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## YOGA THERAPY

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### Abstract

*Yoga is an important way of living a fit and healthy life. Today it covers the whole world and made it as the routine life of the people. The world is celebrating the World Yoga day on 21st June to spread the awareness throughout the universe. It is a therapy that emphasizes the different postures like breathing exercises, meditation. It maintains the physical health from top to bottom. It focuses and encourages the integration of mind, body and spirit. It covers from the therapeutic range from physical therapy to psychotherapy.*

*Yoga Therapy which is alternatively known as Yoga Chikitsa is a medium to heal all the parts of human being. Though we suffer from a serious physical conditions, it rehabilitates from a physical injury or surgery. It cures mental and emotional imbalances. It heals, maintains from back pain, heart disease, arthritis to emotional imbalance like depression. Yoga Therapy is available. It scopes to conditions such as Cancer and various auto-immune diseases.*

**Keywords :** Yoga, health, daily practice, physical, mental, depression.

### Introduction

The Yoga therapy is a kind of therapy which focuses on the different like postures, breathing exercises, meditation. It measures the physical health of everyone. The yoga therapy fully focuses on the integration of mind, body and soul. Today the doctors and people from every walk of life suggest the regular performance of yoga postures.

### Definition

Yoga is usually defined as union: union between the limited self and the Divine self. It is therapy which is used for healing all parts of our body. Whether serious condition though we suffer from, it is very helpful to rehabilitate the physical injuries or any surgery. It also manages the mental and emotional imbalances. It offers to gain or get back our vitality and wholeness. It is a great remedy for heart disease, arthritis emotional imbalances like depression. It also deals and cures the physical conditions like Cancer and various auto-immune diseases.

The only way for presence and awareness to any kind of situation is the means by which it offers opportunity for change, growth, and enhancement of well-being of an individual. It is the belief or base of yoga that it is a dynamic and integrated system of mind, body and soul. A healthy system keeps balanced and in concern with nature. It optimizes the innate ability of body to heal and energize itself.

It is the scientific studies that presented the empirical evidence for the application of Yoga. Yoga Therapy is acknowledged and more widely accepted in medicine as an important method of treatment. The all rounded benefits of Yoga Therapy are continually being studied, has been doing research. The art of yoga has been handed down since thousands of years.

It is an holistic approach which supports the conventional medical treatment. This is complementary method of treatment to traditional diagnose system which supports, helps to grow and develop the human mind. It offers a great relaxation to mind and body and soothes it. This Yoga Therapy is combined with ayurvedic medicine and it optimizes and minimize recovery time. For the best outputs from yoga, the daily, weekly practice is essential. It plays a prominent role in the growth and development of body and mind.

### **History of Yoga Therapy**

The roots of yoga are in the ancient India, which originated thousands of years ago. It launches its way to the United States in the late 1800s. It took roots and spread throughout the world. The study illustrated how the implementation of a healthy lifestyle program could reverse heart disease. Ornish's program included therapeutic yoga and was the first of its kind to highlight the benefits of using yoga in this way. This program for treating heart disease was approved for insurance coverage in 1990 and it marked the beginning of the medical field's acceptance of yoga as a treatment option.

In 1983, the biomedical Yoga Trust was founded to further develop and standardize the field of yoga therapy. The International Association of Yoga Therapists (IAYT) was founded in 1989 and has since hosted yoga conferences, published the Journal of the International Association of Yoga Therapists, and contributed to the reaction of yoga therapy training standards. Both organizations have facilitated research to explore the extent of yoga therapy's potential.

### **Principles of Yoga Therapy**

Yoga gives an important opportunity to shape the mind, body and soul. It gives an opportunity to discover many outlines to maintain health and completeness. It provides a chance to deal with unique variables related to the situation (environmental, genetical, and karmic). The above are some of the few of the principles that Yoga Therapy applies in our day today life.

**An awareness, and conscious intention about yoga:** The yoga makes available the people to become tunes to our internal organs and environment through body work and breath. It can be applied with the help of presence and awareness through entire Yoga Therapy.

**Rhythmic movement of Breath:** A breath plays an important role throughout our daily practices. It is a golden thread which is woven through all our practices. The breath is used for healing which is a key or plays a key role in Yoga philosophy. It regulates and controls the Metabolic and anabolic activities. It unifies the Physical, psychological, and spiritual layers of our body.

**Proper Diet:** Diet provides an important role to help for getting the body's natural healing ability on track. It is a proper plan of taking food in right measure. It is a critical element to recover, maintain health and immunity system.

**Physical and Mental Relaxation:** The yoga controls the physical and mental stress in a balanced way. It debilitates the body, mind and spirit. It maintains the gap among the above. If we learn to operate it properly it can have a positive effect on every cell in our body. It increases our immunity power and gives us the sufficient. It has a power to rejuvenate for mental/emotional and spiritual well-being. These are some of the important principles explored in yoga therapy. It gives more scope to prana or

breath. The regular practice increases our self-confidence, self-reliance. It fortifies against the environmental stressors.

### **Important Benefits of Yoga Therapy**

**Physical:** The regular practice of yoga strengthens the physical health and promotes fitness. The proper application of yoga or asana (postures) gently stretch the body and muscles. It soothes the body. The asanas or postures make a long term effects and have a healing effect on many systems in the human body including: respiratory, circulation, digestion, and elimination, joints and muscles. The human organs are massaged to help release tension from the different levels of our body.

**Mental:** It relaxes the mind completely. It has a relaxation technique which re-align the peace of mind. It works at different level like Hatha, Jnana, and Raja Yoga that can help to ease the mind back into harmony and balance.

**Spiritual:** Yoga works at spiritual level also. It unites the mind body and soul at a deeper level. It has a direct effect on our sense of spiritual well-being. The proper practice of Yoga starts to reveal the subtle spiritual nature. It helps to solve the spiritual questions like who we are. We are able to continue to explore this natural experience indefinitely.

**Emotional:** It fulfills the emotional need of ours. It operates the various levels like Swadhyaya, Pranayama, Prathyahara, Dharana, and Dhyana. These are the practical and effective methods to stabilize the emotional turmoil that are experiencing in our routine life. It helps to gain emotional recovery of mental strain.

**Rehabilitative and Preventive ability :** Yoga Therapy gives us a chance to rehabilitate the good habits and prevents the bad habits. It prevents the illness, disease, suffering. It rehabilitates and minimize recovery time of any kind of illness. It offers many modalities to explore. Today yoga has become a lifestyle; that brings peace, joy health and stillness back into our lives.

**Relieves Pain:** It lessens the mental emotional and physical pains. Today people are living and suffering with different kinds of chronic pains like physical, mental/emotional and spiritual. It brings out the remedies to reduce pain and works to eliminate it. It improves and maintains our tolerance if conditions do not present a cure. Pain can be experienced in many ways. It is possible to see everywhere that loss, pain, agony and suffering can make weak the emotional balance. The hard times in ones life can be relieved through the yoga. Mental, emotional and spiritual needs are fulfilled through yoga.

### **Who Is Yoga Therapy For?**

This is a remedy for those who want to go away from all those agonies. Everyone has a desire to learn Yoga therapy and it offers the best remedies to cure. it especially works for those having illness, injury, specific conditions, and the need for healing on at various levels.

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