

Improve Holistic Health through Yoga and Naturopathy

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Abstract: *Yoga has gained popularity recently among people of all ages. It takes a broad, holistic approach that aims to educate individuals new ways of living, thinking, and being in the world. However, it is also discovered to have a wide range of therapeutic properties during the procedure. A person is likely to discover that some of his more specialised challenges tend to vanish by attention to techniques for enhancing, recovering, or maintaining general good health. Clinical studies have supported several of yoga's therapeutic advantages. The most significant advantages of yoga are its use in reducing stress, exhaustion, restoring energy, and vitality, as well as its anti-aging and relaxation treatment applications. Celebrities, leaders in business and government, and people from practically all walks of life are now practising yoga, making it more popular than ever. Yoga means yoke or oneness in Sanskrit. In the practise of yoga, we aim to bring the body and mind into harmony. Yoga is fantastic for enhancing your mental acuity and making you feel younger and healthier. Following yogic methods for maintaining health frequently leads to longer life. One naturally lives a healthier and longer life when all external risks, internal ailments, and behaviours that cause degeneration have been removed.*

Keywords: Yoga, Health, Diseases naturopathy, human, mental health, physical health, hypertension, cancer.

I. INTRODUCTION

The holistic development of the three fundamental components—body, mind, and soul—is only addressed through yoga. Yoga is a holistic science that incorporates the cultures of the body, mind, and spirit. Yoga enhances men's character and behaviour by squelching the demon within them with the aid of Yama-Niyama, in addition to their physical, mental, and intellectual well-being. This gives men a solid moral basis upon which to develop their physical, mental, intellectual, and spiritual superstructures and demonstrate that they are men or women in the truest sense of the words.

Yoga is a philosophy that originated in India and is based on the idea that physical activity and meditation can make one more tranquil and spiritually connected to God. Yoga is a form of exercise where you put your body in different positions to enhance your breathing, flexibility, and fitness while also calming your mind.

Yoga is a practise that has been around for ages and was created to help people with their physical, mental, emotional, and spiritual well-being. There are many contemporary schools of yoga, including Iyengar, Viniyoga, Sivananda, etc., each emphasising different aspects of the relative content of physical exercises and postures known as asanas, breathing techniques known as pranayama, deep relaxation, and meditation practises that foster awareness and, ultimately, more profound states of consciousness.

II. CONCEPT OF YOGA

Yoga is a term that is familiar to us. We have some theories regarding it, but they could be accurate or inaccurate. Yoga was once only practised by a small number of devoted individuals who had been inducted into the order by their Gurus, the majority of whom were hermits and ascetics. Even among the educated, there was a prevalent perception that yoga was only appropriate for persons who had given up their daily lives and began hermitaging, not for homemakers. However, it is now widely practised by the general public, regardless of gender, religion, caste, birth, age, and profession, in order to treat illnesses and live a healthy, happy, and prosperous life after it was popularised among the masses by yogis like Swami Ramdev, Shri Ravi Shankar, and others through mass-media, in particular through television and mass-yoga camps.

III. NATUROPATHIES

Naturopathy is an art and science of healthy living that relies on drug-free, self-healing concepts that are founded on traditional, natural laws controlling life and health. This is a strategy for reestablishing the balance between people and nature, as well as the natural elements within, in order to activate the body's innate ability to heal itself. Old scriptures serve as the conduit for the self-healing, vital force, and morbid matter theories that form the foundation of this philosophy. Since antiquity, these healthy living, prevention, and healing ideas have been firmly ingrained in Indian customs and culture, and they are well-documented in the Vedas, Upanishads, and epics like the Ramayana and Mahabharata.

IV. BASIC PRINCIPLES OF NATUROPATHY

The basic principles on which the naturopathy stands are as under:

- The body heals by itself.
- The main cause of disease is the lowered vitality.
- The accumulation of morbid matter is the cause for lowered vitality.
- The acute disease itself is the remedial process.
- Germs do not cause disease but are found in diseased condition.
- Food is the building material, but it does not increase vitality.
- Fasting does not cure the disease but creates the needed environment to heal.
- Exercise and physical activities keep the balance between nutrition and drainage.
- External treatments facilitate the power of healing.
- The patient's own wish to get well, determination, and faith in nature's healing power play an important role in the healing process.

V. CAUSE OF DISEASE

"Disease is a disturbance of the function or the structure of any organ or part of the body," according to naturopathy, and "chronic disorders are connected with an accumulation of foreign materials, waste products, dead cells, poisonous components, and harmful toxins." The lack of vigour, poor excretion, and poor digestion caused by every organ's sluggish activity result in these harmful compounds.

Dr. Henry Lindlahr stated that "violation of nature's laws is the fundamental cause of sickness, barring accidental or surgical injury to the human organism and environments unfriendly to human existence, and the effect of violation of nature's laws on the physical human organism are

- Lowered vitality.
- Abnormal composition of blood and lymph.
- Accumulation of waste matter, morbid materials and poisons.

The unification of disease and therapy is a core tenet of naturopathy. One's violation or disobedience to the laws of nature is the disease's cause, and one's removal of the morbid substance from the body is its remedy..

VI. REVIEW OF LITERATURE

According to Kirkwood et al. (2005), asanas are particularly beneficial for improving physical flexibility, coordination, and strength, while breathing exercises and meditation are beneficial for reducing anxiety and improving quality of life. Additional positive effects could include a decrease in anxiety, a drop in blood pressure, and enhancements in fortitude, mood, and metabolic control (Yang, 2007). A increasing body of research evidence supports the idea that particular yoga poses might enhance both physical and mental health by reducing the activity of the sympathetic nervous system and the hypothalamo-pituitary-adrenal (HPA) axis (Bussing et al, 2012). We attempt to outline the research on the effects of yoga on several aspects of mental and physical health in this post.

It is not unexpected that studies on yoga have produced favourable outcomes in so many different contexts. According to three research that compared yoga to other meditation methods like progressive relaxation, such as reducing blood pressure and enhancing mood and anxiety perception, yoga was found to be on par with or better than progressive relaxation in all three investigations (Smith et al., 2007; Shannahoff-Khalsa, 1993). In randomised trials involving cancer patients receiving chemotherapy, yoga was found to be much more effective than supportive psychotherapy at reducing

nausea and vomiting and boosting the immune system (Raghavendra, 2007). (Rao et al, 2007). Yoga activates neurohormonal processes that improve health, as shown by the reduction of sympathetic activity. As a result, it lessens stress and anxiety, enhances the functioning of the autonomic and higher neurological centres, and even, as demonstrated in certain studies, improves the physical health of cancer patients.

About four billion years ago, life began to exist on Earth. Fortey (1998) wrote this in an exceptional manner, succinctly moving from the basic to the complex. Biological processes suggest that life is a dynamic and unpredictable reality. However, death has been viewed as a battle within the dialectic of life. The order of the physical world and life is inferred in order to appropriately interpret life. These outcomes of the evolution of fungi, plants, and animals from "pure" single-celled entities are actual (Villie et al., 1982; Yetkin, 1998).

VII. BENEFIT OF YOGA AND NATUROPATHY FOR HEALTH

The posture (asana) and the breath are the physical foundations of yoga. Every region of the body is worked out through a series of positions held in sync with breathing.

Strength, endurance, flexibility, and balance are all improved by yoga, which also results in an improvement in one's capacity for activity, greater vitality, and deeper sleep. Overeating, excessive sexual activity, and irrational fits of rage and hatred are the root causes of the majority of diseases. You may maintain excellent health, strength, and vitality if you keep your mind cool and collected at all times. Fits of rage drain you of energy. When one loses his anger and harbours intense hatred, the cells and tissues are filled with obscene, deadly substances. Numerous bodily conditions manifest. The blood becomes thin and heated, which causes nighttime pollution. Numerous nerve disorders are caused by frequent explosive rage attacks and severe loss of seminal vitality.

VIII. CONCEPT OF HEALTH AND DISEASE IN NATUROPATHY

Naturopathy maintains that people can remain healthy and beautiful as long as they continue to live in accordance with nature's laws. Only man have the freedom to decide and take action. Different diseases or sufferings are incurred by those who choose to disregard the laws of nature. We are destined to suffer when we violate the laws of nature and engage in unnatural activities since anything in excess or under-excess affects the body's internal ecology. Health is therefore normal and natural. It cannot be either adopted or borrowed. It is a part of you.

Additionally, it claims that the disease is an abnormal or unbalanced vibration of the forces and elements that make up the human entity on one or more planes of existence, in line with the way that nature applies its principle of destruction to individual life. According to Hereward Carrington, illness is a lack or absence of health. He views treating an illness as treating it.

When it comes to the body's natural healing process, it is corrective. The healing process quickly works to restore the body's natural and healthy vibrations when there is a disturbance. Therefore, acute disorders are largely nature's attempt to rid the body of the diseased stuff and return it to its normal activities. Because of this, chronic diseases are recognised as the outcomes of the suppression of acute diseases, and acute diseases are recognised as friends rather than foes. The disease process is nature's attempt to restore proper function, thus instead of trying to repress these processes, one should strive to work with them by maintaining the symptoms within acceptable bounds. Any attempt to suppress sensations like pain, fever, nausea, diarrhoea, or ill feeling encourages the development of a chronic illness.

Cleanliness, which is a personal and environmental phenomenon, is related to health. It is necessary to purge the body of morbid substances, systemic wastes, and illness contamination. According to naturopathy, the atmosphere that is heavily burdened and weakened by morbid activities such as preserved food, drinks, chemicals, medications, vaccines, serums, and poisons is where disease-causing germs and parasites develop and reproduce. Disease finally develops in the human body as a result of the germs and parasites feeding, digesting, and decomposing on the filthy and undesired material.

IX. SOME IMPORTANT BENEFITS OF YOGA FOR HEALTH ARE AS FOLLOWS

- **Yoga Builds Muscles Strength:** More than just looking attractive, muscles are useful. Additionally, they shield us from ailments like back discomfort and arthritis and assist in keeping older individuals from falling. And you combine strength with flexibility when you practise yoga. If you only did weightlifting at the gym, you might lose flexibility while gaining strength.

- **Yoga Improves Posture:** Your posture will improve as your strength and flexibility increase. You are more likely to notice when you are slouching or have poor posture thanks to improved core strength and the body awareness you develop through yoga. Back, neck, and other muscle and joint issues can result from poor posture..
- **Yoga Prevents Cartilage and Joint Breakdown:** You put your joints through their complete range of motion each time you practise yoga. By "squeezing and soaking" sections of cartilage that aren't often used, this can help prevent degenerative arthritis or lessen handicap. Similar to a sponge, joint cartilage only obtains new nutrients when its fluid is squeezed out and a new supply can be absorbed. Neglected cartilage might gradually deteriorate without proper care, revealing the underlying bone like worn-out brake pads.
- **Yoga Increases Blood Flow:** Blood flow is increased through yoga. Your circulation, especially in your hands and feet, can benefit from the relaxation exercises. Your cells perform better as a result of yoga because it increases oxygenation in your body. Twisting positions are believed to squeeze venous blood out of internal organs and, once the twist is removed, allow oxygenated blood to flow in..
- **Yoga Drains Lymphs and Boosts Immunity:** Increased lymphatic drainage occurs as you tense and stretch muscles, move organs, and enter and exit yoga poses (a viscous fluid rich in immune cells). This supports the lymphatic system's ability to combat infections, eradicate malignant cells, and get rid of harmful byproducts of cellular activity.
- **Lowers Blood Sugar:** Yoga increases HDL ("good") cholesterol while lowering blood sugar and LDL ("bad") cholesterol. Yoga has been shown to lower blood sugar in diabetics in a number of ways, including by lowering cortisol and adrenaline levels, promoting weight reduction, and increasing sensitivity to the effects of insulin. Reduce your risk of diabetic consequences like heart attack, renal failure, and blindness by lowering your blood sugar levels.
- **Maintains Nervous System:** Some highly skilled yogis have incredible control over their bodies, most of which is mediated by the neurological system. Scientists have observed yogis who were able to produce particular brainwave patterns, cause odd heart rhythms, and increase the temperature of their hands by 15 degrees Fahrenheit when meditating. If yoga can accomplish that, perhaps it can also help you relax when you have difficulties falling asleep or enhance blood flow to your pelvis if you're trying to get pregnant.
- **Yoga Gives a Peace of Mind:** According to Patanjali's Yoga Sutra, yoga calms mental disturbances. In other words, it lessens the stress-causing mental loops of frustration, regret, wrath, fear, and want. Additionally, since stress is linked to a wide range of health issues, including migraines, insomnia, lupus, MS, eczema, high blood pressure, and heart attacks, if you learn to calm your mind, you'll probably live longer and be in better condition..
- **Eases your Pain:** Yoga can help you feel better. Numerous studies have shown that asana, meditation, or a combination of the two can lessen pain in persons with chronic diseases like fibromyalgia, carpal tunnel syndrome, arthritis, and back pain. Your mood improves, you're more likely to be active, and you require less medication when your pain is reduced.

X. PURPOSE OF YOGA FOR HEALTH

Yoga was developed as a spiritual discipline to train the body and mind to become self-aware and practise spiritual development. Yoga aims to develop higher consciousness, mindfulness, self-regulation, and judgement in the individual. The lack of consciousness and attention to inner experience has alienated the practitioner from his body as the gap between those seeking physical advances and those seeking spiritual advancements has grown. We have developed a number of strong technology and products in the modern world, and we are preoccupied with acquiring more and more money, property, and other material possessions. Despite this, we have not been able to establish either society or individual peace, wisdom, or happiness. All we have to do is glance around to observe the brutality and loneliness of our contemporary world, the destructiveness of our weaponry, the hollowness of our pleasures and entertainments, the waste of our money and human resources. Despite all of our achievements in the outside world, we can now see that we have made few long-lasting contributions. The development of new technologies won't be able to fix these issues. Instead, it will only be when we find the inner peace, tranquillity, and wisdom that all of humanity is seeking that these human issues will be solved. The aim of yoga is to help people realise their true nature since yoga is a practical science meant to do just that. There are a few requirements for individuals who want to follow the yoga road to serenity and progress. We

need to be in excellent health, have a clear head, be sincere, and have a strong desire to overcome our flaws as humans. A straightforward, well-balanced diet, enough rest, moderate physical activity, and relaxation all contribute to good health. Yoga and meditation practises are hampered by physical and emotional disturbances caused by imbalances or excesses in our daily lives, including our eating, exercise, sleep, and interpersonal interactions. We can advance in yoga in the modern world if the elements of our everyday lives are in balance. We may design a life that is suited to yoga no matter where we live or what we do.

XI. CONCLUSION

Yoga is safe and may be practised by everyone, regardless of age, health, or whether they are recuperating from an illness or seeking for a therapeutic option to help them manage a chronic disease. Yoga is wonderful because anyone can practise it. It makes no difference how old you are or how physically fit you are. Yoga is one of the quickest ways to achieve a more flexible body. Yoga also encourages better posture and improves one's physical coordination. Additionally, it accomplishes all of this without the potential risks of side effects that are sometimes associated with high-impact forms of exercise. Yoga helps stimulate the digestive process, the neurological and endocrine systems, as well as the circulatory and digestive systems when it is done correctly and in conjunction with related breathing practises. Yoga is fantastic for boosting mental acuity and making you feel younger. Following yogic methods for maintaining health frequently leads to longer life. One naturally lives longer when external threats, internal illnesses, and bad habits have been eliminated. The conclusion is that yoga has held a prestigious position since the beginning of time. Our everyday lives are constantly filled with anguish and pain. We give up on our never-ending efforts to find or overcome happiness and relief from such agony. And as a result of our efforts, if momentarily, joy enters our lives. Yoga's worldwide significance stems from the fact that consistent, sincere, and devoted practise permanently removes worldly sorrow and brings on a state of calm and joy for the practitioner. In the modern world, psycho-somatic illnesses including hypertension, heart disease, asthma, diabetes, and sleeplessness are on the rise quickly, and modern medical science has not been able to treat them. It has been determined to be the most effective treatment for all of these conditions after extensive scientific research was conducted on individuals receiving yogic treatment. The value of yogic practise resides in this. It is said to be the ideal method for maintaining a life free of stress, keeping men free from physical, mental, and psycho-somatic problems.

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