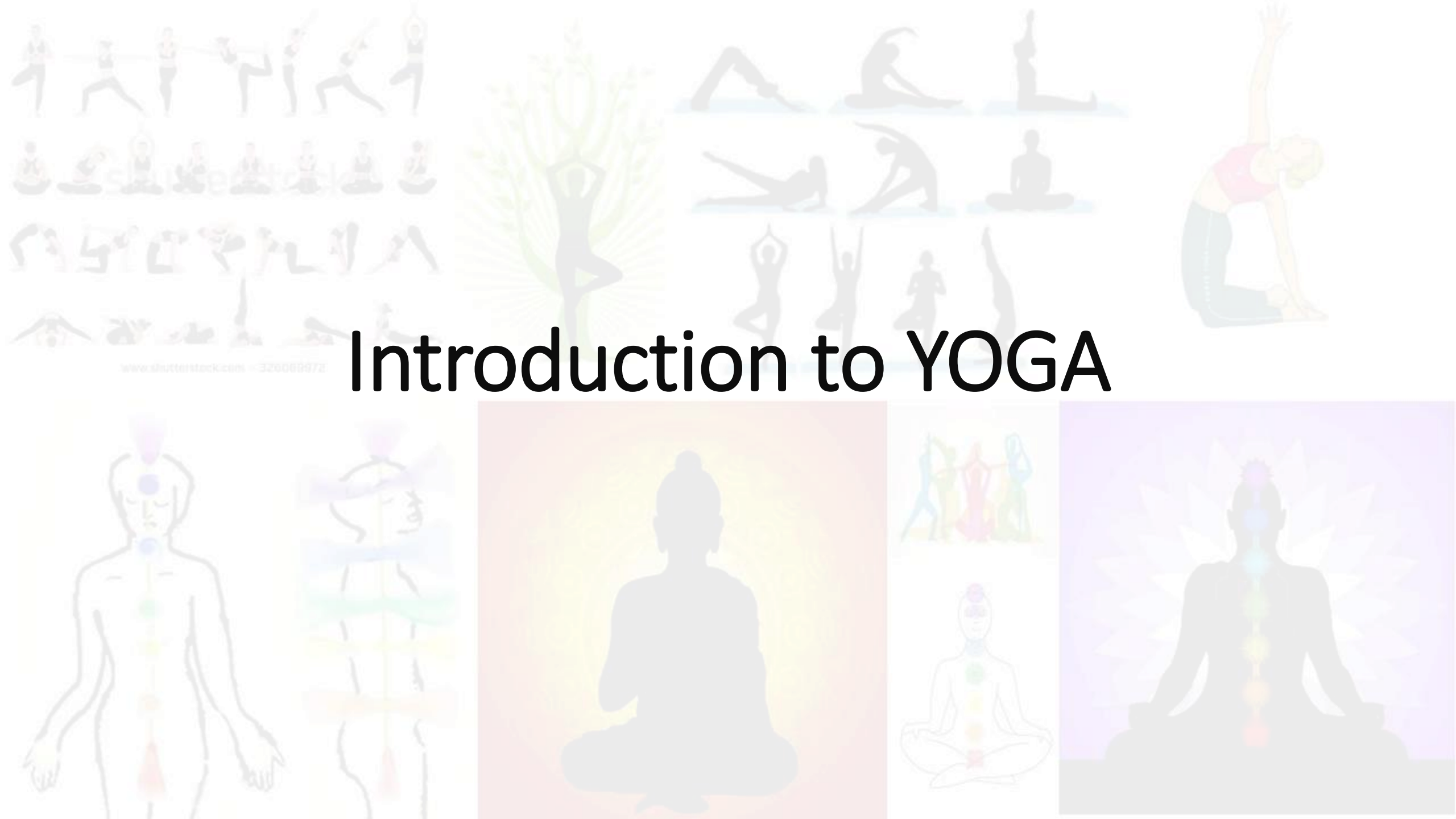




Introduction to YOGA

Agenda

- **Meaning & definition of YOGA**
- **Aim & objectives of YOGA**
- **Misconception of YOGA**
- **History of YOGA and its lineages**
- **YOGA & Exercise**
- **ASHTANGA YOGA – Introduction**
- **ASANA, PRANAYAMA, MUDRA & BANDHA**
- **Naturopathy & Yoga**

Meaning & Definition of YOGA

- The word YOGA is derived from the sanskrit root **“ YUJ” “ YUJ” MEANS TO JOIN OR TO UNITE OR TO YOKE**
- YOGA therefore can be defined as a means of uniting individual spirit and universal spirit of god
- It is the union of individual consciousness(atma) with cosmic consciousness(parmatma)
- In real sense, it means to have conviction that god does not reside anywhere outside but dwells in one's heart constantly and one has to be perpetually aware of him, because individual consciousness is the part of cosmic consciousness
- In short YOGA is any method that allows us to work upto what we really are and to what life is all about

Meaning & Definition Of YOGA

- In The Sacred Text Called As BRAHADYAJNAVALKYASMRTI The Word YOGA Is Defined As “योगेनात्मदर्शनम्”
- It Means Self Is Realised By Means Of YOGA
- Every Individual Is The Combination Of Both Beast And Divine Tendencies
- If A Individual Contemplates On Self, Ceaselessly, The Beastly Tendencies Are Reduced And He Truly Becomes Human Being And There After He Recognizes Divinity Within Himself Then Such Individual Becomes Divine Entity

Meaning & Definition Of YOGA

- In BHAGWAT GITA LORD SHREEKRISHNA says, “योगः कमशसु कौलम्”
- It means an individual can achieve excellence in their action by practicing YOGA because when the mind is at peace actions are performed at intellectual level and excellence is achieved in performing the actions

Meaning & Definition Of YOGA

- **“समत्वं योग उच्यते”**
- Bhagvad Gita Chapter 2, verse 48 is as follows : having renounced the attachment for the fruit of action and possessing equanimity towards success and failure is indeed called **YOGA**
- To have equanimity for success and failure, it becomes imperative to have a steady and peaceful mind
- Mind reaches that state due to regular practice of **YOGA**

Meaning & Definition Of YOGA

- “योगो भवतत दुःखहा ”
- The Bhagavad Gita Offers Another Definition Of YOGA In Chapter VI, Verse 17
- It Say Yogo Bhavati Duhkhahah - YOGA Destroys Misery

Meaning & Definition Of YOGA

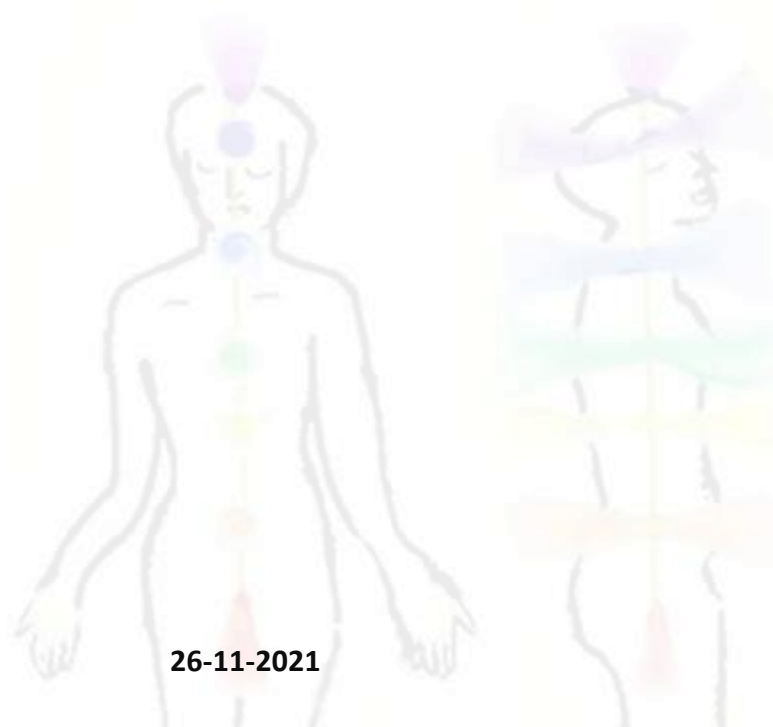
- **“योगश्चित्तवृत्तिनिरोधः”**
- The very second aphorism from the Patanjali Yogasutras is Yogascittavrttinirodhoh – it means that YOGA is the cessation of modification of mind
- Citta is the manifestation of mind, ego and intellect Vrtii is the natural response when mind comes into contact with object Vrtiis are thus waves in the mind
- Anger, sorrow and happiness are also mental modifications
Cessation of this modification of mind is YOGA

Meaning & Definition Of YOGA

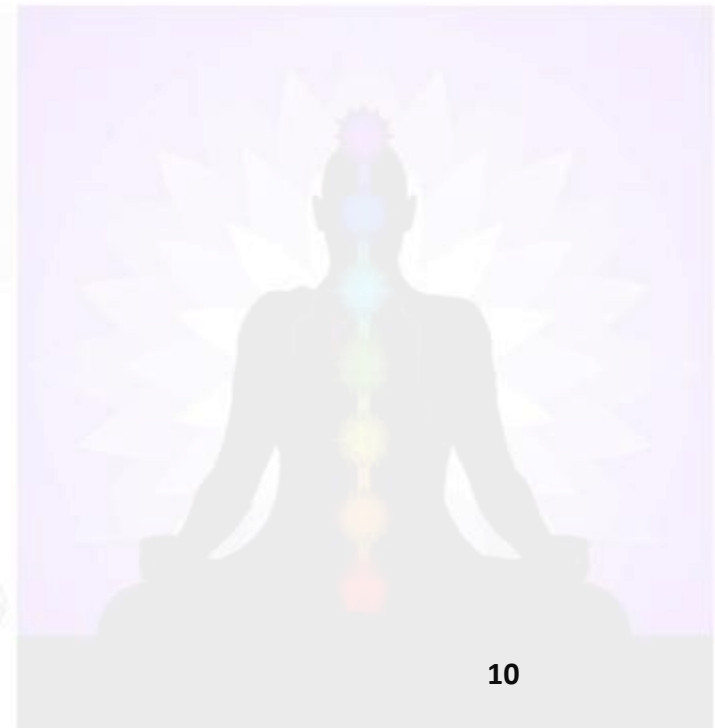
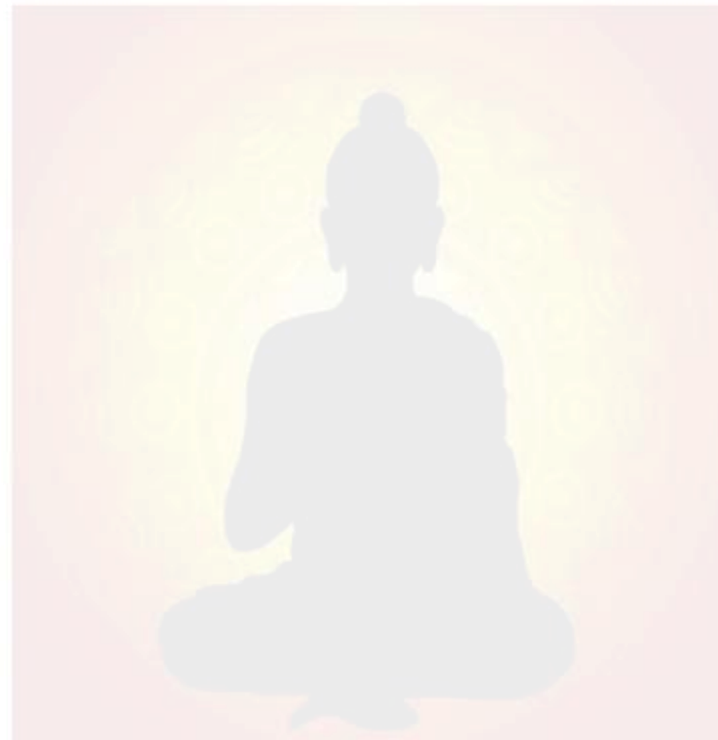
- “संसारोरणेयुक्तीयोगर्द्धेन कथ्यते”
- SAMSAROTTARANANEYUKTIRYOGASABDENA KATHYATE - The technique that enables one to overcome the difficulties of the worldly life is called YOGA
- This is very brief, apt and easy to comprehend definition of YOGA
- The Yogavasistha asserts that YOGA is the best tool to pacify mind

Meaning & Definition Of YOGA

- “मनः प्रमन उपायः इतत योग”
- IT SAYS MANAHPRASAMANNOPAYAH ITI YOGAH



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Meaning & Definition Of YOGA

- In the Vyasabhasya, the commentary by Vyasa on the Patanjala YOGA Sutras, YOGA has been defined as **“योगः समाधीः”**
- YOGAH Samadhi, YOGA means absorption
- In the statement referred to above first word YOGA denotes the means and the latter word Samadhi denotes the goal
- It proposes that one should use the components of the YOGA as the means and proceed towards the end
- The interesting part of it is in the fact YOGA is the means and the goal is also YOGA
- Thus it easily becomes clear why it is said, YOGA should be known through YOGA

Meaning & Definition Of YOGA

- In the words of Paramhansa Swami Satyananda Saraswati of Bihar School of YOGA says, **“YOGA IS USUALLY DEFINED AS UNION : UNION BETWEEN THE LIMITED SELF (JIVA) AND THE COSMIC SELF (ATMAN)”**
- As such we are not separated from consciousness Therefore YOGA is not really union but realization of union already existing
- Swami Shivanand (the guru spiritual master) of Swami Satyanand says **“YOGA IS INTEGRATION AND HARMONY BETWEEN THOUGHTS, WORDS AND DEEDS OR INTEGRATION BETWEEN HEAD, HEART AND HANDS”**

Aim & Objectives Of YOGA

- **THE ULTIMATE AIM OF YOGA IS SELF REALIZATION i.e.Moksha, kaivalya or nirvana**
- **This is state, free from miseries and sufferings of life**
- **YOGA offers the goal of life and means to reach it**

Aim & Objectives Of YOGA

- Though the final goal of YOGA is Samadhi, the immediate aims and the objectives of YOGA are to keep the person, practitioner physically fit, mentally stable and emotionally quiet
- The knowledge that we obtain of the material and visible objects is called as physics while the knowledge gained through YOGASADHANA about our pure nature and realization of power of self is metaphysic or spiritual knowledge

Misconceptions Of YOGA

- There are many misconceptions about YOGA
- Due to lack of information, erroneous notions, incorrect comprehension of the subject matter, prejudices, intellectual incapability, and difference of opinion

Misconceptions Of YOGA

- **YOGA is meant only for a selected few person to be practice in forest, in solitude after renouncing the worldly life and wearing the saffron robes of a monk**
- **YOGA is miracle or a secretive esoteric science is also wrong On the contrary the consequences and the outcomes of each action or process in YOGA has been well defined in YOGA shastra**
- **YOGA is only a technique to treat and cure diseases This is not correct, because there are limitations to the therapeutically applications of YOGA Basically YOGA is the preventive science and in some cases, it can cure diseases**

Misconceptions Of YOGA

- YOGA is nothing but a method of physical exercise, this is also incorrect because YOGA works on namely three aspects physical, mental & spiritual It has given more attention to mind, its modifications (pacifying and steadying it) And works more on intellectual level than physical one The physical body is used as a medium to begin with
- YOGA is an instrument for the propagation of Hinduism and it is used to spread and promote Hinduism This is also is not correct
- YOGA is not a religion; it is science
- Religion breeds difference amongst the people while **YOGA UNIFIES THEM PERSONS FROM ALL RELIGIONS NEED PHYSICAL WELLBEING AND MENTAL STABILITY**

History Of YOGA & its lineages

**Yoga is our heritage of yesterday,
need of today & culture of tomorrow**

History Of YOGA & its lineages

- **Pre-Vedic Period**
- **Vedic Period : 4 Vedas**

**RIG
VEDA**

**Sacred
Hymns**

**YAJUR
VEDA**

**Knowledge of
Sacrifice**

**SAM
VEDA**

**Knowledge of
Chants**

**ATHARVA
VEDA**

**Knowledge of
codes of everyday life**

History Of YOGA & its lineages

Vedic Period : 4 Vedas

**RIG
VEDA**

**Sacred
Hymns**

**YAJUR
VEDA**

**Knowledge of
Sacrifice**

**SAM
VEDA**

**Knowledge of
Chants**

**ATHARVA
VEDA**

**Knowledge of
codes of everyday life**

- Rishis Diktats
- Lived in divine harmony
- Preferred seclusion & harmony

History Of YOGA & its lineages : Periods

PRE-CLASSICAL

- Upanishad or Vedanta - Essence of Vedic Yoga
- Jiva- Embodied Soul
- Jagat- World
- Ishwar- GOD or creator
- Atman- Individual Soul
- Brahman- Ultimate Reality



CLASSICAL

- SAGE PATANJALI-200 BC
- Patanjali Yoga Sutras- 1st systematic and coherent presentation of YOGA
- ASHTANGA YOGA- Classical YOGA
- Definite steps towards obtaining SAMADH_ enlightenment
- Yama, Niyama, Asana, Pranayama, Pratyahar, Dharana, Dhyana & Samadhi

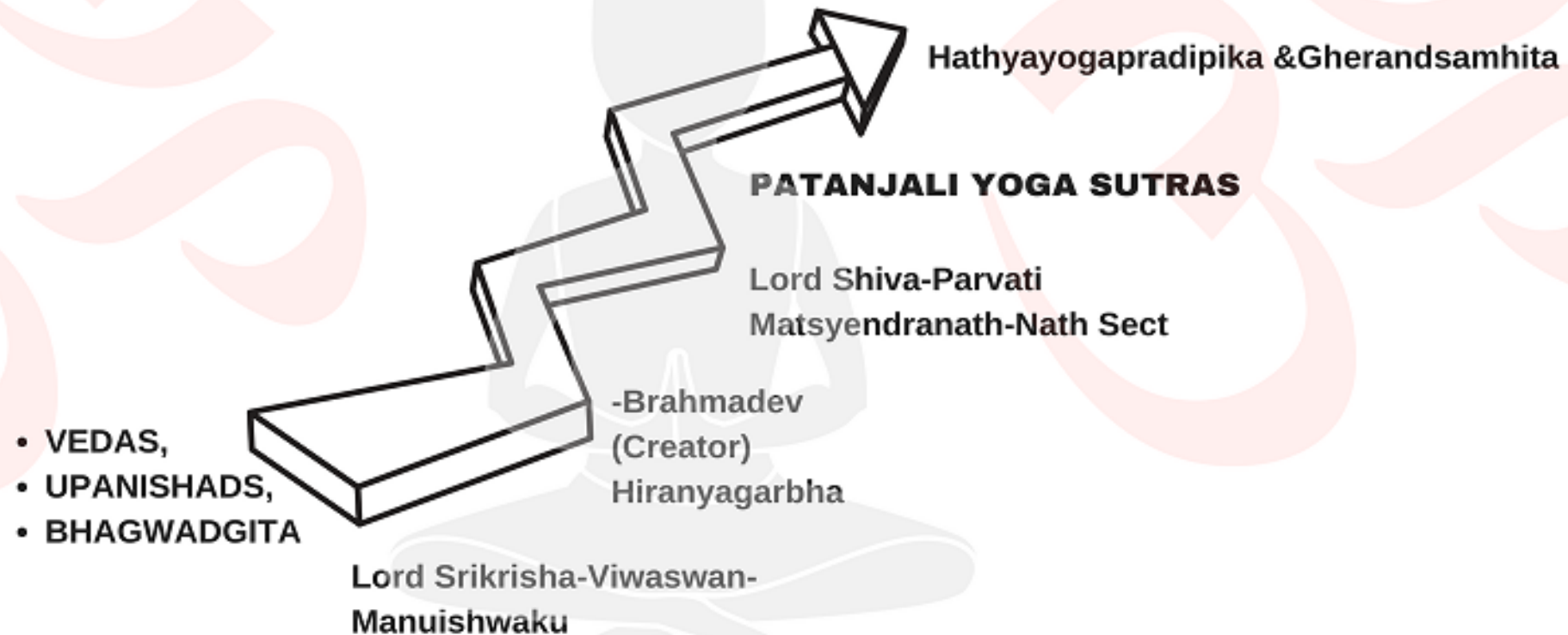
POST-CLASSICAL

- Tantra Yoga, Hatha Yoga
- Spirituality with empirical knowledge
- Physical oriented practice
- Psycho-Physiological strengthening
- Health & Longevity



History Of YOGA & its lineages

Evolution of Yoga



History Of YOGA & its lineages

YOGA in Ancient Times

- **Guru Shishya Parampara**
- **Ashrams**
- **Mathaas**
- **For Limited People only**
- **Shakti Jagran**

YOGA in Modern Times

- **Swami Vivekananda-Raj Yoga**
- **INSTITUTIONALIZATION of YOGA**
- **Applied Yoga**
- **Yoga as treatment**
- **Yoga Therapy Research**



History Of YOGA & its lineages

- **Swami Vivekanda**
- **Ramakrishna Mission**
- **Madhavdas maharaj from Malsar**
- **Yoga Institue- Santacruz**
- **Kaivalyadham**
- **Lonavla Yoga Institute**
- **Yoga Vidya Niketan**
- **Swami Shivananda- Rishikesh**
- **Parahansa Swami Satyanand Saraswati**
- **Bihar School of Yoga, Munger**
- **Ghantali Mitra Mandal, Thane**
- **Yoga Vidya Dham- Nashik**
- **Ambika Yoga Kutir, Thane**
- **All India Institute of Medical Sciences**

History Of YOGA & its lineages

B.K.S. Iyengar Guruji- Iyengar Yoga

Aurobindo

Vivekananda Kendra, Kanyakumari

Swami Vivekananda Yoga Anusandhana Kendra, Bangalore

SVYASA

Baba Ramdev

Morarji Desai National Institute of Yoga, Delhi

Sagar University MP

Mumbai University

Kavi Kulguru Kalidas Sankrit Vidyapeeth, RAMTEK

Individuals

Yogabhyasi Mandal- Nagpur-Samaradhana Diwas

History Of YOGA & its lineages

- **Swami Vivekananda- thought to social relevance**
- **Ramakrishna Mission- vedanta & karmyayoga**
- **Madhavdas Maharaj from Malsar-**
 - **Started at age of 80**
 - **2 disciples**
 - **Yogi Yogendra**
 - **Swami Kuvlayananda**

History Of YOGA & its lineages

Yoga Institute Santacruz

Yogi Yogendra

Jaideviji

Hansaji Jaydev

Patanjali Jaidev

Kaivalyadham

Swami Kuvalayanand- 1924

Scientific reseach on Yoga

Applied Yoga & Yoga as a therapy

YOGAMIMANSA- Ist Scientific journal in the world on YOGA

Every THREE YEARS hold scientific yoga conference

History Of YOGA & its lineages

Lonavla Yoga Institute

Dr.M.L. Gharote/Dr.Manmanth Gharote

Literary Research

Aim to revival of traditional yoga

Conference for 10 years

History Of YOGA & its lineages

Yoga Vidya Niketan

Padmashri Sadashiv Nimbalkar

Physical Education to teachers

From 1959-1974 at Kaivalyadhama

Popular TV shows

Teachers Training Course- Diploma in Yogic Education

Diploma

Yoga Therapy

Naturopathy

Natural Living

History Of YOGA & its lineages

Swami Shivanand- Rishikesh

- Yoga Synthesis
- 1936- Divine Life Society

Spread Yoga from Door to Door & Shore to Shore

Paramhansa Swami Satyanand Saraswati

- Bihar School of Yoga- Munger-1963
- Satyananda Yoga- Integration of different streams of YOGA
- Yoga Teachers training
- Parahansa Swami Niranjanananda Saraswati
- Parahansa Satyasangananda Saraswati
- Swami Suryaprakash Saraswati

History Of YOGA & its lineages

Ghantali Mitra Mandal

- **Founded by Yogacharya K.B. Sahasrabudhe**
- **Jadardanswami, Nagpur**
- **Yogacharya- Swami Satyananda Saraswati**
- **Initiated Yogachari Shreekrishna Vyavahare in Yoga**
 - **Formed the Mandal in 1965**
 - **Yoga Department in 1971 - Change of Focus**
 - **Promoter of Socially Oriented Yoga**
 - **Completed teachers training courses from all major Yoga institutes**
 - **Yoga therapy training**
 - **Multifaceted Yoga related activities**
 - **Yoga for Jail inmates, Medha Sanskar**
 - **Training sadhakas to become yoga teachers**
 - **Regular Yoga classes**
 - **GOLDEN YOGI- Swami Niranjanananda Saraswati**

History Of YOGA & its lineages

Yoga Vidya Dham- Nashik

- **Founded by P L Lavgankar**
- **Founded at Nashik by Yogacharya Vishwasrao Mandlik - Rishi Dharamjyot**
- **Yoga Vidyapeeth-1983**
- **Yoga Vidya Gurukul**
- **Multifaceted Work through many centres**
- **Variety of courses**
- **Yoga and Naturopathy Hospitals- Nashik**

History Of YOGA & its lineages

Ambika Yoga Kutir

- Founded in 1965- Hatayogi Nikam Guruji
- Yoga & herbal medicines
- Shri Ramachandra Surve

B.K.S. Iyengar Guruji

- Started Yoga teaching in Pune in 1940
- Ramani Memorial Yoga Institute, Pune in 1975
- Self Made Yogi - IYENGAR YOGI
- Light on Yoga
- Most widely practiced YOGA in USA
- Spiritual elevation through ASANA and PRANAYAMA
- Geeta Iyengar/Prashant Iyengar
- Yoga Therapy
- "Furniture Yoga"

History Of YOGA & its lineages

AUROBINDO

- Integral Yoga
- Evolution of human life to divine life : Man to Superman
- Sri Aurobindo Ashram - The MOTHER

VIVEKANANDA KENDRA, KANYAKUMARI

- YOGA as an aspect of national development esp YOUTH
- EDUCATION

History Of YOGA & its lineages

SWAMI VIVEKANANDA YOGA ANUSANDHANA KENDRA, BANGALORE

- Dr. H.R. Nagendra (Guruji)
- Dr. Nagrathna (Didi)
- Lakshmi Auntie

History Of YOGA & its lineages

SVYASA

- **Yoga Vibhag- Vivekanda Kendra at Bangalore University**
- **1986- SVYASA Prashant Kutiram**
- **S-VYASA- Yoga University- Combine best of EAST with best of WEST**
- **Yoga Therapy Centre**
- **Yoga Research - ICMR Grants**

History Of YOGA & its lineages

SVYASA

- **Alternate Year - Conference on Frontiers of YOGA & RESEARCH**
- **Yoga Therapy Research**
- **Yoga Therapy Hospital**
- **1st international recognition- publication of research on Asthma in BMJ**
- **Development of different yoga techniques- PET,MSRT, Chair Breathing etc**

History Of YOGA & its lineages

SVYASA

- **Arogyadhama-Ayurveda- Naturopathy**
- **Disease Wise Yoga Therapy Modules**
- **SDM - Stop Diabetes Movement**
- **University with wide variety of courses**
- **State of the art yoga lab**
- **Many branches in the world**
- **Tie Up with major institutions**

History Of YOGA & its lineages

BABA RAMDEV

- Patanjali Yogapeeth-Haridwar
- Yoga and Ayurveda Research

MORARJI DESAI NATIONAL INSTITUTE OF YOGA, DELHI

- Autonomous Institute at New Delhi under "AYUSH" deptt
- Health, Harmony and Happiness for all through Yoga
- Planning, Training, Promotion & Coordination of Yoga Education. Training, Therapy & Research
- State-of-the-art facilities
- Variety of courses; Yoga Therapy OPD
- National Yiga Week, Seminars, Conferences, Workshops



History Of YOGA & its lineages

SAGAR UNIVERSITY,MP

- Yoga Department-Degree course-1959- Dr.Kalidas Joshi

MUMBAI UNIVERSITY

- Philosophy Department-Kalina
- Diploma & Advanced Diploma in YOGA
- M.A. Phd in Philosophy with YOGA

Kavi Kulguru Kalidas Sankrit Vidyapeeth, Ramtek

- K.J.Somaiya Bharitiya Sanskriti Peetham & other places in Maharashtra
- B.A./M.A. (Yogasashtra), Phd in Yogashashtra
- P.G. Diploma in Yoga
- Yoga Certifiante/Yoga Therapy Courses

YOGA & Exercise

- **ORIGIN, DEFINITION & GOAL**

- **YOGA**

- As old as the Universe –
- “Yogen Atma Darshanam” – Having direct experience of True Self
- “Atman or Purush” – Union of Body & Mind, Body, Mind & Soul,
- Complete Health at Physical, Mental, Emotional Level

- **EXERCISE**

- As old as the Universe
- Activity requiring physical effort carried out to sustain or improve health and fitness
- Recreation, Maintenance & Improvement of Health

YOGA & Exercise

DEFINITION OF HEALTH

WHO:

“ A state of complete physical, mental and social wellbeing & not merely absence of disease or infirmity.”

AYURVEDA :

- **“ HEALTH is a state wherein the Tridoshas, the digestive fire, all the body tissues & components, all the physiological processes are in perfect unison, & the soul, the senses organs and mind are in a state of total satisfaction (prasanna) & content**

YOGA & Exercise

YOGA - TYPES

Jnana Yoga – through intellect

Karma Yoga – through elevated actions

Bhakti Yoga – through culturing emotions

Raj Yoga – through conscious control of will also called as Ashtanga Yoga.

Hatha Yoga – through Awakening of Kundalini

EXERCISE- TYPES

- 1. Aerobic or Cardiovascular exercise: Activities that increases heart and breath rate. Cycling, Walking, Jogging, Hiking, Dancing etc**
- 2. Anaerobic Exercise: Activities that makes your muscles stronger. Weight training, using resistance band, climbing stairs, lifting etc**
- 3. Flexibility Exercise: Activities that improve the range of motion & joints. Stretching exercises**

YOGA & Exercise

- **ASHTANGA YOGA**

- Yama, Niyama - Behavioural Level
- Asana, Pranayama - Physical Level and Mental Level
- Pratyahara, Dharana - Mental Level
- Dhyana, Samadhi - Spiritual Level

- **Yoga aims at achieving health at all the levels.**

YOGA & Exercise : Process of YOGA

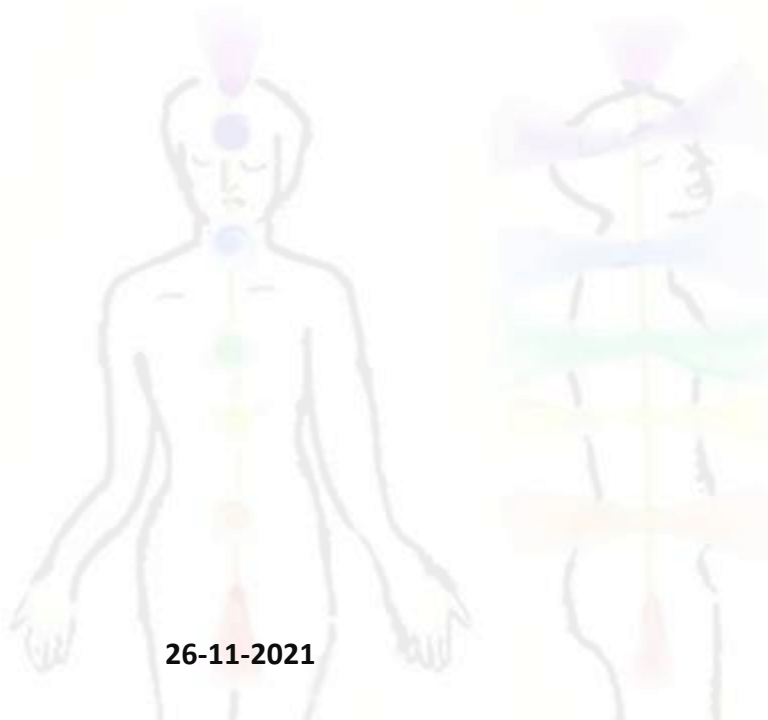
- Tratak
- Aum Chanting
- Starting Prayer
- Loosening exercises
- Asanas
- Pranayama
- Dharana
- Relaxation with positive suggestion – Sankalp
- Ending Prayer With Mindful Awareness & in a relaxed way

YOGA & Exercise

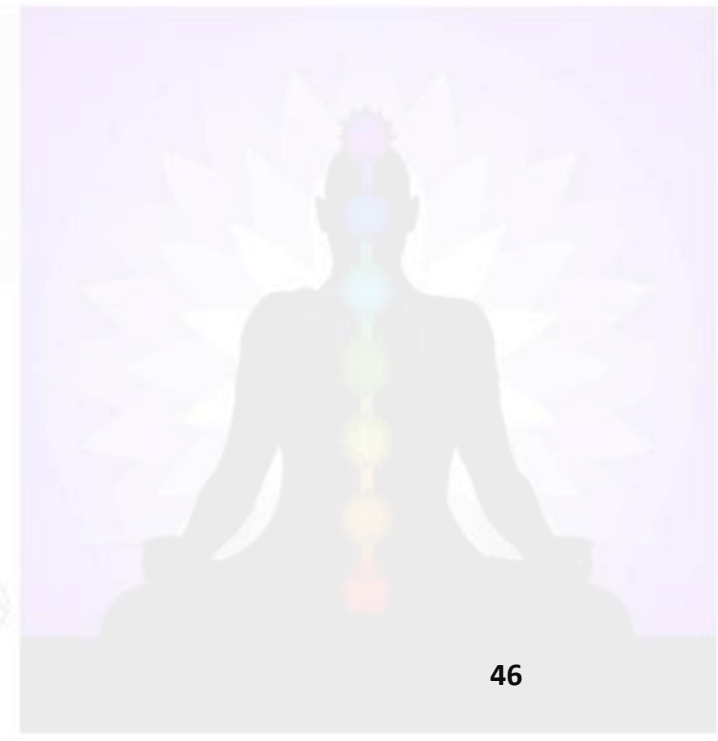
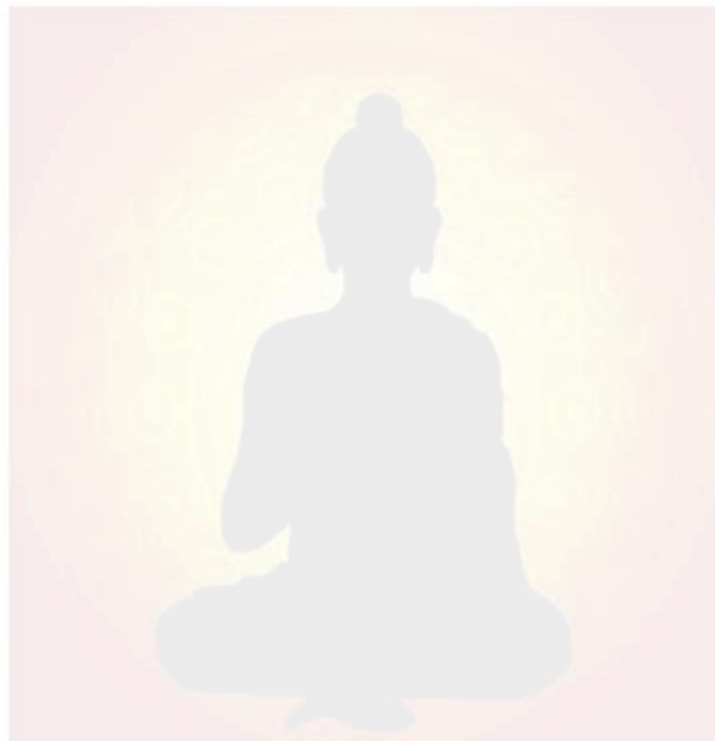
- **PROCESS OF EXERCISE**

- Warm Up
- Exercise
- Cool Down

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YOGA & Exercise : Process of Exercise

- **Movements are Jerky & Dynamic**
- **The maintenance phase is rarely observed**
- **Repetition of the movements is the main characteristics**
- **High protein diet is recommended**
- **High quality and latest instruments are required.**
- **Exercises can be done with ease only up to certain age limit**
- **Performed with external awareness**

YOGA & Exercise

- **ISOTONIC CONTRACTIONS**

- It maintains **CONSTANT TENSION** in the muscle as the **MUSCLE CHANGES LENGTH**
- Isotonic muscle contractions can be either concentric or eccentric

- **ISOMETRIC CONTRACTION**

- In contrast to isotonic contractions, isometric contractions **GENERATE FORCE WITHOUT CHANGING THE LENGTH OF THE MUSCLE**, common in the muscles of the hand and forearm responsible for grip
- Using the above example, the muscle contraction required to grip but not move a heavy object prior to lifting would be isometric
- Isometric contractions are frequently used to maintain posture
- Isometric contractions are sometimes described as yielding or overcoming

YOGA & Exercise

- **ISOTONIC AND ISOMETRIC CONTRACTION**

- **YOGA**

- The effect of asanas is on Torso
- Emphasis on Circulatory, Autonomic nervous system & Endocrinal system
- Influences & Improves circulation in visceral organs
- Inverted asanas influence blood circulation

- **EXERCISE**

- The effect on Torso is secondary.
- The movements of extremities are prominent
- Emphasis is on Muscular system
- Circulation is increased in the periphery
- No inverted posture

YOGA & Exercise

- **ISOTONIC AND ISOMETRIC CONTRACTION**
- **YOGA**
 - Increases flexibility of the spine and reduces the stiffness of joints
 - Negligible increase in blood pressure, heart beats & breath rate
 - No undue load on cardio- respiratory system
 - Neuromuscular coordination increase
- **EXERCISE**
 - The flexibility may be limited, spinal joints may become stiff
 - Increases blood pressure, heart beats & breath rate.
 - Load on cardio-respiratory system.
 - No effect

YOGA & Exercise

- **ISOTONIC AND ISOMETRIC CONTRACTION**

- **YOGA**

- Accumulation of lactic acid in the joints never seen in asanas
- Asanas as a result muscular fatigue is never experienced
- Demand of oxygen is normal
- Asanas stimulate Parasympathetic Nervous system

- **EXERCISE**

- Muscular fatigue is commonly experienced after continuous exercise as a result of toxic effects of accumulated lactic acid and carbon dioxide
- Demand of oxygen is increased
- Exercise stimulates Sympathetic Nervous System

YOGA & Exercise

- ISOTONIC AND ISOMETRIC CONTRACTION
- YOGA

- Asana, Pranayama & Mudras have impact on Endocrine system.
- Balances emotions
- Inverted postures relieves the gravitational strain on the abdominal organs.
- Breath control is achieved through Pranayama
- Develops Inner Awareness.
- Reduces Ego

- EXERCISE

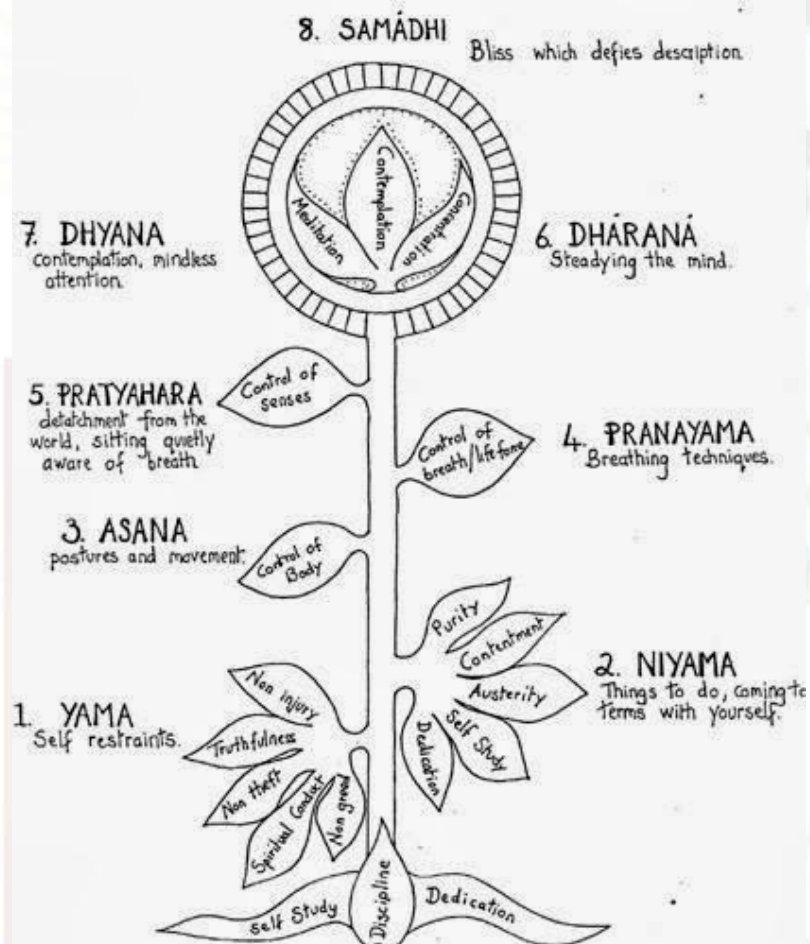
- No such impact is seen.
- No inverted postures
- No awareness towards Breath.
- Develops External Awareness
- No such thing happens

- SIMILARITIES

- Enhances Blood Circulation, Lung Capacity and Immunity
- Develops positive attitude & ability to cope with stress improves

ASHTANHA YOGA : Eight Limbs of Yoga

THE EIGHT LIMBS OF YOGA



YOGA : What is ASANA?

- An asana is a body posture, originally and still a general term for a sitting meditation pose, and later extended in hatha yoga and modern yoga as exercise, to any type of pose or position, adding reclining, standing, inverted, twisting, and balancing poses.
- The Yoga Sutras of Patanjali define "asana" as "[a position that] is steady and comfortable"
- Patanjali mentions the ability to sit for extended periods as one of the eight limbs of his system.
- Asanas are also called yoga poses or yoga postures in English.

• Source : Wikipedia

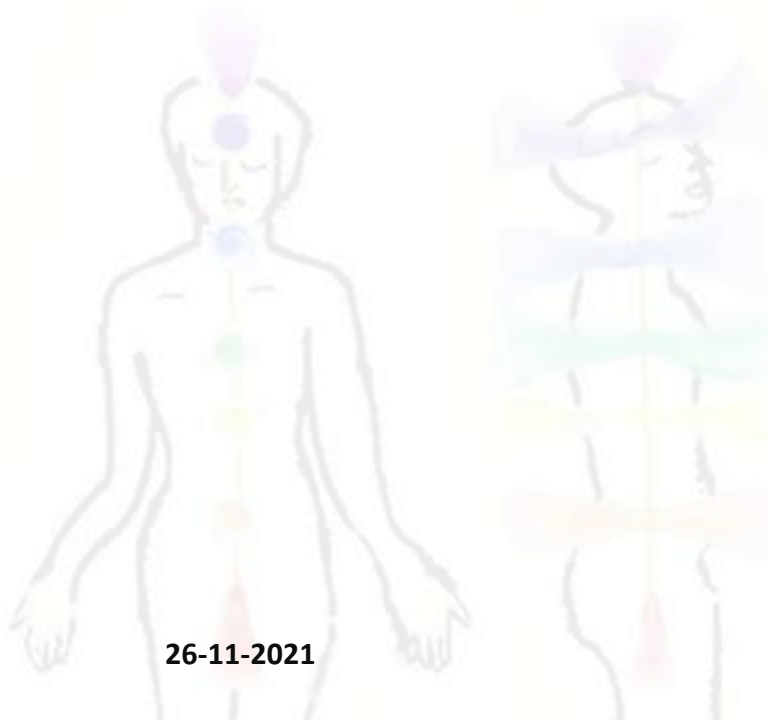
YOGA : ASANA PROCESS

- **Performing an Asana involves –**
 - Initial posture – Attaining the posture with movements – Slow, Controlled & rhythmic
 - Maintaining the posture comfortably with no movements “ Sthiram Sukham Asanam”
 - Releasing the posture with movements – Slow, Controlled & Rhythmic
 - Initial posture
 - Satwik, Simitt & Santulit diet is recommended.
 - No special instruments are required.
 - No Age limit
 - Performed with inner awareness
-
- Sthiram Sukham Asanam
 - “Prayatna Shaithilya Anant Samapattibhyam
 - “Tato Dvandvanabhighatah

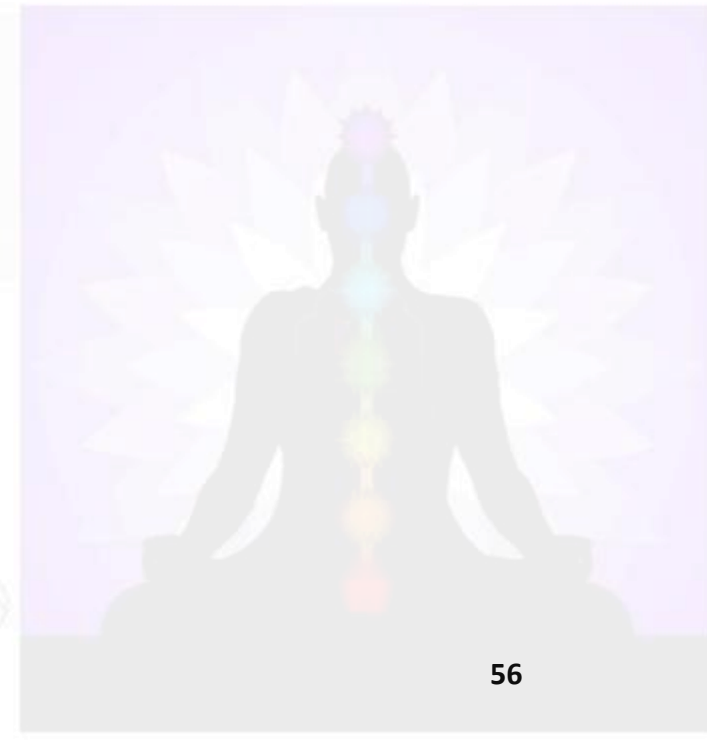
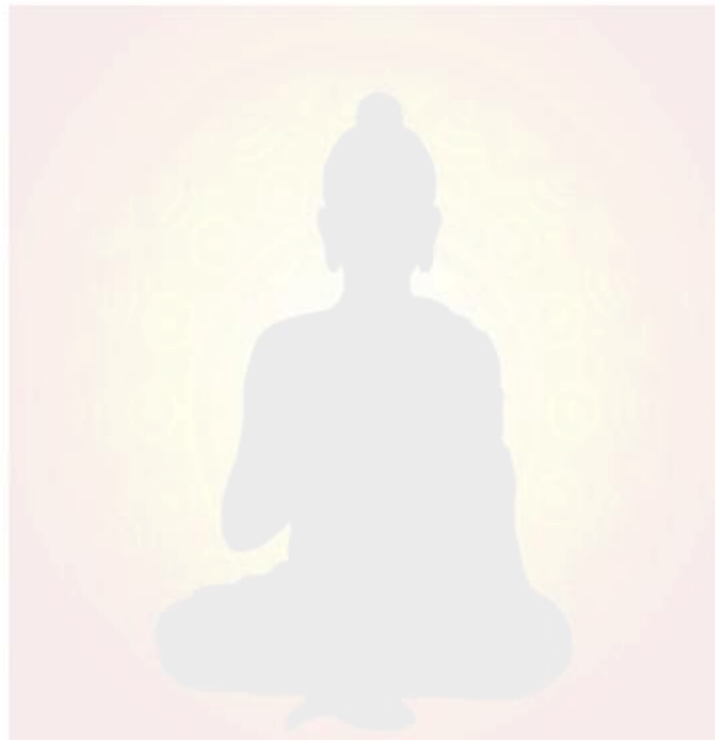
YOGA ASANA

- “sthira sukham asanam”, meaning that every asana should be 'STEADY' and 'COMFORTABLE' - STHIRA and SUKHA

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YOGA ASANA

- “Prayatna shaithilya Ananta samapattibhyām” (II Sūtra 47)
- prayatna = effort; shaithilya = letting go of; ananta = infinite; samapattibhyam = uniting with.

- “Letting go of the effort and uniting with the infinite.”
- Effortlessness is the KEY

YOGA ASANA

- **Tato dvandvānabhighātaḥ PYS II.48**
- **When we stand firm in wholeness (tato = thereafter), separation (dvandva) can no longer assail us. Anabhighatah, or undisturbed (a = not; abhi = to, over, into, upon; han = strike, smite, destroy), gives the sense of a victim who has been huddled low as an assailant towers over them, raining down blows, finding rescue from the attack.**
- **When posture is mastered, there is a cessation of the disturbances caused by the pairs of opposites...whether physical, mental or spiritual**
- **Most translations go on to give examples of opposites.**
- **Common ones are: like/dislike, love/hate, relative/universal, hot/cold...**

What is PRANAYAMA?

- "Pranayama is control of Breath".
- "Prana" is Breath or vital energy in the body.
- On subtle levels prana represents the pranic energy responsible for life or life force, and "ayama" means control. ...
- One can control the rhythms of pranic energy with pranayama and achieve healthy body and mind.

Why Pranayam + Meditation are necessary from the Medical Science's point of view ?



- **Everyday the heart pumps 7000 litres of blood**
- 70% blood is pumped to the Brain**
- 30% to the rest of body**



How does the heart work so efficiently and effectively ?
Heart works effectively because it follows a discipline

NORMAL CONDITION

Heart takes 0.3 secs to contract (systole) and 0.5 secs to relax (diastole).

So $0.3 + 0.5 = 0.8$ secs are required by the heart to complete one beat (1 cardiac cycle).

That means in 1 min, the heart beats 72 times which is considered as normal heart beat.

During the relaxing phase of 0.5 secs the impure blood travels through the lungs and becomes 100 % pure.

ABNORMAL CONDITION

The body demands more blood in less time

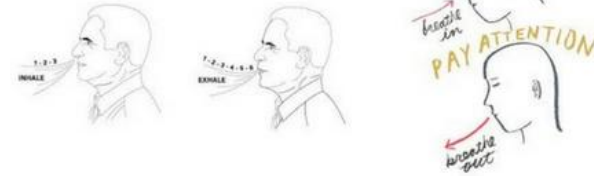
The heart reduces the relaxing period of 0.5 secs to 0.4 secs.

The heart beats 82 times in 1 min and only 80% of blood gets purified

On more and more demand the relaxing time is further reduced to 0.3 secs & then only 60% of blood is purified.



- Imagine the consequences of the lesser Oxygenated blood circulating in our Arteries !
- **DEEP BREATHING** is the key to ensure better Oxygenation of the blood.



Meditation is the most useful tool to calm an agitated mind



When we sit with eyes closed and meditate , the brain gets calmer, heart gets rested, thus insulating us from the Diseases of Heart & Brain



PRANAYAM + MEDITATION IS THE KEY TO THE REAL HEALING...

DO YOGA IN YOUR DAILY LIFE



IF POSSIBLE ADD A BIT OF LAUGHTER TO IT AND DO LAUGHTER YOGA



What is a MUDRA?

- Mudra means "seal" or "closure" in Sanskrit.
- We use these gestures mostly in meditation or in pranayama practice to direct the flow of energy within the body by using the hands
- So when we place our hands in yoga mudras, we stimulate different areas of the brain and create a specific energy circuit in the body.



What is a MUDRA?

- Mudra is translated as 'Gesture' or 'Attitude'
- Defined as “**MUDAM ANANDAM DADATI ITI MUDRA”**
- Muda means pleasure, delight, to be happy, blissful
- Ra means to draw forth
- The action that gives us pleasure, bliss is called as mudra
- Other meaning of mudra : Seal, Symbol, Currency, Stamp



Types Of Mudra



1. Gyan Mudra



2. Shunya Mudra



3. Apan Mudra



4. Prana Mudra



5. Vayu Mudra



6. Prithvi Mudra

Types Of Mudra

Vayu Mudra



Adi Mudra



Chin Mudra



Chinmaya Mudra



Yoga Mudras and Their Positive Effects on Health



It boosts immunity. It also improves vision and keeps the eye ailments away.



The body become more relaxed. It improves the focus of the mind.



Speeds up digestion thus, keeps weight in check. It also fights the coldness of the body and keeps it aptly warm.



Reduces bad cholesterol, promotes weight loss and enhances mental peace. Overdoing it may heat the body unduly.



Brings natural glow to the skin, relaxes the mind when you feel stressed out, boosts self-confidence and increases mental resilience.



Keeps the body hydrated and supple by regulating the water balance inside the body.



Balances air within the body. It, therefore, improves digestion and aids loss in weight.



This mudra cures hearing related problems and improves mental state too.



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What is a BANDHA?

- The Sanskrit word Bandha means to Lock, to Hold, to Bind Bandhas are included in pranayama and also mudra
- The aim of Bandha is to lock the pranas in a particular area and redirect their flow into sushumna nadi
- Bandhas are applied while practicing Kumbhaka mostly during the Antar- kumbhaka phase in Pranayama.

Benefits of Mudra

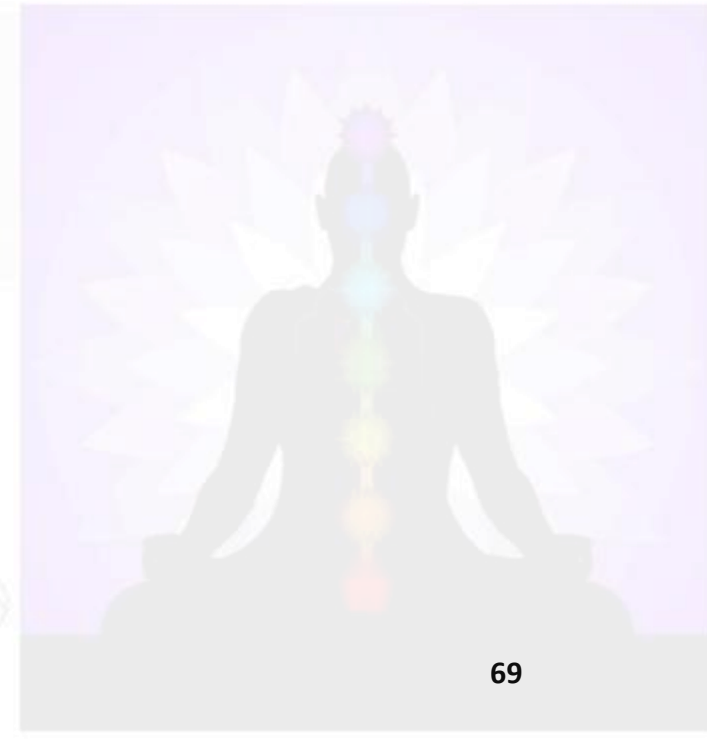
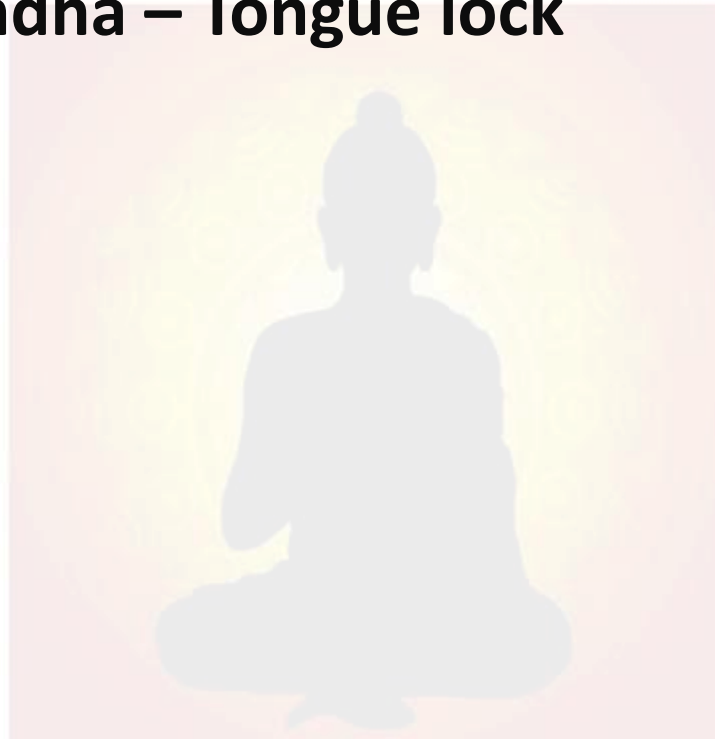
- Mudras clear the psychic centres and channels in the body
- This allows the LIFE FORCE “PRANA” to flow freely to the various parts of the body
- The Mudras purify the bio magnetic field and shield it from negative forces

Types of Bandhas

1. Jalandhara bandha – Throat lock
2. Uddiyan bandha – Abdominal lock
3. Moola bandha – Perineum lock
4. Jeevha bandha – Tongue lock



26-11-2021



Jalandhara Bandha

- Jalandhara bandha is the throat lock It helps prevent the flow of fluid from the lunar plexus.
- It has an impact on the major nerves that pass through the neck.
- It presses the Ida and Pingala Nadis and allows the prana to pass through Sushumna.
- It clears the nasal passage and regulates the flow of blood and prana to the heart, head and the endocrine glands in the neck.
- It influences Pituitary, Pineal, Thyroid, Parathyroid and Thymus.

JALANDHARA BANDHA
THE CHIN LOCK



Uddiyan Bandha

- Uddiyan bandha The Sanskrit word Uddiyan means 'To rise up'.
- Uddiyan Bandha is the Abdominal Lock.
- Uddiyan Bandha is applied during pranayama in Antarkumbhaka.
- It tones the abdominal organs, increases the gastric fire and eliminates toxins in digestive tract.
- It exercises the diaphragm and abdominal organs.
- The lifted diaphragm gently massages the muscles of the heart, thereby toning them. It influences Adrenal glands and Pancreas

UDDIYANA BANDHA THE ABDOMINAL LOCK



Mool Bandha

- Moola Bandha The Sanskrit word moola means 'Root', 'Source'.
- Moola bandha is the Perineum Lock.
- When the muscles of the perineum are contracted the whole of the pelvic floor is pulled up.
- It stimulates the pelvic nerves and tones the uro-genital and excretory system.
- It influences the Gonads and the Perineal body/cervix- Vestigial endocrine glands.

MULA BANDHA THE ROOT LOCK - FOR MEN



CONTRACT THE SPOT UNDER THE PERINEUM

yogicwayoflife.com

MULA BANDHA THE ROOT LOCK - FOR WOMEN

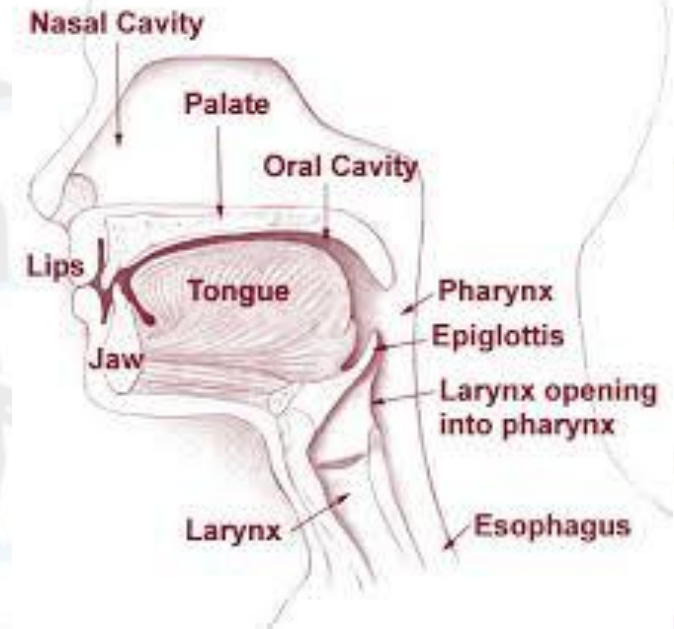


CONTRACT THE SPOT NEAR THE CERVIX

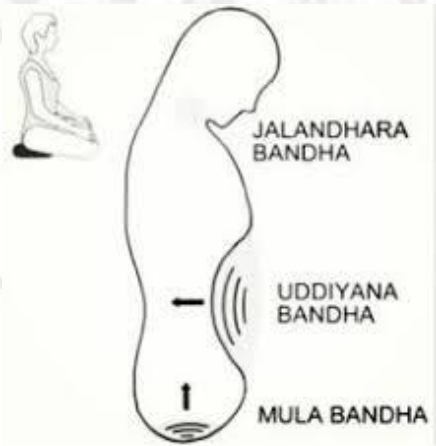
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Jeeva Bandha

- Is the Tongue Lock.
- This bandha is applied by turning the tongue in the reverse direction.
- The tip of the tongue is fixed at the hole above the pallet and thereby blocks the Prana Shakti



MAHABANDH



Mula bandha

To lift the impurities (mala) up to the fire.



Uddiyana bandha

To hold the impurities close to the fire to burn them, and evaporate amrta to replenish the "lake of the mind".



Jalandhara bandha

To prevent amrta from falling into the fire.

Benefits of Bandhas

- As bandhas have direct influence on endocrine glands certain Bio-rhythms in the body are regulated.
- All the bandhas when performed correctly lowers respiration rate, inducing calmness and relaxation.
- Blood Pressure is decreased Heart rate is reduced.
- Digestive system is toned, massaged and revitalized. Sympathetic activity in the body is decreased

Difference between Mudras & Bandhas

- While applying Bandha the breath is held inside – Antarkumbhaka or outside – Bahirkumbhaka.
- But while practicing mudras breath is rarely suspended.
- Bandhas are used during the Kumbhaka phase of Pranayama while Mudras are practiced otherwise too.
- Bandhas do not express any emotions while Mudras are used to express some kind of emotions or gestures.

Naturopathy & Yoga

DEFINITION OF HEALTH

The World Health Organization (WHO) defined health in its broader sense in its 1948 constitution as "A STATE OF COMPLETE PHYSICAL, MENTAL, AND SOCIAL WELL-BEING AND NOT MERELY THE ABSENCE OF DISEASE OR INFIRMITY"



DEFINITION OF NATUROPATHY



Naturopathy is a system of man building in harmony with the constructive principles of Nature on physical, mental, moral and spiritual planes of living

Naturopathy is a system of treatment which recognizes the existence of the vital curative force within the body

It therefore, advocates aiding human system to remove the cause of disease i.e toxins by expelling the unwanted and unused matters from human body for curing diseases



MAIN FEATURES OF NATUROPATHY



The cause of all diseases is one i.e **ACCUMULATION OF MORBID MATTER** in the body

Naturopathy treats all the aspects like physical, mental, social and spiritual at the same time. Naturopathy treats the body as a whole

According to Naturopathy, "**FOOD IS ONLY THE MEDICINE**", no external medications are used

Performing prayer according to one's spiritual faith is an important part of treatment (According to Gandhiji "Rama Nama" is the best Natural Treatment)



Naturopathy & Yoga

NATUROPATHY

Treatment with the help of Nature

Nature made of Panchamahabhutas : 5 BASIC PRINCIPLES

Akash (Space)



Prithvi (Earth)



Tej (Agni, Fire)



Apa (Water, Jal)



Vayu (Air)



Naturopathy & Yoga

NATURE



AIM OF NATUROPATHY

To Heal With The Help Of Nature
And Make Mankind Healthy
To Understand Body As 'DEH
DEVACHHA MANDIR '
To Calm Down The Mind
To Build Up Positivity
To Gain Ultimate Happiness
To Transform Man To
Superhuman 'NARACHA
NARAYAN'



PHILOSOPHY OF NATUROPATHY

Surrender To Nature
Listen To The Inner Voice &
Respond Accordingly
Be Honest With Vital Force
Accept Natural Lifestyle

HISTORY OF NATUROPATHY

Since Human Birth
Dates Back To Greek Roman Dynasty
Our Scriptures Have Focused On 5
Principles
As A Therapy - In Germany By
Experiencing
In America M.D. Doctors Studied
Scientifically, Understood Importance Of
'HEALING POWER', 'DO NOTHING' Method
In India Mahatma Gandhi, Vinoba Bhave,
Morarji Desai Etc. (Urali Kanchan
Aashram)

Naturopathy & Yoga



Naturopathy & Yoga

PERSON= PANCHABUTA=ATMA

SUBTLE

ATMA

Avakash, Empty Place
In The Face Region
Sinuses, Cavities,
Vacuoles, Respiratory
Passage

AKASH
(SPACE)

VAYU
(AIR)

Air, Sound Waves
In The Chest
Breathing - Exchange Of
Gases

TEJ
(AGNI,
FIRE)

Fire, Sun, Heat, Power
From Abdomen To Chest
Body Temperature,
Digestive Fire, Energy,
Living Force

APA
(WATER,
JAL)

Water, Flowing
From Thighs To Abdomen
Blood, Water, Digestive
Juices, Hormones, Urine,
Sweat

PRITHVI
(EARTH)

Grossest, Solid,
Coolness, Absorbing
Power, Magnetic Power
From Feet To Thighs
Bones, Muscles, Teeth,
Nails, Skin

GROSS

Naturopathy & Yoga

Principles of Naturopathy

- Nature Is A Great Divine Healer. 'DOCTORS TREAT, HE HEALS'
- Naturopathy Believes In Oneness Of The Disease, Their Cause And Treatment.
- Diseased State Is A Result Of Obstruction In Working Of Nature.
- Folly Of Human Being Is Responsible For His State Of Ill Health.
- Foreign Bodies Like Bacteria, Viruses And Germs Are Not The Real Cause Of The Disease.
- Cause Of Disease - Accumulation Of Waste Materials In The Body.
- Acute Diseases - Friends And Not Enemies
- Naturopath Does Not Only Treats But Also Becomes Friend, Philosopher And Guide To The Patient
- Effectiveness Of Treatment Depends On Patient's Participation And Faith.
- Naturopathy Is An Art As Well As Science.
- Naturopathy Treats The Person In Totality And Not The Disease.
- Diagnostic Methods Are Not Required
- Suppressed Diseases Come Up; Reappear In The Beginning Of The Treatment

SUBTLE
ATMA
AKASH
(SPACE)

VAYU
(AIR)

TEJ
(AGNI,
FIRE)

APA
(WATER,
JAL)

PRITHVI
(EARTH)

GROSS



Naturopathy & Yoga

Naturopathy As A Therapy

Based On Panchmahabhutas

No Medicine

No Side Effects

Holistic

Integrated

Treats Externally

Focus On Cleansing

Also A Psychology

Easy To Understand , Cheaper

Any One Can Practice

Irrespective Of Caste, Religion, Age,

Sex

Focus On Root Cause Of The Disease

Complete Cure

No Diagnostic Method

Diagnosis And Treatment By

Intuition

Treatment Tailor-Made,

Individualized

SUBTLE

ATMA

AKASH

(SPACE)

VAYU

(AIR)

TEJ

(AGNI,

FIRE)

APA

(WATER,

JAL)

PRITHVI

(EARTH)

GROSS



Naturopathy & Yoga

FOUR DOCTORS



- DR.DIET
- DR.QUIET
- DR.CLEANLINESS
- DR.MERRIMENT

AIM OF DIET

- Growth of the body
- Nourishment of the body
- Wear and tear of the body
- “Yatha Anna—Thatha Manna
- To improve immunity
- To maintain health

PROPER DIET

Sattuik, Limited, Balanced,
Full Of Chaitanya - Sprouted
Containing ‘Yadrsa’- Sour, Sweet,
Bitter, Salty, Hot, Astringent
Salads
Juice Of Fruits, Vegetables, Wheat
Grass
Lemon Water – ‘Dehji KaErsuni”

PROPER COMBINATIONS

- Proteins + Fats
- Vegetables, Leafy Veg. + Proteins
- Vegetables + Carbohydrates
- Sour Fruits + Milk

IMPROPER DIET

- 5 White Poisons - Sugar, Salt, Maida,
Polished Rice, Vegetable Ghee
- Processed, Tinned, Packed Food Items
- Junk Food, Fast Food
- Over Cooked, Very Hot, Very Cold
- Stale, Spicy, Fried, Non Vegetarian
- Alcohol, Tobacco Etc

IMPROPER COMBINATIONS

Carbs + Sour
Proteins + Carbs + Sugar
Two Types Of Proteins
Two Types Of Carbs
Proteins + Sour
Sweet Fruits + Milk

Naturopathy & Yoga

NATUROPATHY TREATMENTS

AKASH
(SPACE)

- **MUD THERAPY** – Mud Bath, Mud Pack, Mud Bandages, Hot Mud Pack, Burying In A Muddy Pit, Massage

VAYU
(AIR)

- **WATER THERAPY**- Drinking Water, Enema, Water Bath, Waist Bath, Footbath, Spine Bath, Ice Pack, Steam Bath

TEJ
(AGNI,
FIRE)

- **SUN Sunbath**- Early Morning, Colour Therapy Using Visible Colour Spectrum, Infra Red And Ultra Violet Rays, Suryanamaskaras As A Sadhana

APA
(WATER,
JAL)

- **AIR**– Walk In Open Air, Breathing, Pranayama
- **SPACE** – Fasting, 'Upvas' To Be With Our Own Self

PRITHVI
(EARTH)

- **Magneto Therapy** – Using Magnetic Power
- **Acupressure** – Using Different Meridian

Naturopathy & Yoga

NATUROPATHY LIMITATIONS

- Structural Disorders
- Congenital Problems
- Infectious Diseases
- Accidents
- Emergencies
- Complicated Cases Or Deliveries
- Surgeries
- Limitations Of Naturopathy
- Lack Of Life Saving Medicines
- Lack Of Parameters
- No Diagnostic Method
- 'Rest' Is Time Consuming
- Faith In Naturopathy And God
- Self Involvement
- No Standardization
- No Sufficient Research

Naturopathy And Yoga

Five Principles	Nature Cure	Yogic Practices
Space	Fasting	Shuddhikriyas, pavanmuktasanas dhyan
Air	Air bath, walk	Pranayam
Fire	Sun bath, colour therapy	Agnisar, tratak, mantra, japa
Water	Water bath, steambath	Dhauti, basti, neti
Earth	Mud pack, diet	Asanas,

NATUROPATHY & YOGA - SIMILARITIES

Spiritual Sciences

Body As Medium

Mind And Emotions Importance

Preventive

Curative

Prarthana, Mantra, Japa, Dhyan

Importance Of Practice

[illegible]