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EDITORIAL

YOGA AND BASIC MEDICAL SCIENCES

FIRST YEAR OF INTERNATIONAL DAY OF YOGA 21 June 2015

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With effort of Honorable Prime Minister of India Shri Narendra Modi, United Nations General Assembly (UNGA) declared and celebrated on 21 June as INTERNATIONAL DAY OF YOGA for purpose of spread of knowledge and application use of YOGA for health, harmony and inter peace. Though in a particular case that one may require diagnosis or medical attention, consult health experts before practicing Yoga. Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and Nature. By changing our lifestyle and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an International Yoga Day." WHO has already mentioned the value of spiritual well being health in definition of health and YOGA practice gives true answer to spiritual dimension of health

Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root *yuj* meaning "to join", "to yoke" or "to unite".

According to Yogic scriptures, the practice of Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness of existence is said to be "in Yoga" and is termed as a yogi who has attained a state of freedom, referred to as *mukti*, *nirvāna*, *kaivalya* or *moksha*. "Yoga" also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation. The aim of Yoga practice (*sādhana*) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Brief history and development of Yoga

The history of yoga is in many millenniums but sage Maharishi Patanjali systematized and codified the existing Yogic practices, its meaning and its related knowledge through Patanjali's Yoga Sutras.

After Patanjali, many sages and Yoga masters contributed greatly for the preservation and development of the field through well documented practices and literature. Yoga has spread all over the World by the teachings of eminent Yoga masters Traditional schools of Yoga .The different philosophies, traditions,

lineages and guru-shishya paramparas of Yoga led to the emergence of different traditional schools. These include gnāna Yoga, Bhakti Yoga, Karma Yoga, Pātanjala Yoga, Kuṇḍ ā lini Yoga, Haṭha Yoga, Dhyāna Yoga, Mantra Yoga, Laya Yoga, Rāja Yoga, Jain Yoga, Bouddha Yoga etc. Each school has its own approach and practices that lead to the ultimate aim and objectives of Yoga Yogic practices for health and wellness

The widely practiced Patanjali Yoga sadhanas have eight steps they are: Yama, Niyama, Āsana, Prānāyāma, Pratyāhara, Dhāraṇa, Dhyāna, Samādhi.

A few dietary guidelines can ensure that the body and mind are flexible and well-prepared for practice. A vegetarian diet is usually recommended, and for a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour.

Though Yoga is essentially a path to liberation from all bondage., medical research in recent years has uncovered many physical and mental benefits that Yoga offers, corroborating the experiences of millions of practitioners. A small sampling of research shows that: Yoga is beneficial for physical fitness, musculoskeletal Functioning and cardio-vascular health. It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many life style related disorders. Yoga helps to reduce depression, fatigue, anxiety disorders and stress. Yoga regulates menopausal symptoms. In essence, Yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life. Now we people basic medical sciences had responsibility to prove real benefits by doing basic and applied researches give prove more insight in evidence based medicine.

Reference with thanks: from INTERNATIONAL DAY OF YOGA **booklet on Common Yoga Protocol**

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