



YOGA FOR HEALTH AND HEALTH EDUCATION PROGRAM

Radhika Inamdar

What is Health –

1) W.H.O. define health as-

“It is a state of physical, psychological and social well being”

2) Philosophy -

Bhagvadgeeta or Dnyaneshvari defines health as equilibrium of vital elements of the body, i.e. Dhaatusaamyata

3) In gogic language, health is the natural skill of the body and mind to adapt successfully trough organs of action and perception with changing circumstances and environments.

The environment can be geo-physical or social.

What is ill health?

1) Modern Medicine-

State of physical, psychological and social un-wellbeing.

Metabolic disorders arising out of psychosomatic imbalance, due to unknown causes.

2) Philosophy of Ayurveda defines it as loss of equilibrium between water, fire and air- the basic elements of the body- the tridosha.

This leads to imbalance in proportions of the basic seven components or the *dhatu*s of the body.

These dhatu s are - rasa, rakta, maans, meda, asthi, majja, and shukra,. The expression of the essence of matter- rasa in seven categories. It is a chemical reaction between earth with water, air and fire in body space that is manifest as disease.

3) Yoga classifies ill health into multiple defects of expression of the relationship between mass and force particles. These are fourteen in total and physical ill health is but one of them. The remaining thirteen are related to the movement of force particles in the body space. Ultimately it pinpoints on The shift in behavioral pattern of secret and sacred element which is an end product of the alloy of five elements - earth, water, fire, air and space, called *chitta*.

4) Vedic philosophy contributes ill health to following -

a) Sinful and unholy behavior- paapa and punya.

b) Principle of rebirth

c) Cause and effect theory - karma, karmashaya- karmavipaaka theory.

In today's context, these factors are invalid and hence no further classification need.

Cause of ill health-

1) Modern medicines cannot pinpoint the cause of ill health except in diseases caused by entry of micro organisms, deficiencies of different elements and surgical abnormalities which can be repaired , reduced, replaced or removed.

2) Ayurveda explains the principle of the defective tridosha-imbalance between the elements of water, fire and air responsible for generation, organization and destruction of the body.

3) Yoga philosophy pinpoints the blame on the extrovert aptitude of the mind complex towards objects of gratification through the ten organs of action and perception put together.

Limitations in rectification of state of ill health-

1) Modern medicines fail to pinpoint the cause of metabolic disorders and physiological aging process.

Since the cause is unknown, efforts of rectification will be entirely pivoting around the dilution of the effects of the above on the functioning of the body and mind. It is like inhibiting the formation of waves in a lake, arising out of dropping of stones, in the water. Modern medicine has miserably failed in inhibiting the tendency of dropping stones in the pond.

2) Ayurveda is struggling to combat the problem by replenishing the stock of five elements in the body through different methods. Its failure is in judging the defect in manufacturing.

3) Yoga philosophy as pinpointed the effect in manufacturing as searching satisfaction outside the purview of body and mind in objects, objective gratification and lust arising out of thirst which cannot be quenched by acquiring more and more, just as fire cannot be extinguished by pouring more and more of oil.

How to rectify the state of ill health:

1) Modern medicine

Does not know the cause and hence cannot ably rectify through its principles of action viz. reduce, repair, replenish, remove and replace. It cannot achieve RESOLUTION, RESTORATION, REVERSAL, REJUVENATION and REGENERATION.

2) Ayurveda

It has achieved rectification to some extent through identifying the mode of derailment through the principles of tridoshas and unable to pinpoint the source of those tendencies.

3) Yoga philosophy:

a) Has identified the cause of deviation of life force, force particles in matter, in mass particles.

b) Rectified through process of-

1) Disciplining the tendencies -DO's and Don'ts- yama and niyama

2) Disciplining the activity of the muscular skeletal system through the motor and sensory centers of the brain by the combined power of mind and intelligence through asana.

3) Control of activity of autonomic nervous system by mind and intelligence through pranayama

4) Disconnecting relationship between mind and organs of perception with objects of gratification

Aim of life –

The aim is not to free the body and mind from ill health.

The aim is to disregard variations of constituents of body and mind and concentrate and contemplate on that imperishable LIFE FORCE and be one with the Universal life force and dissolve the identify if Self into Selflessness.

Aim of medical Science:

To give freedom from disease.

Definition of W.H.O.

A state of physical, mental & social wellbeing

Foundations of Medical Science:

I) Observation:

a) Symptoms of disease process pertaining to physiology

b) Effect on health

II) Examination: Physical examination with different methods to find out nature of disease process i.e. Diagnosis.

III) Investigations: Different tests for confirmation of diagnosis

IV) Treatment: Medicines, Surgery etc.

Different Medical Faculties and their roles-

I) Methods:

= From ancient healing art of Ayurveda to different medicinal processes i.e. Unani-Homeopathy-Aroma Herbal methods.

= Varieties of Physical Processes- Osteopath-Physiotheratpy etc.

Acupressure-acupuncture- Surgery

= Various Psychological Methods - Hypnosis, Rechie, Godmen

II) Role:

= Cure the patient from disease

=Control symptoms

=Palliative to relieve agony

=To prevent future catastrophe

=Avoid recurrence.

Essence and Limitations:

I) Essence -

= to restore chemical balance

=To Reduce -symptoms

=To Replenish-efficiencies

=To Repair tissues

=To remove diseased organ

=To replace by artificial organ

II) Limitations:

=Medical Science developed by Observations, Experiments, Discoveries

=Hence extrovert in nature

=Inadequate understanding of causative factors

=Resulting into lack of power of penetration for rectification

=Disastrous chemical side effect

=Inability to avert ageing

Can Astrology help Medical Science?

= what is Astrology?

=Science pertaining to movement of different planets around Sun

=Movement observed from Earth

=Application of mathematics, physics, metaphysics, experience, memories of past all rolled together

=Prediction of future events

=Theory of पिंड-ब्रह्मांड

= Effect of planetary movements on earth and its atmosphere.

REFERENCES –

- 1) Yogasutra – Patanjali
- 2) Vagbhat – Vagbhat sanhita
- 3) Yogdipika – B.K.S. Iyengar