtma Gandhi stated Truth is god and God is truth, the mind must think the truth, tongue must speak the truth and the actions must reflect the truth. There must be control of speech. Which facilitates charity to others and roots our malice, and this helps them gain respect from all*

### **Asteya :-**

*Asteya indicates not stealing. A desire to possess what the others have creates a need to steal, which results in a breach of trust, misappropriation and misuse.*

### **Branchmacharya :-**

*This Indicates a life of celibacy, religious study and self restrain. In Modern times, it is the art of consistency, sustaining energy.*

### **Shoucha :-**

*Purification of self is shoucha. Impurities of body and mind may exist. Impurities of the mind such as hatred, Passion, anger, greed, delusion and Pride. This consists of Asanas, Pranayamas, Bhakti, food and place of Practice.*

*Asanas help in toning the body,. removing toxins, pranayama cleanses and aerates lung, promotes better oxygenation in blood and purifies nerves. Bhakti or adoration washes*

these impurities away. Cleansing brings radiance and joy. Banishes pain and sorrow. By This they see virtues in others.

Healthy food helps in purification Each Morsel eaten giving praise to god. Vegetarian food is considered good good Consider Lord shiva as the ADIYOGI i.e. the first yogi.

Yoga has continued to evolve with time and can roughly be divided into :

### **Pre-Classical Yoga :-**

originated in the Indus saraswati civilization in northern India over 5,000 years ago with scriptures present in Rig veda and upanishads. This form of yoga modified the idea of ritual sacrifice from the vedas and internalized it, teaching the sacrifice of the ego through self-knowledge, action (Karma yoga) and wisdom (Jana yoga)

### **Classical Yoga :-**

Defined by patanjali's yoga-sutras, the first systematic presentation of yoga. Patanjali is considered the father of yoga and still influences many practices.

### **Modern Principles :-**

As all beings evolve, so has the practice of yoga. In recent times, yoga has grown to encompass newer principles that form the base of its practices. These four basic principles underline the holistic approach of yoga in modern times.

1<sup>st</sup> principal Human body is a holistic entity comprised of various interrelated dimensions inseparable from one another and the health or illness of any one dimension affects the other dimensions.

2<sup>nd</sup> Principal : Individuals and their needs are unique and therefore must be approached in a way that respects this individuality and their practice must be tailored accordingly.

### **Conclusion :-**

The Purpose of yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being. In the foregoing pages of this book. I have described the Technique of relaxation in different postures viz. standing lying and sitting postures which brings in this harmony yoga is not mere practice for an hour or two in a day but it is the most scientific way of living, all the twenty four hours of the day. During the whole day you may be only in one of these three postures and hence a skilful adjustment in them will effect the required harmony. Yogasthah kuru Karmani Be established in yoga and do all your duties. yoga means to be in tune with the nature of the supreme Reality. Be a yogin always, is the loving instruction of Lord Krishna. Convert life into yoga, so that you may ensure

success in all the fireld of activity. By regularpractice, by using your prsence of mind skill and wisdom, you can become yogins and enjoy happiness and peace, whatever be the circumstances and conditions in which your are placed.

May the Grace of gurudev shri swami sivanandaji maharaj and the almighty be ever upon you all.

### **Reference :-**

1. Huet, Gerard. *Sanskrit Heritage Dictionary*.
2. Yehudi menuhin. *The I Illustrated Light on yoga*. Harpercollins India : 2005.
3. Prado ET, Raso V. Scharlach RC, Karsse C.A. *Hatha Yoga on body balance Int J Yoga*. 2014 Jul : 7 (2) : 133 – 7.
4. Kaminoff L. *Yoga antomy : Your I Illustrated guide to Potures, Movement and breathing techique : Human Kinetics : 2007*.
5. Posadzki P, Parekh S. *Yoga and physiotherapy : a speculative review and conceptual synthesis. Chinese journal of Integrative*.

