



Ashtang (Eight fold) Yoga Remedies for Psychosomatic Diseases

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Abstract

The aim of this article is to introduce the Ashtang yoga and how it helps to overcome with psychosomatic disease. The word yoga is derived from the roots of Sanskrit Yuj which means to join, to attach to bind and yoke and to concentrate on one's attention.

In Indian culture of thought human beings or everyone on this earth is guided by the Supreme Universe spirit i.e. Paramatma or God. The main aim of Yoga is control over the mind. A happy man is who knows how to distinguish the real from the unreal. The eternal from the transient and the good from the bad by his discrimination and wisdom.

Mind is the king of senses one who has conquered his mind, senses, passion thought and reason, is a king among men and one who has mastered his mind has complete mastery of his self. Only the yoga explains the ways to control the mind. Yoga is like a fountain which brings calmness and tranquility and prepares the mind for absolute unqualified self-surrender to God. Ashtang yoga purifies the person's inner body's organs as well as its effects on psychosomatic feelings. Man has made tremendous progress in almost every walk of the life. Modern scientists and researchers have absolutely changed the life style. However pollution of air, water, body and mind is also the result of science. Longing for material wealth has hardened the hearts of human beings, Human values are declining stress and strain are the causes of physical as well as mental distraction. Yoga has the surest remedies for man's physical as well as psychological ailments.

Keywords: *Yoga, mind, control, senses, psychosomatic*

Introduction

'Health is Wealth' unless one's body is fit, one cannot enjoy the pleasures and luxuries that life offers to enjoy life to its fullest extent one must have a healthy body. Health is not only physical it also includes our

mental state. Social environment and relations affect our state of mind which in turn affects our body to keep the body, the mind and the society as such, in good health eight-fold yoga (Asthanga yoga) is necessary. Maharshi Patanjali is regarded as the father of modern yoga. ‘Astha’ means eight and “Anga” is limbs so it means eight limb path, Astahnga yoga is based on Yoga philosophy of Patanjali.

There are eight stages of yoga to secure purity of body, mind and soul. They are : Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyan, Samadhi.

Ashtang Yoga

External Yoga

Yama

Niyama

Asana

Pranayam

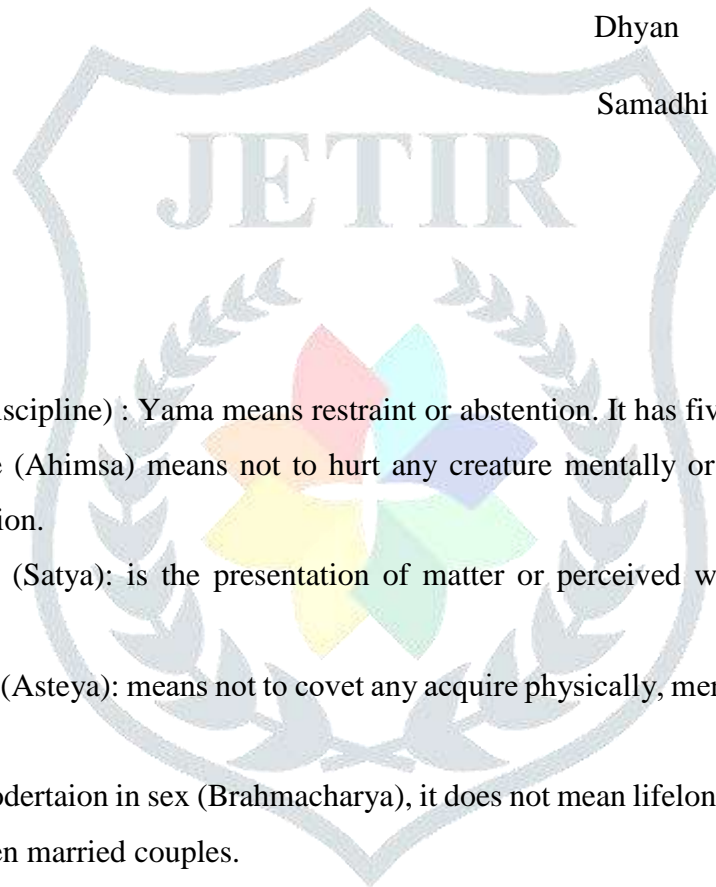
Pratyahar

Internal Yoga

Dharana

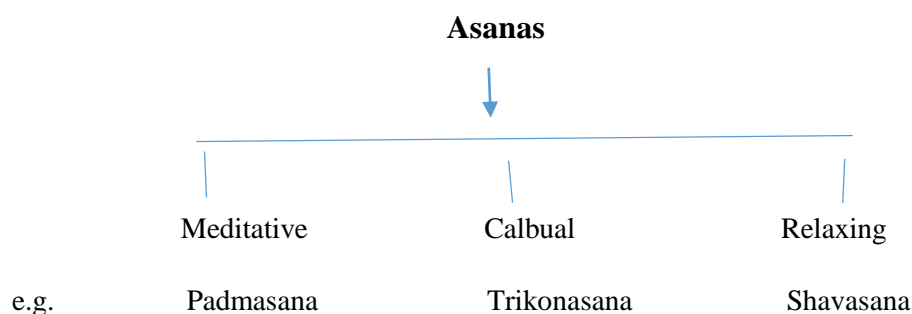
Dhyan

Samadhi



- 1) **Yama:** (Social discipline) : Yama means restraint or abstinence. It has five moral practices
 - a) Non-violence (Ahimsa) means not to hurt any creature mentally or physically through mind speech or action.
 - b) Truthfulness: (Satya): is the presentation of matter or perceived with the help of the sense organs.
 - c) Non-stealing (Asteya): means not to covet any acquire physically, mentally or by speech other’s possessions.
 - d) Celibacy- Modertaion in sex (Brahmacharya), it does not mean lifelong celibacy but moderation in sex between married couples.
 - e) Non-acquisitiveness: (Aparigraha) means abandoning wealth and means of sensual pleasure.
- 2) **Niyama:** Individual Discipline- Physical and mental rules of conduct towards oneself.
 - a) Cleanliness (Shuchita) means internal and external purification of the body and the mind
 - b) Contentment (Santosh) : is a state of mind by which one lives happily and satisfied in a congenial or uncongenial atmosphere.
 - c) Austerity or Penance (Tapas) : is the conquest of all desires or sensual pleasures by practicing purify in thought, speech and action.
 - d) Self-study (Svadhyaya) : means exchange of thoughts in order to secure purity in thought and accomplish knowledge.
 - e) Surrender to God (Ishvara Pramidhana) : It is pure devotion to God and surrender of all actions to him.

- 3) **Asana** (Postures) : Asana means holding the body in a particular posture to bring stability to the body and poise to the mind. The practice of Asana brings firmness to the body and vitality to the body and the mind.



- 4) **Pranayama** (Breath Control) : Practice of Pranayama is to stimulate , regulate and harmonies vital energy of the body e.g. as both is required for purifying the body, pranayama is required for purifying the mind and internal organ.

- 5) **Pratyahara** (Discipline of the senses) : The extroversion of the sense organs due to their hankering after worldly objects has to be restrained and directed inwards towards the source of all existence. This process is putting the senses under restraint.

- 6) **Dharana** (Concentration): It means focusing the pure mind on one's personal deity or on the individual self. The practice of Dharana helps the mind to concentrate on a particular object.

- 7) **Dhyana** (Meditation): When one sustains and maintains the focus of attention through Dharana unbound by time and space then it becomes dhyana (meditation).

- 8) **Smadhi** (Self-realization): In this One's identity becomes both externally and internally immersed in meditation. Supreme happiness free from pleasure, pain or misery is experienced. Samadhi is the climax of Dhayana.

Mind and Body: Eradicate of Psychosomatic Disease

Every one of us face one's own set of problems and everone worry about their daily routine , work, problems, education , job, responsibilities , career and future almost from the day the child is born. And if it is a daughter, her marriage into a good family seems to be an additional problem. The rich suffer from sleeplessness from the fear of midnight knock on the door by income tax authorities. The poor often do not know how to make the two ends meal. Life does not appear as rosy as it should have been due to the rat race in all fields and the feeling of insecurity arising out of it. These problems have affected the general health of the person which, in turn has cast it shadow on the functioning of various organs of the body.

Mind is an equally important factor helps perhaps even more than the body in maintain health. The five sense organs collect information but it is the mind which evaluates and decides how, why, when and where to use.

Eradication of Psychosomatic Diseases:

It is easier to diagnose disease related to the body these days, thanks to the modern gadgets. One can get all medical tests at home like blood pressure or blood sugar such appliances are now available also in the remote villages. The point however remains why has there been a rise in cases of heart attacks or

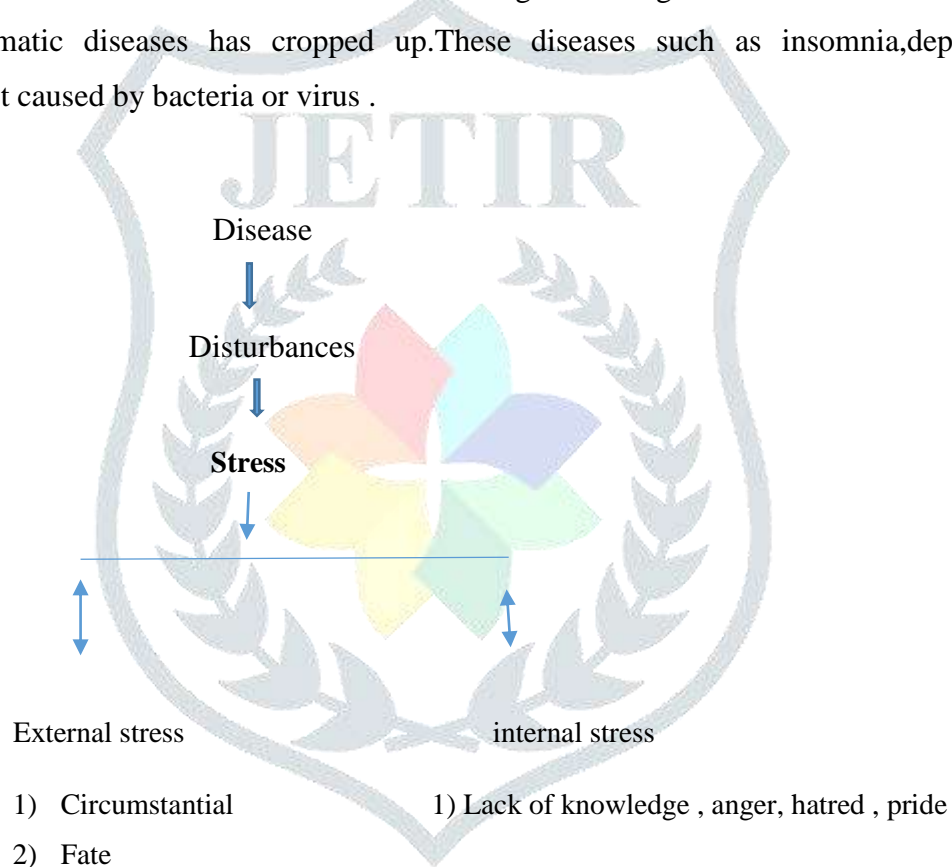
blood pressure. The western medical science fall short in explaining these occurrences and often terms non-diagnosable disease as psychosomatic while explaining the purpose of yoga practice, patanjali states:

Yog : Chittavrutinirodha

The main purpose of yoga is to make the mind stable and active. By using cleansing processes, the waste in the body is eliminated and this in yoga is called

'Nadishuddhi'

A healthy mind means a healthy body how true! Modern medical science has made great stride after it discovered that bacteria and virus cause most of the diseases and it can be cured by effective medicines in our country, vaccine is available against polio, Jaundice typhoid which are unheard of in some developed countries. While on one hand man can boast of controlling bacteria generated diseases a new genre of diseases psychosomatic diseases has cropped up. These diseases such as insomnia, depression and hypertension are not caused by bacteria or virus .



When a person's mind is stable his breathing, blood circulation, nervous system etc. is also normal. When disturbances occur the mind becomes unstable causing immense pain for which have ourselves to blame. The mind works hand in hand with brain. A disturbed mind means extra work for the brain. The brain demands extra of 20% blood apart from its normal quota .If there is no extra blood to supply, blood flowing to other organs is diverted to the brain . When a person becomes angry or scared he turns white. He perspires profusely and the heart beats faster. There is a pain in the head, the throat dries up. He is not able to think clearly when the brain demands extra blood.

If such a situation occurs over and over such people suffer from acidity and indigestion, lost appetite. Their vertebral column becomes weak which is actually spondylitis. Coolies carrying heavy load on their head do not suffer from spondylitis but people who may not even wear a cap may fall prey to it, it is because they carry the weight of their disturbing thoughts. People who experiences emotional instability often suffer from some typical skin disorders, sodalities, blood pressure, heart problems etc. basically arise due to instability of mind but are expressed or seen

through the stomach or vertebral column. It can also be said to be true about psychosomatic diseases. As these diseases are still considered non-curable. It is necessary try to prevent them through yoga and Asanas. All we can do is to keep our mind calm and peaceful and encourage ourselves to think positive through yoga and meditation .This is the science of yoga.

Allopathic describes a disturbed body and mind as disease. All kind of a disease always results due to imbalance of mind and body.

The science of Yoga recommends a three point formula to eradicate psychosomatic diseases and for better healthy life

- 1) Use meditation and concentration to reduce stress and conflict
- 2) Practice Yoga Sana, breathing exercises and cleansing processes to help to build up natural immunity
- 3) Achieve mind body balance through asana, meditation breathing exercise etc.

.Conclusion:

To be obey or habitual of Ashtang Yoga brings ones body and mind together and experiences harmonious experience. Man is physical, mental, and spiritual being. Ashtanga Yoga helps to promote balanced development of all three. Thus with the help of Ashtanga Yoga one can understand the misdiagnose psychosomatic disease and can be cured from it through Ashtanga Yoga.

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