



YOGA AND SWASTHAVRITTA; AN AYURVEDA PERSPECTIVE OF ASANA AND DOSHIC IMBALANCE

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ABSTRACT

Yoga is one of the important aspects of traditional system of health care, the *Yoga* & *Ayurveda* follow same goal of attaining normal physical and mental status. *Yoga* balances *Doshas*, improves appetite, boost *Dhatus* and help to remove *Malas* from body; these all established normal healthy of person. *Ayurveda* and *Yoga* originates from *Vedic* system of knowledge, *Ayurveda* originates in the *Atharva* and *Rig Veda* while *Yoga* originates in the *Yajur Veda*. As like *Ayurveda* *Yoga* also possess eight branches; *Ashtanga yoga*. *Yoga* considers *Nadis*, *Chakras* and the *Kundalini Shakti* as technical constitutes for various *Yogic Kriya*. This article described *Ayurveda* perspective of *Yoga*.

KEYWORDS: *Ayurveda*, *Yoga*, *Asana*, *Doshas*.

INTRODUCTION

Yoga is a scientific method of traditional science established globally and acquiring attention of large number of population day by day. The *Yoga* not only involves *Asana* such as; *Pranayama* and *Dhyana* but it also associated with *Mudra*, *Bhanda* and *Shatkriyas*. *Ayurveda* described significance of *Yoga* for maintaining normal health and also mentioned therapeutic importances of *Yogic Kriya* in various pathological conditions. *Yoga* established balances between physical and mental status. *Yoga* offer beneficial effects since it follow basic logical reasoning of *Vedic* system of health care. *Yoga Sutra* describes *Yoga* as balanced state of the mind in *Yogas Chitta Vritti Nirodhaha*. *Yoga* synchronizes rhythm of body, mind and soul.^[1-4]

Yoga combat with physical stress and calm the mind, it help to start appropriate *Dinacharya*. *Yoga* rejuvenates body, improves digestion and boost physical integrity. The various postures of *Yoga* pacify *Dosha* such as; bending postures good for *Pitta dosha*, twists pacify *Kapha* by stimulating digestion while backward bend is good for *Vata*. *Yoga* postures cleanse the *nadis* or channel and also help to remove *ama*. *Yoga* improves tone of the body, help in detoxification by removing toxins and maintain normal physiological functioning of body. *Ayurveda* mentioned *Panchakarma* for the purification purpose similar to that *Yoga* mentioned *Satkriyas* for the purification purpose. *Yoga* and *Ayurveda* both considered *Dharma*, *Artha*, *Kama* and *Moksha* as important aspect of healthy well being.

AIM AND OBJECTIVES

- To study role of *Yoga* for maintaining good health mentioned by *Ayurveda*.
- To study rules of performing *Yoga*.
- To study the relation between *Yoga* (*Asana*) and *Doshic* imbalance.

MATERIAL AND METHOD

1. Selection of factors which are associated with *Yoga*.
2. Establishment of relationship between *Yoga* and health status.
3. Correlation between predominance *Doshas* with *Yoga*.

Similar to *Ayurveda* *Yoga* follows principles of:

- *Trigunas* (*Sattva*, *Rajas* and *Tamas*)
- *Panchamahabuthas* (earth, air, fire, water, space).
- *Dosha-Dhatu-Mala*
- *Rasa-Veerya-Vipaka*

Guideline for performing *Yoga*

- *Yoga* should be performed in early in the morning.
- *Yoga* should perform on mat or on flat surface.
- Poses should be opposite in movements one after the other.
- One should take relax for a while after exercise.
- One should not perform *Yoga* for long time continuously.
- Eating should be avoided just before and after *Yoga*.
- *Yoga* should not performed in condition of fevers, illnesses, fasting and just after sexual intercourse.

- It is recommended that *Yoga* should be performed under the guidance of expert.
- Critical *Yoga* posture should be performed gradually after regular practice.
- Exercise should be performed slowly it improve flexibility and reduces chances of muscular damage.
- *Yoga* need to be done silently with proper concentration.
- Breathing control is also very essential aspect of *Yogic Kriya*.
- After *Yogic Kriya* one should perform *Shavasana* for relaxing body.

Preferential Yoga as per Prakruti of an individual:

The preferential pose of *Yoga* may be decided on the basis of *Prakruti* of an individual, the consideration of *Vikruti* and imbalance also play significant role for the selection of preferential *Yoga* pose. Each individual has different needs therefore *Yoga* may be done as per body requirements.

- Person possesses *Vata Prakruti* should follow *Yoga* practice which offers qualities such as; calming and quieting.
- Person possesses *Pitta Prakruti* should follow *Yoga* practice which offers qualities such as; quieting and cooling.
- Person possesses *Kapha Prakruti* should follow *Yoga* practice which offers stimulating and warming qualities.

ASANAS FOR BALANCING VATA

- The *Asanas* which balances *Vata* should be calming and grounding.
- These *Asanas* should be able to combat with fear and anxiety.
- *Asanas* should be able to improve *Vata* imbalances such as; constipation, lower back pain and joint pains.
- *Asanas* compress the lower abdomen to make it taut.
- *Asanas* should be able to strengthen the lower back which helps to alleviate *Vata*.

Virasana, *Siddhasana* and *Padmasana* are poses which calm *Vata's* and nervous system also offer relief in anxiety, nervousness and muscle spasm. *Vata* nature person should avoid *Asanas* that extensively stimulate nervous systems; *Vata* dominant person may have weaker bones, looser ligaments and susceptibility to pain thus such type of person should not performed exercise which may stress body. Therefore *Salamba Sarvangasana* and *Halasana* should be avoided.

- ***Uttanasana***

It involve pose of standing forward bend, help to pacify *Vatas*. The pose involves standing on feet about shoulder-width apart, arms raised over the head, straight back. It helps to tone lower back and thus help in aggravated *Vata*.

- ***Paschimottanasana***

Pose involve seated forward bend.

- ***Balasana***

Sit upright with knees, flexed and placed underneath buttocks. Compress pelvis and the *Vata* region. It is good for constipation and chronic gas.

- ***Supta Virasana***

It involves reclining pose; kneel with knees and resting buttocks on heels. It allows proper body extension. It increases pressure in the pelvis hence balances *Vata*. *Supta Virasana* offer significant relief in *Vata* dominating asthma conditions.

- ***Dhanurasana***

Lie on stomach with arms, lifting the head, shoulders and chest of the mat and bend knees. Body weight transferred to pelvic region which relief *Vata*.

ASANAS FOR PITTA

The *Pitta* balancing *Asanas* should offer calming effect and not possess overheating. These *Asanas* offer relief in ulcers, hyperacidity and acne. *Asanas* which apply pressure on the naval and solar plexus region of the small intestine help in balancing *Pitta*. These *Asanas* strengthen digestive fire. Person having *Pitta* imbalance should avoided headstand which may heat the body.

- ***Ustrasana***

Kneel with the buttocks (standing on knees). This *Asana* opens up solar plexus, abdomen and chest and thus balances *Pitta*.

- ***Bhujangasana***

Pose like cobra offer extension of solar plexus and pacify *Pitta*.

- ***Dhanurasana***

These *Asanas* involve bow pose; help in the treatment of ulcers and hepatitis.

ASANAS FOR KAPHA

Asanas which stimulate heating balances heavy and cold nature of *Kapha*, these *Asanas* involve opening of chest. These *Asanas* offer relief in bronchitis, pneumonia and asthma. *Asanas* that offer pressure on the lower abdomen should be avoided.

- ***Ushtrasana***

Pose like camel; it is very useful for balancing *Kapha*.

- ***Setu Bandha***

It is posing like bridge which involves flat positioning of back with arms. It extends pelvis allowing circulation of energy through this region.

- **Suryanamaskar**

It is good exercise for *Kapha* since it creates heat and opens the chest, helps in obesity and depression.^[2-6]

ASANAS FOR VATA	• Uttanasana • Paschimottanasana • Balasana • Supta Virasana • Dhanurasana
ASANAS FOR PITTA	• Ustrasana • Bhujangasana • Dhanurasana
ASANAS FOR KAPHA	• Ushtrasana • Setu Bandha • Suryanamaskar

Figure 1: Various Asana for balancing individual Dosha.

DISCUSSION

The regular physical activity, proper diet regimen, relieving stress, avoiding bad habits, controlled sexual intercourse, obeying rules disciplinary life style are some important aspect of *Swasthavritta*. The traditional text of Ayurveda described importance of *Yoga* for the management of healthy lifestyles, present article mentioned that results *Yoga* help to keep away from various pathological conditions and achieve health wellness it contributes significantly towards the goal of *Swasthavritta*.

CONCLUSION

This article described traditional importances of various *Yoga* and *Asana*, also mentioned that the person should perform *Yoga* as per their body constitution. The various biological importance of *Yoga* is as follows:

- *Yoga* Balance the *Doshas*
- *Yoga* improve physical status of the body
- *Yoga* Control movement of *Prana*
- *Yoga* develops main organ systems of the body
- It calm and relaxes body and mind.

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