



Benefits of Yoga and Naturopathy in Human Life

Ajay Singh Parmar

Research Scholar

Dr. Manju Bora

Assistant Professor

Dept of Yoga Himalayan Garhwal University

Dept of Yoga, Himalayan Garhwal University

ABSTRACT

Meditation and various natural therapies play a key role in yoga and naturopathy. Nearly every branch of traditional science has undergone changes to meet modern demands due to a changing lifestyle and the state of the world.

Various health clubs and training centers were opened up to help people get training and therapies comfortably. Now people do not have to really go into ashrams and forests to meditate. Traditional system like Naturopathy has also evolved from its traditional model. These days, health clubs offer all kinds of electronic equipment, and yoga is recommended in training facilities for physical activities.

Naturopathic treatment also uses modern scientific machines to provide natural therapies. These fitness centers and health clubs are typically owned by individuals. There are no centralized regulations for these private institutes; they are registered under the Society's Act in various state jurisdictions. As a result of the large number of these institutions, no federal record is kept.

This is one of the most upcoming sectors. Many private training institutes also give training in yoga as free services, but most of them charge for their services. Their services are more popular in metropolitans and cities where people face problems like depression, stress, asthma, etc. due to pollution and conditions prevailing in cities. Multiple studies have confirmed the many mental and physical benefits of yoga. Incorporating it into your routine can help enhance your health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety. Finding the time to practice yoga just a few times per week may be enough to make a noticeable difference when it comes to your health. Now-a-days, millions and millions of people across the globe have benefitted by the practice of Yoga which has been preserved and promoted by the great eminent Yoga Masters from ancient time to this date. The practice of Yoga is blossoming, and growing more vibrant every day. Naturopathy is a highly individualized treatment that involves facilitating effective restoring techniques, self-care decisions, and much more which can prevent future health problems. Naturopathy improves one's ability to cope with health-related issues by encouraging positive thinking, reducing stress, anxiety, and depression, and improving overall health.

Keywords: *Yoga, Pranayam, Benefits, Naturopathy, Human Life*

1. INTRODUCTION

The primary goal of yoga is to create harmony between the body and mind. It is essentially a spiritual discipline based on a very subtle science. It is both an art and a science of healthy living.

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature. Modern scientists maintain that everything in the universe is merely a manifestation of the same quantum firmament. A person who has experienced this oneness of existence is known as a yogi and is said to be practicing yoga. This person has attained the freedom known as Mukti, nirvana, or Moksha.

Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can realize this union and achieve mastery over their destiny. Yoga, being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., has proved itself catering to both material and spiritual upliftment of humanity. Basic human values are the identity of Yoga Sadhana.

There are many definitions of Yoga. According to Yoga classics, there are two meanings of Yoga. If the word "Yoga" is derived from the root "Yujir Yoge", it means "to unite" or "to bind" or "to yoke". According to Yajnavalkya, Yoga means "the Union" i.e. union of the individual spirit (Jivatman) with the universal spirit (Parmatman). If the word "Yoga" is derived from the root "Yuj Samadhau", it means spiritual absorption.

- Bhagwad Gita claims that the word "Yoga" means "Equanimity of Mind," which can only be attained after becoming established in discriminative wisdom (which is a result of vigorous meditation).
- While Maharishi Patanjali defined yoga as the "cessation of modifications of Chitta," which leads to each individual soul abiding in itself and achieving God Realization and Spiritual perfection as a result. The Gita correctly described the yoga system as ancient (Puratan) and eternal (Sanatan) because it has been practiced for more than 5000 years.
- It was the Samkhya Philosophers who evolved the concept of Yoga and its origin can be traced in Upanishads and ancient Vedic texts. According to them, Yoga is the process of self- culture, self evolution, self-discipline and self-realization.

A Brief History and Development of Yoga

It is believed that the practice of yoga began at the dawn of civilization. The science of yoga has a history dating back thousands of years, long before the birth of the first religion or belief.

In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages". It's interesting to note that contemporary scholars have marveled at the striking similarities between ancient cultures discovered all over the world.

However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life. The Number of seals and fossil remains of Indus Saraswati valley civilization with Yogic motives and figures performing Yoga Sadhana suggest the presence of Yoga in ancient India. The phallic symbols and seals on mother goddess idols are suggestive of Tantra Yoga.

Presence of Yoga is available in folk traditions, Indus valley civilization, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epics of Mahabharat and Ramayana, theistic traditions of Shaivas, Vaishnavas, and Tantric traditions. In addition, there was a primordial or pure Yoga which has been manifested in mystical traditions of South Asia. This was the time when Yoga was being practiced under the direct guidance of Guru and its spiritual value was given special importance. It was a part of Upasana and Yoga Sadhana was inbuilt in their rituals. Sun was given highest importance during the vedic period. The practice of 'Surya Namaskara' may have been invented later due to this influence. Pranayama was a part of daily ritual and to offer the oblation. Despite the fact that yoga was practiced in the pre-Vedic era, the great Sage Maharshi Patanjali codified and systematized the yoga practices, its meaning, and the knowledge that went along with it in his Yoga Sutras. Following Patanjali, numerous Sages and Yoga Masters made significant contributions to the field's development and preservation through their meticulously documented practices and writings.

Clearing Misconceptions

Only three sutras in the Yoga Sutras are devoted to asanas. Fundamentally speaking, Hatha yoga is a process that gets the body ready to handle higher energy levels. The body is the first step in the process, followed by the breath, mind, and inner self. Yoga is also frequently thought of as a form of therapy or an exercise program for good health and fitness.

While physical and mental healths are natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception and harmony." Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture. Traditional Schools of Yoga :These different Philosophies, Traditions, lineages and Guru-Shishya Paramparas of Yoga lead to the emergence of different Traditional Schools of Yoga e.g. Jnana-Yoga, Bhakti-Yoga, Karma-Yoga, Dhyana-Yoga, Patanjala-Yoga, Kundalini-Yoga, Hatha-Yoga, Mantra-

Yoga, Laya-Yoga, Raja-Yoga, Jain-yoga, Bouddha-Yoga etc. Each school has its own principles and practices leading to ultimate aim and objectives of Yoga. Pranayama involves becoming conscious of one's breathing, followed by consciously controlling it as the basis for one's existence. It aids in establishing mental control and aids in the development of mental awareness.

In the initial stages, this is done by developing awareness of the 'flow of in-breath and out-breath' (Svasa-Prasvasa) through nostrils, mouth and other body openings, its internal and external pathways and destinations.

Later, this phenomenon is modified, through regulated, controlled and monitored inhalation (Svasa) leading to the awareness of the body space/s getting filled (Puraka), the space/s remaining in a filled state (Kumbhaka) and it's getting emptied (Rechaka) during regulated, controlled and monitored exhalation (Prasvasa). Pratyhara indicates dissociation of one's consciousness (withdrawal) from the sense organs which helps one to remain connected with the external objects. Dharana indicates broad based field of Attention (inside the body and mind) which is usually understood as concentration. Dhyana (Meditation) is contemplation (Focused) attention inside the body and mind) and Samadhi – integration. Bandhas and Mudras are practices associated with Pranayama.

The Fundamentals of Yoga Sadhana

Yoga works on the level of one's body, mind, emotion and energy. This has given rise to four broad classifications of Yoga: karma yoga, where we utilize the body; Bhakti Yoga, where we utilize the emotions; Gyana Yoga, where we utilize the mind and intellect; and Kriya Yoga, where we utilize the energy. Present days, Yoga Education is being imparted by many eminent Yoga Institutions, Yoga Colleges, Yoga Universities, Yoga Departments in the Universities, Naturopathy Colleges and Private Trusts & Societies. Many Yoga Clinics, Yoga Therapy and Training Centers, Preventive Health Care Units of Yoga, Yoga Research Centers etc. have been established in Hospitals, Dispensaries, Medical Institutions and Therapetical setups. Different social customs and rituals in India, the land of Yoga, reflect a love for ecological balance, tolerance towards other systems of thought and a compassionate outlook towards all creations.

Benefits of Yoga

It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. Practicing yoga is said to come with many benefits for both mental and physical health, though not all of these benefits have been backed by science. There are 13 Benefits of Yoga, which are given below:

Decreases Stress

The ability of yoga to reduce stress and encourage relaxation is well known. In fact, numerous studies have demonstrated that it has the ability to reduce the release of cortisol, the main stress hormone.

One study demonstrated the powerful effect of yoga on stress by following 24 women who perceived themselves as emotionally distressed. After a three-month yoga program, the women had significantly lower levels of cortisol. They also had lower levels of stress, anxiety, fatigue and depression.

Relieves Anxiety

Many people start doing yoga as a coping mechanism for their anxiety. Surprisingly, a lot of research has shown that yoga can help people feel less anxious. In a study, 34 women diagnosed with an anxiety disorder participated in yoga classes twice weekly for two months. At the end of the study, those who practiced yoga had significantly lower levels of anxiety than the control group. However, it emphasizes the importance of being present in the moment and finding a sense of peace, which could help treat anxiety.

Reduces Inflammation

Some research suggests that practicing yoga may also help to reduce inflammation in addition to enhancing mental health. Although inflammation is a natural immune response, it can also be a factor in the emergence of pro-inflammatory conditions like cancer, diabetes, and heart disease. A study divided 218 participants into two groups: those who practiced yoga regularly and those who didn't. Both groups then performed moderate and strenuous exercises to induce stress. At the end of the study, the individuals who practiced yoga had lower levels of inflammatory markers than those who didn't.

Improves Heart Health

The condition of your heart is crucial to overall health because it pumps blood throughout the body and provides vital nutrients to tissues. According to studies, yoga may help lower a number of heart disease risk factors and improve heart health. One study found that participants over 40 years of age who practiced yoga for five years had a lower blood pressure and pulse rate than those who didn't. High blood pressure is one of the major causes of heart problems, such as heart attacks and stroke. Lowering your blood pressure can help reduce the risk of these problems. Some research also suggests that incorporating yoga into a healthy lifestyle could help slow the progression of heart disease.

Improves Quality of Life

Yoga is becoming more and more popular as an additional therapy to enhance many people's quality of life. In one study, 135 seniors were assigned to either six months of yoga, walking or a control group. Practicing yoga significantly improved quality of life, as well as mood and fatigue, compared to the other groups. A similar study looked at how eight weeks of yoga affected women with breast cancer. At the end of the study, the women had less pain and fatigue with improvements in levels of invigoration, acceptance and relaxation.

May Fight Depression

Yoga may have an anti-depressant effect, according to some studies, and may help lessen depressive symptoms. This might be as a result of yoga's capacity to lower cortisol levels, a stress hormone that affects serotonin levels, a neurotransmitter frequently linked to depression. Based on some previous results, yoga

may help fight depression, alone or in combination with traditional methods of treatment. s hormones in the body.

Could Promote Sleep Quality

In addition to other disorders, poor sleep quality has been linked to obesity, high blood pressure, and depression. Incorporating yoga into your routine, according to studies, may help to encourage better sleep. In a 2005 study, 69 elderly patients were assigned to practice yoga, take an herbal preparation or be part of the control group. Though the way it works is not clear, yoga has been shown to increase the secretion of melatonin, a hormone that regulates sleep and wakefulness. Yoga also has a significant effect on anxiety, depression, chronic pain and stress — all common contributors to sleep problems.

Could Help Improve Breathing

In yoga, a practice known as pranayama, or yogic breathing, the emphasis is on learning different breathing exercises and methods to control one's breath. These breathing techniques are a common feature of most yoga styles, and numerous studies have suggested that yoga practice may enhance breathing.

May Relieve Migraines

Migraines are severe, recurrent headaches that affect 1 in 7 Americans annually, according to estimates. Historically, medication has been used to treat and manage the symptoms of migraines. Yoga is said to stimulate the vagus nerve, which has been shown to be effective in treating migraines, according to research.

Promotes Healthy Eating Habits

Mindful eating, also known as intuitive eating, is a concept that encourages being present in the moment while eating. It's about paying attention to the taste, smell and texture of your food and noticing any thoughts, feelings or sensations you experience while eating. This practice has been shown to promote healthy eating habits that help control blood sugar, increase weight loss and treat disordered eating behaviors. Because yoga places a similar emphasis on mindfulness, some studies show that it could be used to encourage healthy eating behaviors.

Can Increase Strength

In addition to improving flexibility, yoga is a great addition to an exercise routine for its strength building benefits. In fact, there are specific poses in yoga that are designed to increase strength and build muscle. A study had similar findings, showing that 12 weeks of practice led to improvements in endurance, strength and flexibility in 173 participants. Based on these findings, practicing yoga can be an effective way to boost strength and endurance, especially when used in combination with a regular exercise routine.

2. NATUROPATHY

Today, more and more people are becoming conscious of their overall health and fitness. Numerous groups of health-conscious people have begun to examine and criticize the modern way of life. Most medical professionals today think that the wrong eating habits, poor lifestyle choices, and rising environmental pollution are to blame for the majority of diseases that plague humanity today.

That is why a system like Naturopathy is gaining more and more acceptance across the globe. Nature cure is defined as a system of man developing in harmony with the constructive principles of nature on physical, mental, moral and spiritual planes of living. It has a great health promotive, curative and rehabilitative potential. Nature Cure is a very old method of living and curing diseases. The fundamental difference between nature cure and other systems is that its theory and practice are purely based on a “Holistic View point” unlike the latter’s approach, which is specific. Nature Cure does not believe in the specific cause of disease and its specific treatment but takes into account the totality of factors responsible for the disease such as one’s unnatural habits, thinking, working, sleeping, relaxation, sexual indulgence, etc. It also considers the environmental factors involved that disturb the normal functioning of the body and lead it to a morbid, weak and toxic state. For treatment purpose, Nature Cure primarily tries to correct all the factors responsible for the disease and allows the body to recover itself. A nature cure physician simply helps in nature’s effort to overcome disease by applying correct natural modalities and controlling the natural forces to work under safe limits.

Air, Water, Heat, and Space are the five primary therapeutic modalities used in nature cure. When compared to other medical systems, naturopathy is a straightforward, unassuming, accommodating, and affordable method of treatment. Its roots can be found in our prehistoric texts on longevity and health. The general treatment modalities and diagnostic methods employed in Nature Cure are the following:

- **Water Therapy:** Also called Hydrotherapy, It is the most traditional form of treatment. In the course of treatment, water is used in a variety of forms because it has a wide range of physiological effects depending on temperature and duration. This method is the most wide spread and is used in almost all treatments.
- **Air Therapy:** Air is amongst the most important sources in life. Fresh air is essential for good health. Air Therapy is employed in different pressures and temperatures for different diseases.
- **Massage Therapy:** Massage is generally employed for tonic, stimulant and sedative effects. It is an effective substitute for exercise.
- **Acupressure:** This therapy utilizes the fact that there are different points on hands, feet and body, which are associated with different organs. By applying pressure on these selected points, related organs can be diagnosed and consequently liberated of their ailments.

- **Magneto Therapy:** It is the most traditional form of treatment. In the course of treatment, water is used in a variety of forms because it has a wide range of physiological effects depending on temperature and duration.
- **Chromo Therapy:** This therapy makes use of the fact that sunrays comprise seven colours of varying wavelengths, each affecting the body differently. These colours are employed through irradiation on body or by administering charged water or oil and pills.

By promoting the body's natural ability to heal itself, naturopathy is a holistic approach to treating illnesses and disorders of all kinds. It combines several different therapies, such as acupuncture, herbal remedies, massage, physical therapy, homeopathy, hydrotherapy and nutritional counseling. This treatment offers benefits to maintain a long term optimal health. One of the principle tenets of Naturopathic medicine is credence in treating the whole person, or boosting a person's general well-being in order to treat a root cause of a disease. This treatment is often invigorating & provides the patient with energy & strength that they initially lacked, all through natural techniques. Following are a few of the many benefits of Naturopathic treatment:

- **Disease Prevention:** The most efficient method of treating disease is to stop it before it even starts. The primary focus of naturopathy is on disease prevention, which is followed by proper nutrition for a healthy body and immune system.
- **Treatment of Disorders:** Numerous common ailments that are commonly treated by traditional medicine can be holistically treated by naturopathy. Digestive issues, allergies, headaches, colds, and skin conditions like eczema are some of the most frequent conditions and diseases treated by naturopathy practitioners. Nutrition is essential for treating the symptoms.
- **Alternative Therapies:** Naturopathy offers multiple treatments depending on the individual requirements. It employs the use of natural supplements, herbs, botanical remedies, homeopathy, performing reiki & acupuncture, or facilitates a powerful combination of these treatment options.
- **Increases Self-Awareness:** Naturopathy treatment helps connect the patients with their inner self. It helps the patients better understand their bodies. As when one gets to know their body, they better understand what it's trying to communicate in the form of symptoms. It eventually helps one listen to their body as to what it's telling when they experience aches, pains or other symptoms.
- **Safe & Effective Treatment:** The goal of naturopathic medicine is to treat underlying illnesses and disorders. By using secure methods, it aids the body's natural ability to heal.

It is a highly individualized form of care that includes encouraging efficient healing methods, self-care choices, and much more that can stop further health issues.

3. CONCLUSION

Living with freedom in all walks of life, health and harmony shall be the main objectives of Yoga practice. While physical and mental health's are natural consequences of yoga, the goal of yoga is more far-reaching. Yoga works on the level of one's body, mind, emotion and energy. Yoga may help lower a number of heart disease risk factors and improve heart health. Yoga is becoming more and more popular as an additional therapy to enhance many people's quality of life. Yoga has been shown to increase the secretion of melatonin, a hormone that regulates sleep and wakefulness. Naturopathy is a straightforward, unassuming, accommodating, and affordable method of treatment. Its roots can be found in our prehistoric texts on longevity and health. Naturopathy is a holistic approach to treating illnesses and disorders of all kinds.

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