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Regulation Of Lifestyle Diseases Through Yoga Practice

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ABSTRACT: A disease is particular abnormal pathological conditions. That effects part of all of an organism or pathological conditions of a part, organs or systems of an organism resulting from various causes, such as infections, genetic, defects, or environment stress and characterized by an identifiable group of sign or symptoms . Human life is more stressful in the present era. Lifestyle disorders are primarily resulted due to improper diet (mostly fat and sugar) and dietary patterns, lack of exercise (sedentary lifestyle), bad habits like alcohol, drinking, smoking, uncontrolled desires, late night sleep, day sleep, and psychosocial stress. Common life style disease included are communicable disease, hereditary disease, deficiency disease, heart disease, smoking, obesity, high blood pressure, coronary artery disease, bronchial asthma, diabetes mellitus, chronic liver disease, psoriasis, arthritis, cancer, and physical inactivity are more prevalent among SEP (socio economic positions) persons. Social inequalities in chronic disease morbidity and mortality will persist in the next decades (UN Report). Non communicable disease leading causes of death around the world, with developing countries hit fast, according to a new report from the WHO. The modern world is facing a pandemic of lifestyle disease that require change to be made consciously by individual themselves. The holistic art and science of yoga is the best lifestyle ever designed and effective, yoga provides great option for the preventions and management for lifestyle diseases, particularly, yoga has been found effective to manage work related stress. Different yoga practices works on the principles of proper relaxation, proper exercise, proper breathing, proper diet, positive thinking and meditation. Yoga based lifestyle involves life style modification based on the concepts of promotion of psychosomatic and spiritual health and proper living. This way yoga is found more effective for promotion of psychosomatic and spiritual health, prevention and management of life style diseases and rehabilitation as well

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INTRODUCTION

The yoga word Yoga derived from the verbal root word Yuj in Sanskrit it means joining act of union, uniting etc, usually the human soul attaining complete union with the ultimate Devine power or the supreme spirit is considered as yoga¹. Yoga is an ancient discipline aimed at balancing the physical, mental, emotional and spiritual health of an individual. It is an art of life management and universal means for self realization². Different life style disorders included hypertension, coronary artery disease, bronchial asthma, diabetes mellitus, obesity, chronic liver disease, etc. Yoga providing great option to combat these diseases. The concept of yoga therapy seems more advance and ancient compared to modern medical science .yoga is the union of mind and body with spirit³. During practice of yoga, one can deeply connect to its innermost self through mindful exercise , involving Asana,

controlled breathing i.e. Pranayama and meditation. These postures strengthen the body, the meditation sharpens one's focus, and the breath calms the mind and heals the body. When the three are in harmony, the result is improved fitness, flexibility, stress, management, relaxation skills, mental clarity, and overall well-being.

There Are Many Types Of Yoga:

(Type⁴ of the yoga- yoga mainly classified as)

- *Karma yoga* (the yogic path of undertaking selfless deeds by using attained wisdom, power and prosperity)
- *Bhakti yoga* (the yogic path of devotion).
- *Jnana yoga* (the yogic path that prioritizes rational thinking over knowledge).

- *Raj yoga* (the eightfold yogic path synthesized by sage patanjali). According to yoga sutra there are Ashtanga yoga.

Ashtanga yoga – yoga sutra of *Patanjali Maharshi* is the earliest book, which is available on yoga. Raj yoga has metaphorically comprised of eight subsequent limbs, Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyan and Samadhi. The first four are considered as Bahiranga (external) yoga, whereas the latter are considered as the Antranga (internal) yoga.

1. *Yama*- the principal and ethics rules followed in personal and social behaviour are Ahimsa , Satya, Asteya, Brahmachrya, and Aparigraha.
2. *Niyama*- these are the personal ethical rules for everyone. By Niyama one can get controlled the thoughts and purification of the body.
3. *Asana*- the asana gives firmness and flexibility to the body. The statics posture usually used for the meditations in which body remain still.
4. *Pranayama*- it is the method through which the vital energy. The controlled the prana can be achieved by the practice of pranayama. It does the

purification of *Nadi* and provide the lightness to body.

5. *Pratyahara*- it stands for the withdrawal of senses, cognition and action from both the external world and the images or impressions in the mind.
6. *Dharana- pratyahara* is nothing but withdrawing the senses from the external worldly things where is Dharana is initial state of Dharana.
7. *Dhyan* – *Dhyan* is the meditation. Here the awareness of the inner self is developed.
8. *Samadhi*- it is the very highest state of the awareness or trance state. The rejecting the perception of the external part and meditating on the internal part or the state of absolute contemplation is Samadhi.

First two part mentions about avoiding mental transgression. Yogic lifestyle and yogic diet, yogic attitude, and various yogic practice help man to strengthen and develop positive health .yoga emphasizes the importance not only the eating right type of food but also in the proper amount and with the right attitude, also preparation and serving of food with love are brought out in the yogic scheme of healthy living . Guna (inherent nature) of food taken into

consideration to attain and maintain good health. Diet is one of the most important lifestyle changes that need to be implemented in the management of the any lifestyle disorder.

According to yogic concept food can be categorized into three groups which are *Satvik*, *Rajsik* and *Tamsik*. *Satvik* food is positive, non-irritant, pure, agreeable, nourishing, and easily digestible. It promotes purity of mind and inner strength and is conducive to higher thinking and intelligence, keeps body healthy and mind at peace. *Rajsik* food is negative and irritant. It comprises of heavy proteins, fat, that are difficult to digest. This type of food excites, emotion, cause, disease, obesity, and restricts the soul to material achievements. *Tamsik* food is devitalizing and stale. It is also a type of *Tamsik* food. Yoga prescribes a balanced diet that comprises of pure, light and nutritious food. It should have cereals like wheat pulses, like green moong, green leaf vegetable cooked in mustard, ground nut oil, milk and dairy products like curd, mattha (butter milk), paneer, should also be included in diet.

Yoga places great importance on a proper and healthy lifestyle whose main compounds are *achar* (healthy activities), *vichar* (healthy thought), *ahar* (healthy food), and *vihar* (healthy recreation), the basic yogic principles are useful in the management of lifestyle disorders.

DISCUSSION:

Lifestyle related diseases included heart attack, Diabetic, stroke and cancer are main causes of death in India. The risk of developing such disease is increased in lifestyle with excessive alcohol consumption, tobacco use, unhealthy diet and remaining sedentary. It is the science of concentrating of our mind.

The ultimate goal of this study is to suggest some suitable lifestyle, yoga to reduce and control these diseases.

Reasons for the lifestyle disorders:-

Habits⁵: diet and lifestyle are major factors thought to influence susceptibility to many diseases. Drug abuse, tobacco, smoking and alcohol drinking as well as lack of exercise may increase the risk of developing disease especially later in life.

Unhealthy Lifestyle:-The unhealthy life style behaviour are, having low quality and being physically inactive and sedentary lifestyle.

Practice:- excessive eating, untimely sleeping, watching TV , Hard work without rest are some of the practices lead to life style disorders.

How The Life Styles Leads To Disease:

We can understand almost all diseases are caused by improper way of taking food. Increasing globalization bring nothing but changing life style, ignorance of health by sticking to the strict pattern of jobs. The arousal of such crisis is just because of inappropriate relationship of people with the environment. The speciality of the life style disease is that it takes years to develop, if occurred once; it isn't easy to handle.

Role of yoga in the prevention and management of lifestyle disorders

A regular practice of yoga usually 30 to 50 minutes daily with faith in self, improves in the blessing spiritual illuminations which slowly develops into awareness of reality⁶. If human being can live strictly according to nature he will have total

health and happiness, because such a way of life is balanced. The blessing of total health comes to those who find their own individual lifestyle and adhere to it.

Cultivations of right attitudes-

The most important part for tackling lifestyle disorders is the cultivation of right attitudes by the development of yogic attitude towards every part of life. This is vital to reduce the stress that is more often inner over-reaction than the response to any external stimuli. The attainment of clarity of mind (*chitta prasadhanam*) through the attitudes extolled by Maharishi Patanjali (*maître, karuna, mudita, and upekshanam*)⁷ is to be included by the therapist. The therapists need to stress the importance of individual taking the opposite view towards negative thoughts and action (*pratipaksha bhavanam*) as well as emphasis on the cultivation of Karma Yoga, Raja Yoga, and Bhakti Yoga principles in daily life.

Healthy heart – friendly diet:

It is important to have a diet that is of healthy nature⁸. Meals should be taken regularly and there should be adequate amounts of green vegetables salads, sprouts, fenugreek, turmeric, bitter, gourd,

and neem . there should be minimum possible amount of salt in the diet and it should have adequate potassium and calcium are present in fruits and low fat dairy products. it is important to maintain good hydration and therapists need to stress that a loss of few kilograms of body weight will help reduce the BP and enhance insulin sensitivity. Some good points are eat when hungry and after the previous meal has been digested take regular small meals with complex carbohydrates, and avoid refined foodstuffs and junk foods.

Breath- body movement coordination practices :- practice that enhance mind and the body harmony through the use of “breath- linked movements” should be emphasized. *Sukshma vyayama* and *Sheetalakarana vyayama* practice as well as enjoyable the *suryanamskar* when done slowly with breath awareness can also produce psychosomatic harmony and the postures can be held without strain a short period with meditative awareness of the *surya mantras* .

Yoga asan⁹ modified versions of the following asan as per physical condition and other associated health problems of the patients may be used. Standing postures

such as *Tada asana*, *Trikon asana*, *Padottan asanhashaha asana*, *Hashtpadottan asana*, *Padangushta asana* and *Meru asanas* are useful. Prone posture that are of benefits included *Bhujang asana* and *Ardha salaba asana* while useful sitting posture include *Vakr asana*, *Gomukha asana*, *Ushtra asana*, *Shashaha asana* , and *yoga mudra asana*. The supine posture include *Matsya asana*, *Pavana mukta asana*, and *eka* and *Dwipada uthhanpada asana*. Topy posture may be help in resting baro receptor reflex mechanisms that regulate BP. This may be “head below heart” posture that do the same if the patients cannot do posture such as *Sarvanga* and *Sethubanda sarvanga asan*.

Pranayams:- Vibhaga and *pranava pranayama* are beneficial as also *Chandra bhedana* and *Chandra nadi pranayamas* help reduce sympathetic over –activity. *Savitri*, *nadi shudhi* (*aloma viloma* in *Gitananda* tradition) and *Bhramri pranayama* are excellent practices to reduce stress.

Kriyas to cleans the toxins:- Cleansing practice such as *Kunjal*, *Nauli*, *Kapalbhati*, *Agnisara*, *Shanka prakshalana* may be

done as seems fit for the individual predisposition.

Mudra:- *Viprita karni*, *Shanmukhi* mudra, and Brahma mudra, are all useful in various ways. *Viprita karni* helps by virtue of being “head below heart” and also has a profound effect on the *psychneuro-endocrine* axis. *Shanmukhi* mudra produce as sense of inner calm while Brahma mudra by virtue of working with breath and vibration (*nadi*) induce a sense of relaxations and reinvigoration in the head and neck region that reduce stress and normalizes reflex mechanisms.

Yogic relaxation⁹ :- Hath yoga relaxtions practice that can be done from *Shavaasana* include *Spandha nishpandha kriya* (alternate tension and relaxation), *Maramsthana kirya* (part by part relaxation), and *kaya kirya* (dynamic body relaxation). Jana yogic relaxation practice such as *Anuloma Viloma kriya* and yoga nidra can help reduce stress level and creat psychosomatic harmony. Even simple *Makarasana* offers an excellent antidote to stress and benefits the patients of all psychomatic disorders¹⁰.

Dharna and dhayan:- concentrative practice that induce a state of meditation

include the popular OM *japa and ajapa japa*. Chakra is another useful practice.

CONCLUSION :-

Yoga has a great potential in preventing and managing lifestyle disorders and disease, and yogic lifestyle can make an appreciable contribution to improvement of health of our masses. Yoga practice is effective in hypertension. Most of the lifestyle diseases can be controlled by practicing yoga. What is needed today is an extension of focus from organ based expertise. New holistic approach required which need dedicated team efforts of physician dietician, yoga expert and physiotherapists who work across their traditional silos. Yoga is effective for controlling all types of disease.

Ideal daily routine description:-

Go to bed by 10 P.M. Arise before 06:00 A.M. Evacuate bowels and bladder. Clean teeth, scrape tongue. Exercise, oil massage, than bath/ shower. Wear clean, comfortable, natural fabric clothing. Light breakfast.

Afternoon : Take warm cooked food. Taken 10 minutes rest after food.

Evening : light evening meal then 10 minutes rest followed by few minute walk.

Avoid: over time work, watching TV/reading paper in late night daily which make imbalance on body functioning.

Things to maintain a healthy life style:

A healthy life style boost your energy, improve your mental out look and enhances your quality of life. Regardless of your current health, you can being making positive life style change today, maintain a healthy life style. Try to keep waist to hip ratio less than 1. Keep body mass index [BMI] healthy normal value. Include more vegetables in your food, have non vegetable once in a week. Try to avoid fried food items. Alert about **CAUTION**

C – changes in bowel habits

A-Sore that does not heal

U - unless bleeding or discharge thickening of lump

T - thickening of lump

I-Indigestion or difficulty in swallowing

O - obvious change in wart or mole

N - nagging cough or hoarseness

Always think positively, act positively behave positively. Healthy foods, proper exercises should be our life style. Inner purity and environmental cleanliness is an evitable part of our life.

Instructions before practicing yoga:-

1. The suitable time for the practice is at Brahma muhurtha.[4:30 AM to 6:00AM]
2. East or north facing is more beneficial, that gives positive energy.
3. It is recommended to practice on a bed sheet or on a carpet.
4. Practice should be on empty stomach.
5. Minimum possible clothes is required for the practice.
6. The selected place should be clean and dry.
7. That place should be calm and quit.
8. Maximum concentration should be provided for the practice.
9. It is advisable to practice after the bath on the other hand, taken bath at least half an hour after the practice. Practicing place should be open and have fresh air circulation.
10. During the practice body sweats, than do not wipe it out with towel or with other means but rub the body with palm.
11. Practice should be in a relaxed manner.

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