

YOGA THERAPY
A POWERFUL ALTERNATIVE FOR HEALTH DISORDERS
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Nowadays Yoga Therapy or Medical Yoga is increasingly becoming a boon for handling and curing many chronic diseases.

It can act as an effective support to most type of medicines. It helps for faster rehabilitation after many Surgeries and diseases like Paralysis. It plays a major role in many neuromuscular disorders like spondylitis, slipped disc, arthritis, frozen shoulder etc. Many psychosomatic disorders like asthma, hypertension, diabetes, IHD, insomnia, depression can be reversed with the help of Yoga therapy.

Yoga therapy includes cleansing techniques (Shuddhikriyas), asana, pranayama, meditation and also diet guidance and counseling.

Yoga as a therapy, works step by step effectively on all 5 sheaths of human that is physical sheath, vital sheath, mental sheath, intellectual sheath and spiritual sheath.

PHYSICAL SHEATH

Guided asanas and shuddhikriyas (cleansing techniques) & diet work on physical sheath that is body which includes all systems and organs of body. They help to remove toxins from body, increase blood circulation supplying oxygen and nutrients in large quantity to each and every cell, enhances their functioning and rejuvenates them.

It creates smoothening effect on all muscles, nerves, organs thereby reducing spasm, pain and obstruction. It overall increases the efficiency of physical sheath. It balances all hormones, creating harmony in all systems.

VITAL SHEATH

Regular practice of suitable pranayama increases control over all voluntary and involuntary movements of body and mind. It creates clarity in thoughts, correct co-ordination between sensory organs - indriyas - mind - ego – intellect and motor organs. It includes all kinds of fast and slow breathing techniques with or without Kumbhak.

MENTAL SHEATH

Regular practice of Dhahrana, Dhyana (different types of meditation techniques) helps to increase stability in mind. One can get good control over emotions and reactions over them. Dualities and confusions get dissolved, mind becomes more alert, sensitive, subtle and focused. Thus it helps in removing imbalance from mental sheath.

INTELLECTUAL SHEATH

As a result of mental peace, person's analytical power, grasping capacity, thought process increases, moreover one gets a lot of knowledge from books, people, Guru, experiences etc. Intellect becomes sharper and decision making capacity increases. The major pain and cause of all miseries in life is lack of knowledge. We can overcome this problem with sharp intellect and our intellectual sheath gets balanced. Many psychosomatic diseases start getting cured from their root.

SHEATH OF BLISS

Ultimately escaping from all pains, aches, doubts, confusions, emotional imbalances, a person attains the ultimate goal of happiness and bliss.

Thus Yoga therapy works very deeply; attacking the very root cause of diseases. As a result it is very effective in healing many chronic, psychosomatic disorders. Yoga therapy is also known to improve quality and quantity of life in many incurable diseases like Cancer

It is the need of the hour to have qualified and effective yoga therapist so that the true benefits of yoga therapy can be accessible to the world at large.