



Holistic Study of Yoga as a Naturopathic Influence for Healthy Lifestyle

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ABSTRACT:

Yoga is literally means the process of addition or union, it's natural phenomena that exists everything in this world. Such presence living and non-living actions it's also realize in materialistic composition become an adding their molecular elements. Simply the term of yoga is word represents addition something mathematically. In other form yoga activities relates the untouchable aspect with association of sensation organs functioning also regulate.

Objective- To find the evidence based review on yoga as Naturopathic therapy concern with the healthy lifestyle. Specifically, the paper reviews an impact of yoga on psychological relation for a healthy lifestyle.

Methods- In this literature find out the implications of yoga for good health. Data from some identified study were extracted to include with assessed psychological functioning and focused on yoga as a main intervention. Using an influence the quality of healthy lifestyle and that reviewed with attention of yoga intervention is most common naturopathic symptoms diagnosis. Studies also varied in terms of naturopathic proportions of yoga interventions exist.

Implications- Yoga is an associative process to joining the every component of physical body as well as their mind and spirit also. During the various physical postures has working in proper to canalized body system. The connecting one body part with another organ physically by the yoga activity that movement unification such organs. Hence such influence not artificially or inserting externally but there a natural impact come out with a positive aspect to helpful for a healthy life style.

Key words: Yoga, Naturopathic influence, Healthy lifestyle.

INTRODUCTION:

Yoga is that movements of body which simultaneously working integrate with the body, mind and soul. It's utility fact as awareness spread all over the world also adopted in 11th December 2014 by UNO has declared 21st June also celebrating the International Yoga Day of each year. This is most important educational information behind this Indian Vedantic period of 'Bhaktiyoga' and 'Hattiyoga' that unlighted in the form of 'Patajali Yoga darshan' also coated as yoga is '*Citta-vṛtti-nirodhah*' in 1.2th Patanjali Yoga Sutras. Those comes under the Pada (Chapters) those are given as: 1) Samadhi Pada- being absorbed in spirit, 2) Sadhana Pada- On being immersed in spirit, 3) Vibhuti Pada- supernatural abilities and gifts and at last 4) Kaivalya Pada- absolute freedom. Patanjali also has given a reference such as 'Ashtanga Yoga' (Eight-Limbed Yoga). This eight-limbed concept is derived from the 29th Sutra of the Book 2 of Yoga Sutras. These are:

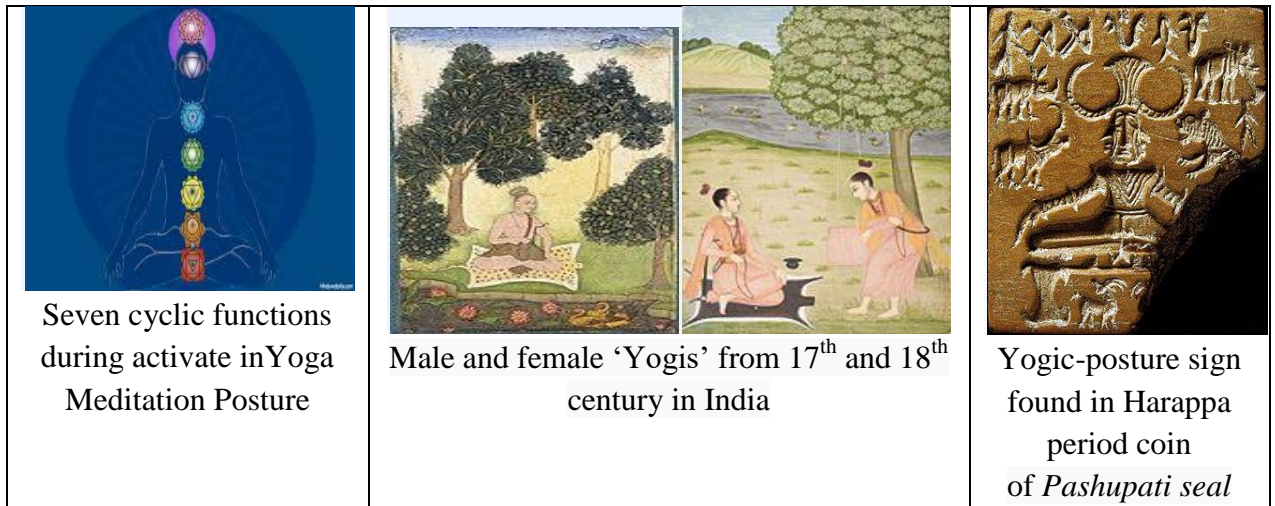
1. **Yama**- follow these five 'abstentions' of: (i) Ahinsa- Non-violence, non-harming to other living beings, (ii) Satya- truthfulness, feckless in behaviour, (iii) Asteya- non-stealing somthings, (iv) Brahmacharya- celibacy, devotion for one's partner and (v) Aparigraha- non-possessiveness, non-avarice.
2. **Niyama**- consist under such five 'observances' that: (i) Saucha- purify, clearness in body, speech and mind, (ii) Santosha- acceptance of others and contentment), (iii) Tapas- persistent meditation, perseverance, austerity, (iv) Svadhyaya- self-reflection, self-realization, study the values of Vedas and (v) Ishvara Pranidhana- True Self and contemplation of God/ Super natural power).
3. **Asana**- It's literally means 'Seat' and there as 'Patanjali's Sutras' refers to the seated proper position used for meditation.
4. **Pranayama**- A Breath exercise of 'Prana' is breath and 'Ayama' to extend, stretch, restrain or stop.
5. **Pratyahara**- Abstraction to withdrawal the unnecessary interferences sense organs from external objects.
6. **Dharana**- Concentration for the fixing of attention on a single object or goal.
7. **Dhyana**- This is Meditation under such intense contemplation of the nature.
8. **Samadhi**- Liberation merging consciousness with the object of meditation.

BACKGROUND OVERVIW:

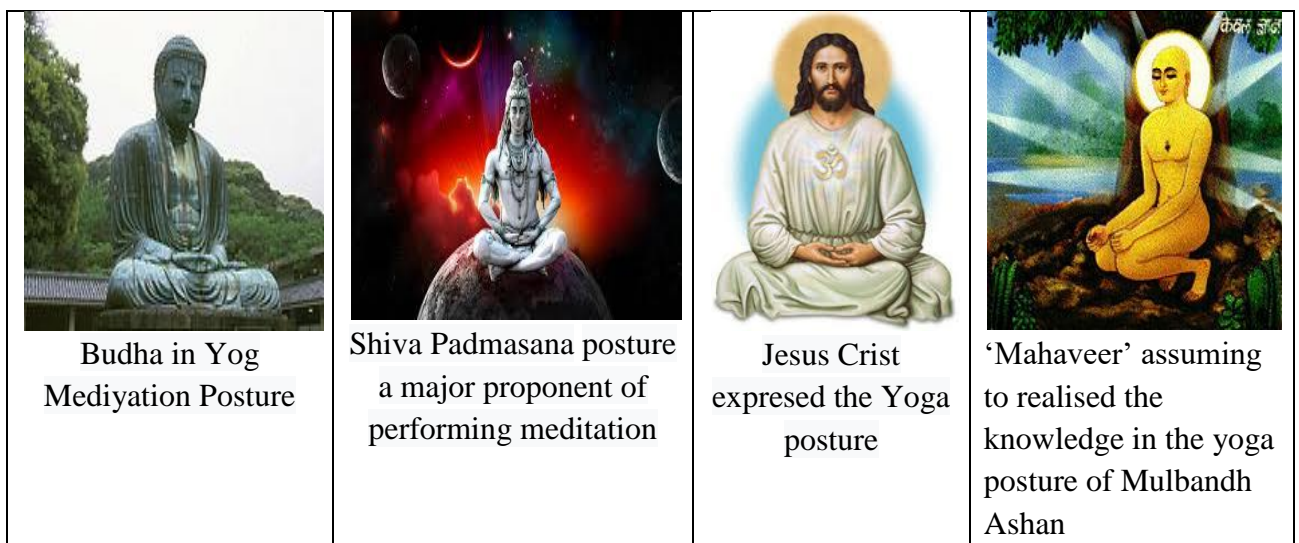
In India yoga is a widely used method for treating asthma but has yet to become a popular treatment in the Western world. Yoga can be a cost-efficient alternative or complementary therapy to inhaled steroid drugs as some studies have shown it positive impact on reducing medication dosage, frequency of attacks, and peak expiratory flow rate (PEFR). Considering yoga practice reduces the sympathetic nervous system through stretching, relaxation through meditation (Dhyana), and deep breathing (Pranayama), It's impact on the smooth muscle obstructing airways during an asthma attack seems promising. However, there are currently few studies examining the benefits of yoga for patients suffering from asthma. The purpose of this review is to determine whether or not yoga could be an alternative or a complement to mainstream asthma therapy.

Yoga and Vedanta:

In Hindu traditions Yoga and Vedanta are two largest arrear schools. They contribute many thematic concepts, principles and belief in self or soul. Epistemologically the Yoga school accepts three means to reliable knowledge, while Advaita and Vedanta accept six ways. Yoga disputes the Monism of Advaita Vedanta. It's believes in the state of Moksha, every individual discovers the blissful, liberating sense of them self as an independent identity; as part of Oneness with everything everyone and the universal self. Further, the reading of Upanishads and Advaita Vedanta enjoins the use of Patanjali's yoga practices for those seeking the supreme and ultimate freedom for a healthy life style.



Nirodha- Buddhism refers to express of four noble truths for basic orientation of a short expression in the form of 'Dukkha', 'incapable of satisfying in painful restraining oneself and practicing mindfulness of meditation. Yoga is very depth understanding that studied by various religious thinkers assumed in different postures so much beneficial for all persons and society. Yoga has an effective intervention for physical and psychologically influence occurs on Physical, Emotional, Vocational or Academic Stress. Bhagwatgeeta noted the 'Yoga: Karmsu Kouslam' There are broad variety of yoga schools work as a practices getting goals in Hinduism, Buddhism and Jainism.




In western 20th century Platonists and Indian yoga has embraced a way of life that integrates cognitive and affective aspects of human life for eliminate to ignorance suffering through the purification and simplification of consciousness. The concrete attitude and determinate lifestyle with the help of engages the whole of existence. Parsons who purify the soul likewise think that get any advantage from any learning that's offered. Deeper Platonic affinities with yogic meditation are evident in the middle and later dialogues. The Phaedo's spiritual exercises intensify the purification begun with the elenchus.

The 'Bhagavad Gita' is Song of the Lord, uses the term 'Yoga' extensively in a variety of ways. In addition to an entire chapter-6 dedicated to traditional yoga practice, including meditation, it introduces three prominent types of yoga:

1. Karma yoga: Action of yoga.

2. Bhakti yoga: Devotion of yoga.
3. Jnana yoga: Knowledge of yoga.

Yoga gurus from India later introduced yoga to the West, following the success of ‘Swami Vivekananda’ in the late 19th early 20th century. In the 1980, Indian traditions the Yoga became popular as a system of physical exercise across the Western world it also become a meditative and spiritual core. Hinduism is one of the six major orthodox schools also called Yoga, Which has epistemology and metaphysics is closely related to Hindu samkhya philosophy. Many studies have tried to determine the effectiveness of yoga as complementary intervention in Cancer, Schizophrenia, Asthma, and heart disease. The results of these studies have mixed and inconclusive, In Dec. 1, 2016, UNESCO listed yoga as an Intangible cultural heritage. An evidence based review of Yoga as a complementary intervention for patients with cancer.

			
<p>Visionary facts of Yoga in Islamic Religion at holy place of arabian of city ‘Makka’</p>	<p>16th century Yoga posture in Buddhist Metallic Antique Idol</p>	<p>Vivekananda equated Raja yoga</p>	<p>10th century ‘Chola dynasty’ bronze sculpture of Shiva Hatha yoga dance at the Los Angeles Museum of Art</p>

MODERN ASPECT OF YOGA:

In India most important center on intellectually, the late nineteenth century saw the emergence of a new ‘holy man’ style of yoga in the Indian reform and independence movement. A prime catalyst of this was shift in the 1882 form publication of Bankim Chandra Chatterji’s a powerful and controversial Bengali novel Anandamath (Lipner 2005), In Western style clothing has put on the saffron robes of Indian holy men. These included, most notably, Swami Vivekananda, the Indian founder of ‘Modern yoga’ (De Michelis 2004, p.91–180) and Sri Aurobindo was jailed by the British for plotting a sannyasi revolt, against the Empire but who devoted for the latter part of his life to yoga, founding his famous ashram in Pondicherry in 1926. While other leading yoga gurus in first half of the twentieth century had no reform or political agenda, they left their mark as carrying the gospel of modern yoga to west.

Physical Exercise:

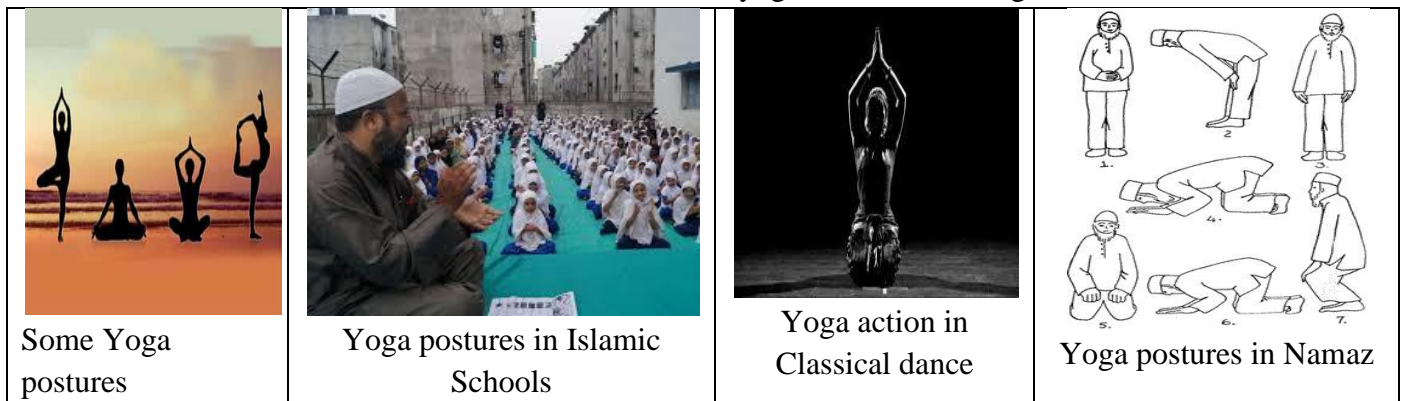
In Social habits Yoga become as a modern exercise practice influenced by Hatha Yoga. It involves holding stretches as a kind of low-impact physical exercise often used for therapeutic purposes. Yoga in this sense often occurs in a class may involve the meditation, breath work and music. Physical health little evidence was

found to support the use of Hatha yoga as a complementary therapy for rheumatic diseases, without evidence of that's safety. Although a study has found less effect of yoga to lower high BP and overall this evidence was too weak for any recommendation may be made, that provided no information about safety. There were no evidences the benefit in epilepsy or menopause treatment and their related symptoms. Practice of yoga has no effect on underlying the mechanisms in cancer.

Yoga has roots in India, foundational text of *Yoga Sutras of Patanjali*. Yoga came to the attention of the western public in the mid 19th century along with other topics of Hindu philosophy. Indian philosopher Swami Vivekananda was actively advocated and disseminates the aspects of yoga as a western audience, who toured Europe and US in the 1890.

Mental Health:

A literature review Goldberg, P. (2010) stated, ‘results from these trials are encouraging as a group suffered from the substantial methodological conditions. Michaela and Isabelle (2015) also comprises a review on the effect of yoga on mood of the brain concluded that yoga associated to better regulation of body sympathetic-nervous-system and hypothalamic pituitary adrenal system, to decrease the depressive and wistful symptoms. The same review also rigor be applied to future clinical trials. One review found on little evidence that yoga helps the people implies dementia perform in daily activities, while another no effect in the attention deficit related hyperactivity disorder. There was weak evidence supporting yoga as an alternative treatment for insomnia, with no evidence that yoga was better than general relaxation.



Metaphysics:

As noted, Yoga is not to be considered as a school distinct from ‘Sankhya’ until well after Patanjali’s time, but rather various approach enlightenment there are minor differences. Sankhya provides the metaphysical or theoretical basis to realization of ‘Puruṣa’ and Yoga is a technique or practice itself. While the Yoga tradition not agree with the Samkhya view that metaphysical analysis, that is *jnana*, knowledge, constitutes a sufficient path towards enlightenment and itself the metaphysical presuppositions of the Yoga system assume those of Samkhya. Leaving aside the numerous variants of Sankhya (the Chinese Buddhist pilgrim Hsuen Tsang’s disciple in the 7th century C.E. reports 18 schools, and the loss of the earlier material, the later *Samkhya Karika* of Isvarakṛṣṇa (4th–5th century C.E.), has become the seminal text of the tradition, just as Patanjali’s *Yoga Sutras* as the Yoga tradition.

In the generic Sankhya or ‘numeration’ the system of universe animate and inanimate entities is perceived as ultimately the product of two ontologically, It’s

given the meditative focus of the text *guṇas* are especially significant to Yoga in terms of psychological manifestation. In Yoga, the mind and all psychological dispositions are based on *prakṛti*, also comprised the *guṇas* difference between mind and matter being a larger preponderance of *sattva*, and the latter of *tamas*. Therefore, the specific intermixture and proportionality with *guṇas*, living beings exhibit different types of mindsets and psychological dispositions. Thus, when *sattva* is predominant in an individual qualities of wisdom, lucidity, tranquility, discrimination, detachment, happiness, and peacefulness manifest; when *rajas* is predominant, hankering, attachment, energetic endeavor, passion, power, restlessness and creative activity. When *tamas* and their *guṇa* least favorable for *yoga* is predominant, ignorance, delusion, disinterest, lethargy, sleep, and disinclination towards constructive activity.

NATUROPATHIC INFLUENCE:

Yoga also associated with Naturopathy to be employs an array of pseudo-scientific practices known as ‘natural’ and promoting as ‘self-healing’. The methods and ideology of naturopathy are based on vitality. Naturopathic study and practice on unscientific notions, often leading the naturopathic doctors to diagnoses and treatments have no factual merit. At a time their modern technology, environmental pollution, poor diet, and stress has play a significant role in degradation of health. Then Naturopath’s apply the ability with natural methods to healing a considerable importance. First Naturopathy was used on the Hippocratic School for Medicine about in 400 BC. The Greek philosopher Hippocrates believed to viewing the whole person in regards to find the cause of disease, and using the nature of induce cure. It was from this original school of thought that Naturopathy takes it principles.

- ❖ Healing power of nature– nature has the innate ability to heal.
- ❖ Identify the treat and cause– always an underlying cause as physical or emotional.
- ❖ Do no harm– a Naturopath will never use treatments that may create other conditions.
- ❖ Treat the whole person– when preparing a treatment plan; all aspects of a person’s being are taken under consideration.
- ❖ The Naturopath as a teacher– a Naturopath empowers the patient to take responsibility for them own health by teaching self-care.
- ❖ Prevention is better than cure a Naturopath may remove toxic substances and situations from a patient’s lifestyle to prevent the onset of further disease.

Yoga therapy is holistic healing art filled with age-old yogic teachings to enhance body’s natural ability to heal itself. Through yoga therapy process of introspecting one will be able to cultivate healthy patterns than ultimately balancing the mind, body, and spirit.

Yoga for Stress Management:

Systematic research reviews suggest that yoga is effective at reducing stress and enhancing mood and well-being. Yoga refers the process for involving various techniques to stress reduction; It is a holistic system of mind and body practices for mental and physical health involving multiple components such as physical postures and exercises to promote strength and flexibility, breathing exercises to enhance

respiratory functioning, deep relaxation techniques to change life style. Develop the ability to mentally and physiologically release tension and stress, meditational practices enhance mind and body awareness and improve attention and emotion regulation skills.

Yoga in Schools:

In a comprehensive review proposing the implementation of contemplative practices such as yoga and meditation in education, suggest that the benefits of yoga that have been observed in adults are also relevant for children and adolescents in school-based settings. Research on yoga interventions in schools is in the early stages, however initial results are promising. The studies of yoga in schools and concluded that the yoga interventions exerted positive effects on factors such as emotional balance, attention control, cognitive efficiency, anxiety, negative thought patterns, emotional and physical arousal, reactivity, and negative behavior. Additional research also suggests positive effects of school-based yoga programs on several aspects of mental health such as concentration, attention, anxiety, stress, mood, emotional resilience.

Purpose of the Present Study:

Much research suggests that providing the use of yoga in school curriculum can effective to help youth to develop their stress removing management skills. Stress related psychiatric disorders among youth suggests that school based yoga interventions may be beneficial effects on physiological markers related to stress and behavior students.

IMPLICATIONS:

Childrens:

It is very important for child to their all around development claimed that excellent training with yogic interactions both in physical exercise and also breathing, focus, mindfulness, and stress relief: many schools have considered incorporating the yoga in their Physical Education programs. Some countries become aware on yogic activities the purpose of child health, their government and judiciary approval the use yoga in schools as Physical Education. Above that various programmes in India campaign of 21st June as International Yoga day has conducted as formal and non-formally in educational institutions advocated to adopt the yoga as a daily lifestyle.

Adults:

While in some medical cases are regards the impact of yoga research so as significant results undermine. More of the researches on yoga take form of preliminary studies and clinical trials on low methodological quality to test including small sample. A review on 2013 described the effectiveness of yoga for low back pain in the short term evidence that was effective then long term. Some medical practitioners have reported on their ingestions of yoga apply as a subsidiary intervention to cancer patients decrease their depression, insomnia, body pain, fatigue and anxiety. In 2016 include a review and meta-analysis found no evidence that yoga was effective for metabolic syndrome. Adults have felt the significance of Yoga is very good exercise for their increasing age that a positive impact on their body, But except such cases in generally.

Physical Injuries:

Some yoga practitioners have suffered from physical injuries in sports. A survey of yoga parsons in Australia showed that some physical injury comes while practicing yoga as hand and shoulder stands, forward and backward bends produced the large number. Among the main reasons that experts cited for causing negative effects from yoga are beginners and instructors' lack of proper knowledge of yoga. In turns a beginning yoga student can observe the abilities of their body to be fit and become flexible or strong enough they can perform. So themselves regularly proper practice of yoga has very beneficial for their physical disorders.

Health Effects:

Yoga also studied can be recommended to promote relaxation and reduce stress. Those same benefits of well designed exercise program, improving the healing in general health, in stamina, reducing stress, and improving such conditions brought their lifestyles. Yoga can improve psychological health for cancer treatment this possible benefit. Other research also indicated that yoga may be useful in addition to other treatments of schizophrenia and positive effects for mental health.

Education:

Yoga imparted the active role in educational criteria on physical development provide differ from state to state and from country to country among various levels of professional responsibility. In U.S. states have physical therapy practice acts recognize both physical therapists (PT) and physical therapist assistants (PTA). Most of the countries have licensing bodies that require their physical therapists as a member and they can start practicing as independent professionals.

Neurological:

In neurophysiological therapy is a field related with yoga focused on neurological disorder. These are including Stroke of chronic back pain, Alzheimer's disease, Brain injury, Cerebral palsy, Multiple sclerosis, Parkinson's disease, Facial palsy and Spinal cord injuries. Common impairments associated with neurologic conditions include impairments of vision, balance in daily living activities and movement of muscle strength. The yoga techniques involve in neurological as well as physical therapy has widely ranging to be requiring specialized training. That also called Neuro-physiotherapy or neurological rehabilitation.

Orthopedic:

Treatment with most of the orthopedic physical therapists used to be diagnoses, manage for therapy such disorders and injuries of the musculoskeletal system apply the proper shaping the damage bones including rehabilitation after orthopedic surgery. Acute trauma such as strains, sprains, tendons injuries of insidious onset such as tendinopathy, bursitis and deformities like scoliosis. Specially the yogic interventions of physical therapy as a naturopathic treatments are most often found in the out-patient clinical setting. Orthopedically most of physiotherapists are trained in the treatment of post-operative orthopedic procedures, bone fractures, acute sports injuries, arthritis, sprains, strains, back and neck pain, spinal conditions, and amputations. Joints of spine mobilization, dry needling like as acupuncture, therapeutic exercise, Neuro-muscular techniques, muscle reduction, hot or cold packs and electrical stimulation in muscle i.e. Cryotherapy and electrotherapy are modalities

to expedite recovery in orthopedic setting. Which suffered from injury and disease affecting the muscles, bones, ligaments or tendons will benefit the assessment in the supervision of specialized physiotherapists in orthopedics.

Pediatric:

Pediatric physical therapies have assisted in early detection to health problems and provide physical therapy for disorders in the pediatric. Therapists diagnosis and manage the treatment of infants, children, and adolescents with a variety of neuromuscular, skeletal or acquired disorders congenital. Treatments mainly focus on improving the gross and fine motor skills, balancing and coordination. Their muscular strengthening has endurance as well as cognitive and sensory integration.

Sports:

Physical therapists are closely involved with the yoga exercise in care and well-being of athletes, cricketers and volleyball players including recreational, semi-professional and professional participants. In this area such types practice hold on athletic injury management under these five main categories-

1. Acute care– Assessment and diagnosis in the initial injury.
2. Treatment– Specialist has advice and applies the techniques to encourage healing.
3. Rehabilitation– Progressive management on full return to sport.
4. Prevention– To identify the deficiencies and directly affect their result, Such as the movement on assessment that injury,
5. Education– Sharing the specialist knowledge to individual athletes, teams or clubs to assist with the prevention or manage injured body parts.

CONCLUSIONS:

This study provided a holistic understanding of yoga impact for a healthy lifestyle as a naturopathic treatment. Them likes in chronic and savior diseases i.e. Cancer, High blood pressure, Diabetes, Asthma, Ortho-muscular pains and Nerves disorders. Although some positive results were found, across such studies and drawbacks limit the extent in yoga can be deemed effective for them managing the stress of above all diseases related symptoms. However the research possibilities in this area have under a certainty to be warranted. Future research also can examine what components of yoga are most beneficial and what types of yogic movement to be effective for normal person or certain patients receive for greatest benefit from yoga interventions.

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