

CURE OF ASTHAMA THROUGH YOGA AND NATUROPATHY

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Role of Yoga in healthy living

During the pronged process of evolution of universe the human body is a creation of nature. A healthy human being in a span of 24 hours produces 450 cubic tone of energy. He can speak 4800 words; he can utilize 750 muscles, relaxes 7 million nerve cells, respire 23040 times and heart beats 103689 times. Blood circulates through blood vessels to a distance of 1.68 billion kilometers. These vital processes are possible to continue in normal pattern only when there is a proper co-ordination and balance between the process of respiration, digestion, nutrition and excretion.

The major biological systems function in a typical manner only on the basis of the functioning of the above process. With this one achieves an elevated status both physically and mentally. He achieves the status of healthy living. A healthy daily routine lays the foundation of a healthy life style. A person with healthy life style, compared to others develops much better physically, mentally, socially and spiritually. In Yoga science, for healthy living, there is significance of Yama, Niyam, Asana, Pranayam, Pratyahar, Dharana, Dhyan & Samadhi.

Following are the typical characters of healthy living:-

1. Ailments free life.

2. Desired preventive measure towards the physical, mental and emotional factors.
3. Perception with realities.
4. Co-operative attitude and co-operative behaviour.
5. Adjustment with the changed circumstances.
6. Sensibility.
7. Awareness of realities.
8. Desired social and spiritual, character.
9. Balanced emotional control and reconstitution.
10. Lack of jealousy, complexity and hatred.
11. Unified personality.
12. A proper co-ordination over the psychic stage, psychosomatic stage and organic stage towards the available healthy living.

Standards of healthy living

Healthy living is governed by several factors. Healthy living on one side affects physical and mental health, and on other side is influenced by living environment personal factors, family relation and the consumable food ingredients. Normally following are the major factors:

1. Physical and mental disorders.
2. Over all food and nutrition.
3. Exercise.
4. Regulated respiration process.
5. Normal digestion and excretion.
6. Stress- free routine.
7. Contentment.
8. Level of moral and traditional values.

9. Physical and mental paucity.
10. Positive thinking.
11. Daily routine in compliance with nature.
12. Control of lust and submission to God.
13. Physical and mental total relaxation.

Barriers of healthy living

In the ancient time man used to live in the midst of nature. As a result he was the master of health, personality, excellence, contentment and pleasure. On the other hand as on today advancement of science and technology has brought forth a heap of option for physical comfort. Nevertheless, there is void with respect to physical and mental health. In this background there is a least possibility of healthy living. Following are the barriers for healthy living:-

1. Uncontrolled food habit.
2. Liquor consumption and smoking.
3. Cardiac disorders.
4. Hypertension.
5. Diabetes.
6. Obesity.
7. Stress.
8. Insomnia.
9. Tension.
10. Arthritis and other joint disorders.
11. Constipation.
12. Distress and disappointment.
13. Frustration.

Yoga and healthy living

Yoga is a subject of science of high order, which carries in it the mystery of conservation of health and transformation of life. A complete expression of life is possible only through Yoga. Yogasana, pranayam and meditation develop faith in a person, chiefly because it is half a therapy. It is a common saying that confidence is half the cure. The concept of Ashtanga Yoga proposed by Maharashi Patanjali with different aspects have enormous contribution towards healthy living as out lined here.

Yama

Under this include different aspects such as Ahimsa, Satya, Asteya, Brahmacharya and Aparigraha. Through this first step of Ashtanga Yoga one turns more ideal in his day to day life. With this he discharges his duties towards his physical and social commitment in a more orderly manner.

Niyama

The major components under this include Shauch, Santosh, Tapa, Swadhyaya, Ishwarpranidhan. Practice of this aspect of Yoga turns a person, more disciplined and orderly. With this one can overcome the deformities of personal senses. In fact, the reformation of personal actions is the basic foundation of healthy living.

Asanas

Asanas having achieved the perfection over the guideline of Yama and Niyam, only then one must commit for the practice of Yoga Asanas. Without this the Yoga practice is ineffective. For various Yogasanas body is flexed for an

specific posture regularly at a given time for a given purpose. This exerts special effect on different body joints, muscles, heart, digestive system, endocrine glands, lungs & nervous system. This revives the normal functioning of respective organs and body systems. At present time Yogasana in special significance has direct relation to healthy living.

Pranayama

Pranayama is a highly sophisticated procedure of Yoga, where by one achieves a total control over the vital force which governs the proper functioning of body's life process. Pranayam helps to tone-up the most vital activities of the body. Such as respiratory system, cardio-vascular system. In addition it strengthens the body immunity which is extremely important for maintaining the quality of life and healthy living.

Pratyahar

The real purpose of this Yoga practice is to drive the body's consciousness inwardly and focus at a pleasant thought or a point of auspicious feeling. In a daily life the practice of such Yogic terms help to achieve a high order of quality life.

Dharna

For the purpose of achieving the spiritual excellence, this type of Yogic exercise, called Dharna carries special significance. It is mainly for the reason that Dharna it self means to focus on a solitary point through flow of thought. Continuity of this state is termed as Dhyana, which is the final objective of Yoga practice for healthy living.

Meditation

Meditation acts as a powerful tonic. It is a mental and nerve tonic as well. The holy vibrations penetrate all the cells of the body and cure the diseases of the body. Those who meditate save doctor's bills. The powerful, soothing waves that arise during meditation exercise a benign influence on the mind, nerves, organs and the cells of body. The divine energy freely flows like Tailadhara (flows of oil from one vessel to another) from the feet of the Lord to the different systems of the Sadhakas. Considerable changes take place in the mind, brain and the nervous system by the practice of meditation. New nerve-currents, new vibrations, new avenues, new grooves, new cells, new channels are formed. The whole mind and the nervous system are remodeled. You will develop a new heart, a new view mind, new sensations, new feeling, new mode of thinking and acting as a new view of the universe (as God in manifestation). The fire of meditation annihilates all foulness due to vice. Then suddenly comes knowledge of divine wisdom, which directly leads to final emancipation.

Real peace and Ananda (bliss) manifest only when Sankalpas get extinguished. When you fix the mind on the supreme energy even for five minutes, Sattva Guna is infused into the mind. Vasanas (Impression) are thinned out and the force of sankalpa becomes less and less. You will feel peace and bliss during the five minutes. You can compare this Ananda from meditation with the transitory sensual pleasures. You will find that this Ananda from meditation is a million times superior to sensual pleasure. Meditate and feel this Ananda. Then you will know its real value. You will get the full Ananda of the divine glory only when you merge deep into silent meditation. When you are on the borderland of divinity of God, when you are at the threshold of

God, when you are in the outer skirts, you will not get the maximum peace and bliss.

Samadhi:-

Samadhi is provided to super normal healthy person.

Cure of Asthama through yoga and Naturopathy

Introduction

Asthama is primarily a disease of the respiratory system, where there is a wheezing cough and a sense of suffocation, since the patient has difficulties in inhaling rather than exhaling the air. The attack of Asthama may last for a few minutes to few hours or even days where in the patient is exhausted. It is common to all ages, children and adolescence of both sexes, irrespective of socio-economic background.

Bronchial Asthama

The main trouble in this disease is breathlessness and is caused by the disorder in respiratory system. There is constriction of the bronchioles, which disturbs the normal ratio of inspiration and expiration because of congestion of the blood vessels of the bronchial lining expiration become difficult. This disease affects the young, old and even children.

Causes

1. Asthama may be here dietary, where the patient is allergic to pollen grain, food products, dust, animal hair, drugs, pollution, industrial smoke and diesel fumes, milk and dairy products.

2. Suppression of negative emotions like jealousy, anger, resentment, hatred are often the precipitating causes.

3. So also loneliness emotional hypersensitivity, fears of rejection, super ego consciousness are the other causes.

4. Due to short breath, carbon dioxide is not expelled completely from the body where as even constipation and indigestion produce toxins and they accumulate in the body. There are also the reasons for developing asthma in a person.

Symptoms

1. Mucous gets accumulated in the chest bronchi are constricted and therefore the respiration is obstructed later giving rise to dyspnoea or breathing trouble.

2. Some people also develop spasm in their chest.

3. There is also a sudden onset of cold symptoms like nasal congestion, nasal irritation sneezing and swollen nasal mucus membrane.

4. Person gasps for air.

5. Distress and anxiety increases due to laborious breathing.

6. Eosinophil count in blood increases.

7. Mucus secretion becomes thick and sticky.

8. Inhaling is also shallow and short.

9. Bluish colour of mucus membranes indicates less oxygen supply.

10. The chest becomes hyper-expanded and the lungs hyper-inflated, so the person has to exhale with efforts, which also becomes short.

11. The asthmatic is unable to relax since he gets exhausted and develops the flexion attitude of the body in a defense.

Yogic treatment

(i) Pranayama

Breathing, Nadi-Sodhana (alternate breathing, without retention of the breath).

(ii) Asanas

Vakrasana (Spinal Twist), Paschimottanasana (Stretching the back and legs), Viparitakarani (The Inverted Posture), Savasana (Complete Relaxation Posture).

(iii) Diet

Avoid milk & milk product, not vegetarian food, eat fruits and vegetable in season and cooked rather than raw vegetable.

(iv) Meditation

Silent meditation for 15-30 minutes.

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