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Integrated Approach of Yoga and Naturopathy for Longevity -A review

Meena Kumari Sethi,¹ Rajendra P. Yogi²

1-M.D. Scholar, Yoga & Naturopathy College & Hospital, Sunrise University, Alwar (Raj.), India

2-Dean, Yoga & Naturopathy College & Hospital, Sunrise University, Alwar (Raj.).

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Corresponding author-

Meena Kumari Sethi, M.D. Scholar,
Yoga & Naturopathy College &
Hospital, Sunrise University, Alwar
(Raj.), India.

Email: meena.sethi60@yahoo.com.

ABSTRACT:

Yoga & Naturopathy plays an important role in maintaining proper health and in preventing the ageing process. Several systems of Yoga & Naturopathy have been developed over the years. The most popular & ancient among them are yogic & Naturopathy therapies. Yoga is a means of attaining perfect health by maintaining harmony and achieving optimum functioning on all three levels physical, mental and spiritual through complete self-control. It improves circulation and energies and stimulates major endocrine glands of the body. Yogic exercises promote health and harmony and their regular practice helps prevent and cure many common ailments. Natural healing started giving a new life to the people of new age. Combined with the goodness of nature and exclusive healing principles, Yoga & meditation the health ailments leading to optimal health and wetness in a long run. Naturopathic treatment is a combination of natural remedies, herbs, meditation, yoga and modifications in the life style.

Keywords :- Yoga, Naturopathy, Alternative therapy, Meditation, Spiritual.

INTRODUCTION

Yoga and Naturopathy an art of life living could contribute significantly in improving Longevity health as well as reducing disease and disabilities. The holistic regimen advised during various stages of Longevity, action dietary modifications, herbs, *Abhyangam*, *Basthi*, *Asana*, Aromatherapy, peripheral therapies, Acupuncture, Mud-therapy, Hydrotherapy, Chromo-Therapy, etc. aims to ensure a healthy and smooth Longevity at the same time sustain the overall health nutrition and well being of both the woman and the baby. The measures are simple, easy to follow by women and families at the household local level available resources. The main focus of this regimen is

woman herself, If she is healthy, the families goes to be healthy. The use of locally available resources in preventive and promotive regimen reduces cost of curative Longevity services. "Yoga always is a system of perfect tools for achieving union also as healing". "Yoga is scientific and lots of it practices can be measured by existing scientific methods. Yoga is an superb tool of promotive health which will enrich modern medicine. The practice of Yoga results in the efficient functioning of the body with homeostasis through improved functioning of the psycho-immuno-neuro- endocrine system. A balanced equilibrium between the sympathetic and parasympathetic wings of the autonomic nervous system leads to a dynamic state of health¹.



MATERIALS AND METHODS

Literature searches were conducted to collect literary sources from authentic texts and relevant research articles.

Harmony of yoga:

Extensive research on Yoga being done every space has shown promise with reference to various disorders and diseases that appear to be amiable to Yoga therapy. These include psychosomatic, stress disorders, asthma, diabetes, hypertension, gastro intestinal ulcer, atherosclerosis, seizure disorder headache, heart disease, lung disease, and Mental Psychiatric disorders like anxiety disorders, obsessive-compulsive disorder, depression. Musculoskeletal disorders such as lumbago, Spondylosis, sciatica and carpal tunnel syndrome are often tackled effectively with Yoga practices that provide a better hope in metabolic disorders like thyroid and endocrine disorders, immune disorders, obesity and metabolic syndrome. Yoga reduces the risk of cardiovascular diseases through parasympathetic activation. It is well established that stress weakens our metabolic and immune system. Scientific research in recent times has showed that the psychological and biochemical effects of Yoga are of an anti-stress nature. Mechanisms postulated included the restoration of autonomic balance also as an improvement in restorative, regenerative and rehabilitative capacities of the individual lives. Longevity is inevitable and Yoga can help us to age gracefully. Modern medicine tries to assist retard aging and help people look better by costly surgical. Balance diet, regular exercise, positive habits and a healthy lifestyle can help us to age with dignity. Yoga also can help retain and capability their mental health and preventive disorders like Parkinson's disease, Alzheimer's and various other disease.²

Integrated approach of yoga:

Yoga understands the influence of the mind on the body also as that of the body on the mind. It is interesting that modern medicine has only realized this connection within the last hundred. Yogic concepts and techniques enable the development of right attitudes towards life and enable us to correct the numerous internal and external imbalances we suffer due to our improper lifestyle/ genetically. Cleanses the accumulated toxins through various *Yogic kriyas* and generates a way of relaxed lightness. Free flow in all bodily passages prevents the many infections that may occur when pathogens enter therein. Yogic lifestyle with proper nourishing diet, creates positive antioxidant enhancement

thus neutralizing free radicals in the body. Steadies the whole body through different physical postures held during steady and smooth manner without strain. Physical balance and a way of ease with oneself enhance mental / emotional balance and enable all physiological processes to occur in a healthy manner. Respiratory mechanisms though breathing patterns that generate energy and enhances emotional stability. The mind and emotions are correlated to our breathing pattern and hence the slowing down of the breathing process influences autonomic functioning, metabolic processes also as emotional responses. Focuses the mind positively on activities being done, thus enhancing energy flow and resultant healthy circulation to the every organs and internal body parts. Relaxes the body-emotion-mind complex through physical and mental techniques that enhances the longevity of life. In addition to its preventive and restorative capabilities promoting positive health during our lifetime. This concept of positive health is one among Yoga's unique contributions to modern healthcare as Yoga has both a preventive also as promotive role in the healthcare. It is also inexpensive and must be utilized in tandem with other systems of treatment in an integrated manner to patients.^{3,11}

Yoga and modern drugs:

YOGA AND MODERN DRUGS may seem to be totally incompatible and, in some ways, even antagonistic to each other and similarities that exist between them and build a bridge between these two great sciences in the world. Yoga and Naturopathy as both share many similarities of concepts like the *Trigunas, Tridoshas, Chakras and Nadis*. They also understand that a healthy balance between body, mind and soul result in total health. Spiritual health is an important element of Yoga. Modern medicine has the ultimate way and goal of optimum physical and mental health thus ultimately leading to the optimum wellbeing of the individual. “The treatment of the part shouldn't be attempted without a treatment of the everything,” meaning that the treatment of the body without treating the mind and soul would be a useless waste of time. A symbiotic relationship between the techniques of modern treatments and Yoga can help the patient. Yoga can help reduce and in some cases eliminate drug dosage and dependence in patients suffering from diabetes, hypertension, epilepsy, anxiety, bronchial asthma, constipation, dyspepsia, insomnia, arthritis and skin disorders.⁴

The general treatment modalities employed in Naturopathy

Balance diet- diet therapy:-

Modern medicine and Naturopathy can help give a patient as well as normal person the proper holistic values of a proper diet. Modern research shows us the advantage of the 'break-down' study of foods on the fundamental of their physical and chemical properties. This is important for the person to understand what proportion of each constituent of food is to be taken in the proper quantity and manner. Naturopathy also teaches us about the approach to food, the types of food as well as the importance of timings and moderation in diet. A combination of the present aspects of diet with a dose of Yogic thought can help us eat not only the proper things but also right way and at the proper time thus ensuing our better health and longevity. Naturopathy emphasizes the importance of not only eating the proper choice of food but also the balance amount and with the systematic attitude.⁵ The food must be taken in natural form according to this concept. Fresh seasonal fruits, fresh green leafy vegetables and sprouts are excellent. These diets are mainly classified into three types which are as follows:

i)Eliminative Diet

Liquids-Lemon, Citric juices, Coconut water, Vegetable soups, Butter milk, Wheat Grass juices etc.

ii)Soothing Diet

Fruits, Salads, Boiled/Steamed Vegetables, Sprouts, Vegetable chutney etc.

iii)Constructive Diet

Flour, unpolished rice, pulses, sprouts, curd etc. Being alkaline, these diets help in improving health, purifying and de-toxification the body and increasing its immune to disease. Our diet must consist of 20% acidic and 80% alkaline food for maintaining health and a proper combination of food is necessary.

Mud therapy: -

Mud therapy is very simple and effective. The mud used for this should be sound clean and taken from 3 to 4 ft. depth from the surface of the ground. Mud is one of the five elements of nature having best impact on the body both in health and sickness. It can be employed conveniently as a therapeutic agent in Naturopathy treatment as its black colour absorbs all the colours of the sun and easy treatable

them to the body.

The effects of mud are described as refreshing, invigorating, and vitalizing. For wounds and skin diseases, application of mud is the true bandage. Mud therapy used for giving coolness to the body. It releases and absorbs the toxic substances of body and ultimately eliminates them from every body parts. Mud is used successfully in diseases like constipation, headache, high blood pressure, skin diseases etc.⁶

Hydro therapy:-

Water is also an ancient method of treatment like Colon Therapy. Taking bath properly with clean and cold water is an excellent form of Hydrotherapy and open up all the pores of the skin and make the body light and fresh. In the cold bath, all systems and muscles of body get activated and improve the blood circulation. The ancient bath in rivers, ponds or waterfalls on specific occasions is virtually a natural form of Hydrotherapy. Hip/pandu bath, Enema, Hot and Cold fomentation, foot bath, Spinal bath, Steam bath, Immersion bath, Hot and Cold packs on abdomen, chest and other parts of the body, are the therapeutic treatment of Hydrotherapy. Hydrotherapy is employed mainly for preserving health and curing different types of diseases of bilious character.^{7,12}

Massage therapy:-

Massage is also a modality of Naturopathy and quite essential for maintaining better health. It aims at proper improving blood circulation and strengthening body organs. In winter, sun bath after massaging the body is well practice of preserving health and strength. It is beneficial to all. Massage may be a substitute of exercise for those cannot do the same. Various oils are used as lubricants like mustard oil, sesame oil, coconut oil, olive oil, aroma oils etc. which also have therapeutic effects. It activates the muscles and body system. Useful in blood pressure, Joint disorders, Paralysis, Depression, localized or generalized painful conditions, Weakness, Indigestion and Obesity.^{8,13}

DISCUSSION

The rule of Yoga and Naturopathy is immensely important in prevention of Longevity. It's not only reduces the various potential risks to the pregnant women. It is also cost effective for delivering women and their families. In the six systems of Vedic philosophy, Yoga is one among. "The Father of Yoga" Maharishi Patanjali, called compiled and refined various aspects of Yoga systematically in his

“Yoga Sutras”. He advocated the eight folds path of Yoga, popularly called as “*Ashtanga Yoga*” for all-round development of human lives. They are:- *Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi*. These components enhancement certain restraints and observances, physical discipline, breathing pattern, restraining the sense organs, meditation and samadhi. These steps are believed to possess possible potential for improvement of physical health by enhancing circulation of oxygenated blood in the whole body. The practice of Yoga prevents psychosomatic disorders and improves resistance and skill to endure stressful situations. All Yogic practices are complementary. People generally ignore *Yamas and Niyamas* in practice considering them to be a part of conduct but they might to even be practiced. Ashtanga Yoga, the Yogic practices classified as (i) *Yamas* (ii) *Niyamas* (iii) *Asanas* (iv) *Pranayamas* (v) *Bandhas and Mudras* (vi) *Kriyas* (vii) Meditation and (viii) Attitude training practices. Each one of these classification consists of a sum of several practices .Naturopathy is an art and science of healthy longevity and a drugless system of healing. It is composed of five elements (*Pancha Maha Bhutas*), imbalance of those, creates diseases. Treatment of the diseases by these elements i.e. Earth, Water, Fire, Air and Ether is called as Naturopathy.⁹ Naturopathy therapy is a system of man building consonant with the constructive principles of nature on physical, mental, moral and spiritual planes of living. It has great health promotive, disease preventive and curative also as restorative potential .The human body has a remarkable recuperative power^{10,14}.

CONCLUSION

Modern civilization has made man abnormal. He is sick physically and mentally. Medicines may soothe temporarily but offer no cure. The practice of Yoga and Naturopathy calls for considerable personal efforts, which involves self discipline. The impact of Yoga and Naturopathy on the life of people are control of negative waves in the mind, creation of positive attitude, holistic development of personality, strengthen spiritual power. Increasing the yogic therapy and reducing the drug dosage and avoidance of unnecessary surgeries can also help reduce the problem in life.

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