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49. Yogic Approach to eradicate Physical and Mental disorders (With special reference to Patanjali Yoga Darshan)

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Abstract :

Yogic therapeutic approach is helpful in re-establishing human values.Yoga teaches man to be in harmony with the external environment.Undoubtedly in Yoga more emphasis is given on attitude towards life. It is difficult to bring changes in the external environment but man is capable of controlling the situation and changing himself accordingly.

Yoga provides us with health and fitness and is not just a means of getting rid of disease. Yoga is the art of self management. Maharishi Patanjali has given brief instructions regarding self-management. On the basis of those instructions, some fundamental explanatory concepts are revealed.

The yogic approach to addressing physical and mental disorders emphasizes a holistic lifestyle that integrates body, mind, and spirit. Here are some key components:

1. Asanas

Physical Benefits: Regular practice improves flexibility, strength, and posture, which can alleviate physical ailments such as back pain or joint issues.

Mental Benefits: Asanas promote relaxation and reduce stress, helping to manage anxiety and depression.

2. Pranayama

Calming the Mind: Techniques like Nadi Shodhana (alternate nostril breathing) and Kapalabhati (skull shining breath) help regulate the nervous system, enhance focus, and reduce stress.

Energy Management: Pranayama increases vital energy (prana), which can uplift mood and improve overall vitality.

3. Meditation

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Mindfulness and Awareness: Meditation cultivates a sense of presence and awareness, helping to reduce anxiety and improve mental clarity.
Stress Reduction: Regular practice can lower cortisol levels, promoting relaxation and emotional stability.
4. Diet (Sattvic Foods)
Balanced Nutrition: Emphasizing whole, natural foods supports physical health and mental clarity. A sattvic diet includes fresh fruits, vegetables, whole grains, and nuts.
Avoiding Tamas and Rajas: Reducing intake of overly processed foods and stimulants can help balance the mind and body.
5. Lifestyle (Yamas and Niyamas)
Ethical Living: Adhering to principles such as non-violence (ahimsa), truthfulness (satya), and self-discipline (tapas) promotes mental well-being and harmonious relationships.
Self-Reflection: Regular self-assessment and cultivation of positive habits can foster personal growth and resilience.
6. Sankalpa (Intention Setting)
Focus on Goals: Setting a clear intention can guide your practice and motivate you to overcome challenges, fostering mental strength and determination.
7. Community and Support
Satsang: Engaging with a community of like-minded individuals can provide support and encouragement, which is vital for mental health and emotional well-being.
By integrating these practices into daily life, individuals can work towards healing and preventing both physical and mental disorders. A consistent yogic practice fosters resilience, promotes balance, and enhances overall well-being. Regular practice not only helps in healing existing conditions but also plays a significant role in preventing future disorders.
The emphasis on mindfulness and breath awareness in yoga encourages individuals to cultivate resilience and cope better with stress. This balance between mind and body can enhance overall well-being, leading to improved emotional health and physical fitness.
Incorporating yoga into daily routines doesn't have to be overwhelming; even small, consistent practices—like a few minutes of stretching, meditation, or focused breathing—can make a difference.

Keywords: Pratipaksh Bhavana , Bhavna Chitta Prasdnam, Dhyana

Nature of disoreders according to yoga :

According to Yoga [2] 'Viksepas' are causes of our illness. They get force from kleshas and vitarkas.They are deep rooted and resposible of our disharmonies.Kleas means pain or misery or the cause of pain.The philosophy of klesa is an analysis of underlying cause of misery or pain and the method by which cause can be erdicated.

The Klesa form a sot of series which starts from avidya and ends with abhnivesha.The klesas are found in active and potential states. It is easy to see active klesa. An angry man is an example of the operation of dvesa but a man of discipline may not show anger though dvesa

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is there in dormant state.The modification from active to dormant is named by rishi patanjali as 'prasupta'. This dormant state of Klesas is the reason of all our troubles and confusion.
Rishi Patanjali has shared us long list of [2] 'Viksepas' which are :
व्याधिस्त्यानसंशयप्रमादालस्याविरतिभ्रान्तिदर्शनालब्धभूमिकत्वानवस्थितत्वानि चित्तविक्षेपास्तेऽन्तरायाः

'Disease' , 'langour','Doubt', 'Carelessness','Laziness','Worldliness','Delusion', 'Non achievemnt state',Instability, are the 9 'Viksepas'.
Addressing these Viksepas through practices like yoga, meditation, and mindfulness can help individuals cultivate a more balanced and fulfilling life. By recognizing and countering these obstacles, one can work towards greater clarity and purpose.
These are all psychological factors which disintegrate ones' Personality. Man in his mundane life is easy to prey to these 9 'Viksepas'.**Once distracted from his mission he is caught in vicious circle and he is thrown from one 'Viksepas' to another.The swing between one to another makes it very difficult for a person to settle.**
If there is a purpose of life all kind of psychlogical disease can be overcome.In case of langour (Styana) an apperently helathy man due to lack of nerve power feels fatigued and shows disinclination towards any work.This simply undermines all efforts which can overcome by some dynamic purpose or mission of life.
We face similar situations when there is doubt,delusion and instability.They are all psychological disturbances and serious defects of character.
वितर्का हिंसादयः कृतकारितानुमोदिता लोभक्रोधमोहपूर्वका मृदुमध्याधिमात्रा दुःखाज्ञानानन्तफला इति प्रतिपक्षभावनम्

Vitarka (Improper thought) is another trouble monger which accompanies emotional states.Vitarkas which are deep routed in hatered ,jealousy lead to endless pains.Man has plan carefully his design of life and should allow gradual transformation of undeirable tendencies into desirable ones.These Vitrak bring Dukha (pain) which is philosphical concept and pervades all human life.Its roots are very deep and due to some ajnana (confusion) we do not try to understand it. The Vitarka is a state of mind which moves from one alternative to another. **This Vasillation between the alternatives is the cause of confusion.**
There are five stages of mind :
Khsipta (Fickle)
Mudha(Stupified)
Vikshipta (Restless)
Ekagra (One-Pointed)and
Nirudha(Restricted)
The first three states indicate a sort of disharmony which is reflected in our behaviour.The sadhaka is made conscious of these states because he has to transcend them and try to reach goal.The last two state are main goal of sadhaka which he has to finally reach.
The first three states have some similarity with the maniac-depressive reactions. The emotional moods,elation or depressions predominates at these stages.one is unable to concentrate.Person can easily distratced and and rapidly changes from one thought and activity to another.Such

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person can be directed to activities with some constructive values. These programe is nothing but one that is besed on the Yama and Niyama.

"The real nature of chita is ekagrata" .We have to prepare a ground to facilitate a conducive atmosphere for achievement of ekagrata which is the basic nature. In other words , the artficial barrier must be overcome. Yoga therefore suggets cleanliness which gets purification of heart and subjugation of senses both of these activities will be performes constatly for achieving tranqulity.The Yogic discipline starts from relaxed body mind relationship.

Yogic Approach to eradicate disorders :

[2]तत्प्रतिषेधार्थमेकतत्त्वाभ्यासः|| **1.32||**

Ek tatva abhyasa is described by Mashrihi Patanjali in 32nd sutra of Samadhipad of Yoga Darshan. To make human life free from obstacles and to fulfill its purpose, practice of one element (God) has been discussed. One element i.e. devotion towards God will provide freedom from all obstacles. An anxious mind can be focused on one element by practicing one element.

This concept emphasizes the importance of focusing on a singular truth or principle to overcome distractions, disturbances, or negative tendencies in the mind. Here's a deeper look at its implications:

Integration into Daily Life: Applying this principle can help in daily situations by grounding the mind in a core truth, promoting calmness and resilience in the face of challenges.

Cultivating Awareness: This approach encourages deeper awareness and understanding of one's mind and its tendencies, leading to greater self-control and clarity.

Focused Practice: Engaging in a dedicated practice centered around a singular concept (such as non-attachment, mindfulness, or truth) helps to create a strong mental foundation.

Overcoming Obstacles: By concentrating on one reality, practitioners can better resist negative thoughts, emotions, or external distractions that can lead to suffering or confusion.

2}श्रद्धावीर्यस्मृतिसमाधिप्रज्ञापूर्वक इतरेषाम्||**1.20||**

Maharishi Patanjali has described faith and belief in the above sutra. The rishi has talked about having a healthy outlook towards life.

Diseases can have various causes, Yoga is able to understand and treat specific diseases with a specific approach.

Sraddha :Faith or trust. It refers to the deep belief in the teachings and the practice of yoga, which is essential for progress.

Virya : Energy or diligence. This denotes the effort and vigor one must put into their practice to overcome obstacles and achieve goals.

Smṛti: Memory or awareness. This involves the ability to recall and apply the teachings of yoga and maintain awareness of one's thoughts and actions.

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Samadhi: A state of meditative absorption. This represents a deep state of concentration where the practitioner becomes one with the object of meditation.

Prajna : Wisdom or insight. This is the ultimate understanding that arises from consistent practice and self-awareness.

Three main aspects of human perspective :

I. Pratipaksh Bhavana
II. Bhavna Chitta Prasdnam
III. Dhyana

Pratipaksh Bhavana

[4]वितर्का हिंसादयः कृतकारितानुमोदिता लोभक्रोधमोहपूर्वका मृदुमध्याधिमात्रा दुःखाज्ञानानन्तफला इति प्रतिपक्षभावनम्

Prati Paksha Bhavna i.e. opposite thoughts (2.34) is very useful and favorable for rehabilitation.Any person should not think about the disease continuously and should make efforts in a planned manner so that such problems do not arise in the future.

This strong belief, will power and calm mind helps in being ready to fight any future problems. Yama and Niyama attempt to regulate and direct our social and personal lives. Asanas and pranayama are related to the Physiologial and psychological aspect of body and mind.

Asana provides organic strength to the entire body, it keeps the abdominal muscles strong and flexible. Thus effective automatic massage for the digestive organ is ensured. It keeps the circulatory system healthy – proteins, fats, sugars and salts are taken up from the digestive system by the bloodstream.

Through asanas, complete elasticity of the lung tissue and full activity of the air cells can be secured and proper nutrition provided to all tissues and a constant supply of internal secretions of the endocrine glands.

The quality of blood remains satisfactory due to proper functioning of digestive, excretory and respiratory organs.

The nervous and endocrine systems which are of supreme importance in the human body and also the respiratory, circulatory and digestive systems on which the health of the first two depend, are all practiced together in Pranayama.

Bhavna Chitta Prasdnam

[4]मैत्रीकरुणामुदितोपेक्षणां सुखदुःखपुण्यापुण्यविषयाणां भावनातश्चित्तप्रसादनम्

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Yama helps in social adjustment. Friendship and compassion along with prudence and dispassion help in adjusting our perspective. By following and meditating on भावनातश्चित्तप्रसादनम् one can analyze situations and get rid of conflicts and tensions.

The state of emotional bliss is possible by making physical, psychological and social improvements. This is possible only by developing positive values.The rules help to maintain a person's body in perfect harmony. This requires a balanced approach towards all types of body hygiene regarding food and environment.

[1]Maitri (Friendship) and [1]Karuna (Companion) with viveka and vairagya which are helpful for our adjustment of attitudes. By following and contempleting these rules one can analyse the situations and get rid of conflicts and strains.

There are 3 aims of any therapy – Physical improvement, Psychological improvement and sociological improvemet. Improvement in all fronts will lead a path of chitta prasadanam. Mind can not served only from body , happineess is also required along with healthy body.

[4]तत्र प्रत्ययैकतानता ध्यानम्

Meditation can also be practiced very comfortably. This can help in stopping the anxious mind.It is helpful in controlling mental conflict. Meditation can be useful for overcoming the unusual stress of a busy life. Meditation can be coordinated with Japa. Japa is closely related to devotion and worship. Only good things should be included in the mantras and their repetition.The basic principle is that Japa and Mantra are voluntary continuation of good companionship in the mind and carry the benefits of rememberance.

Conclusion:

Today's man have decired modern medicine and medicos but need of an hour is to be aware about moral values.The mere check of medico practises is not sufficient.Man today trated in parts.Today's man is trateated not as a whole but tratement is going on for particular part of the body.Modern medicine helps in removing the symptoms rather than removing the cause of disease.This is temporary relief .Physicians do not study the patient they study diseases and patients are classified according to diseases.Even it is evident that two persons completely vary we treat themy by common medicined for same kind of disease. It is evident that patient suffering from common disease react diffrently to a common medicine due to varying capacity of each individual.

Recently in COVID we have seen medicines failed because there is no resistance left in body. One key issue was that, for some individuals, existing treatments were less effective due to variations in the virus or underlying health conditions. This situation stressed the need for a

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more personalized approach to medicine, focusing on strengthening the immune system and understanding individual health profiles.

Another achievement of modern medicine is its advancement in surgery.It became necessary for ceratin acute painful cases.It was also required for some local diseases which endangered the whole body but it is unfortunate that surgery which should have been thought of the last measure for any ailment has taken the foremast place in modern medical system.Today organs are cut even without diagnosis and analysis. The abuses of surgery are horryfying.e.g tonsillectomy which has at present become mania. Now tonsills are removed at a slight sign of child's getting pain.However the removal of tonsils failed to reduce the incidence of cold and ear infection. While surgical procedures can be life-saving and necessary in many cases, relying on them as a first-line treatment can lead to overlooking underlying causes of health issues. There are many conditions that might be managed or improved through lifestyle changes, medication, or other therapies before resorting to surgery.

To get rid of tensions we always try to regulate and control the external environments.We do not care to got to the root cause of the troubles of course it is not an easy task for everybody to explore for himself the cause of troubles.We have advanced metohod of science and technology for making our life smooth and going but is is not so.

Today's man is not able to get sound sleep which is votal need for making up lost vitality of the body.Pepole are taking sleeping pills for getting sound sleep which is very natural phenomenon of human body.

Various factors which are affecting our helath like sedantry lifestyle, urban life, unavailability of pure drinking water,polluted air . These are all influencing our physical,mental and emotional health. Modern man's integrated life is totally neglected, He himself is helpless and his life complicated.He finds himself very difficult to adjust himself in such situation thus attacked by various disease with variant degrees.

Significant work has been done in the field of Yoga for curing disease like Asthma, diabetes, High BP,chronic constipation.

Philosophical-psychological concept of yoga therapy can be developed. It has its own approach in the field of practical psychology. Although we have decided to adopt modern medicine but our intention is only to create awareness about yogic principles. Yoga has now got scientific basis in curing chronic diseases like asthma, blood pressure, diabetes. This needs to be encouraged.

Yoga Sutra of Patnajali have message for modern man who is living under constant unceratainty , fear and anxity.There is chaos and darkness everywhere. Rishi suggested to everyone to know his self and its disposition. One can know and its vrittis along with kleshas and its fuctioning.Kleshas (Avidya, Ashmita,Rag,Dwesha & Abhinivesh) has 4 categories – Prasupta, Tanu, Udar and Vichinna. One should aware regarding his own klesha category. Yoga believes in complete transformation of man.The optimism shown by rishi Patnajali has no parallel.

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Yoga can now deeply explore the true cause of abnormalities.The advantage of yogic therapy are maniflod and most important point is that it can not harm , it only requires determined will with zeal , Plan and patience. The path is open to realities of life.

yoga is generally safe and adaptable to different abilities and conditions, it can be an excellent complementary practice to conventional medicine. It encourages individuals to take an active role in their health journey, emphasizing the importance of willpower, commitment, and patience.Integrating yoga into mainstream healthcare could lead to more balanced and effective treatment plans

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