

**IMPORTANCE OF YOGA AND NATUROPATHY IN REARING AND CARING
PRACTICES IN AYURVEDA****Dr. Shubhi Chaudhary^{*1}, Dr. Manohar Ram², Dr. Ramnihor Tapsi Jaiswal³**¹PG Scholar, PG Department of Samhita And Siddhant, Government Ayurvedic P.G College And Hospital, Varanasi.³H.O.D/Reader, Department of Samhita evum siddhant, Government Ayurvedic P.G. College and Hospital, Varanasi.²Reader, Department of Samhita and Siddhant, Government Ayurvedic P.G College and Hospital.***Corresponding Author: Dr. Shubhi Chaudhary**

PG Scholar, PG Department of Samhita And Siddhant, Government Ayurvedic P.G College And Hospital, Varanasi.

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ABSTRACT

Human being is a powerhouse and a constant generator of energy. I do believe the source is "self". Yoga is journey to self and naturopathy is to restore ability of self. There is definite connection between mental agility and physical vitality, physical transformation in vibrancy energy and enthusiasm depends on mental fitness. He would not be the emperor of the world or all nations but he would be the slave of ambition. But he who conquers his own mind is the real conqueror of the world. Journey and destination to conquer self is yoga and naturopathy. Ayurveda rejuvenate the body, on the other hand yoga and naturopathy deals with purification of mind and consciousness on whole yogic and naturopathic practices help in spiritual well being and harmony with nature. Yoga and naturopathy are group of physical, mental and spiritual practices that connects health and mind. They use physical posture, natural methods, breathing, exercise, fasting and meditation to improve overall health which leads to control of mind and soul. They have found very useful for therapeutic utility in epidemic disease like mental stress, obesity, diabetes, depression, cardiac disease. Extreme practice of yoga and naturopathy lead to self realisation which is primary and most essential goal. It makes understand ourselves through this self realisation approach we can work together for the betterment of society and individuals as a whole.

INTRODUCTION

Yoga is the journey and destination to the self and naturopathy is to restore the abilities to the self. Healthy mind leads to a healthy body. The measure of this self is spiritual Quotient which is an integration of intelligence, emotional and moral quotient. Yoga and naturopathy connects human being through interaction and with feelings of respect and regards for each other. It is self awareness and self motivation dimensions for rehabilitation.

In the times of great medical advancement and research the **PHILOSOPHICAL PSYCHOLOGICAL, METAPHYSICAL, SPIRITUAL BASIS** of yoga may be accepted or denied partially or completely ;although not an alternative therapy yet there can be no greater rehabilitation method for diseases prevention and cure than that achieved by **YOGA AND NATUROPATHY**.

“**YOGA AND NATUROPATHY**” is based on the principle of Astangyoga and its application for prevention and management of psychosomatic disorders. This practical, economic, spiritual, and most prestigious approach is aimed at refining and enriching the consciousness of people based on how psychological health energy and rehabilitations can be achieved.

Emotional calm aids in getting rid of negativity and acquire relaxation, stability and balanced state;which strengthen the stress coping mechanism, mental and physical and immunity for complete health and rehabilitation.

To define in one line YOGA AND NATUROPATHY is about restoring complete health [mental, physical, social, spiritual] by realizing the self.

AIMS AND OBJECTIVES

Application of this integrated approach in rehabilitation, in respiratory, cardiovascular, neuromuscular, musculoskeletal and women issues related disorders based on the principle of biomechanics and exercise therapy.

The main aims and objective of Yoga is to attain positive or superior health and maintain the health by means of natural principles, freedom from unrecognized mild and severe sickness by the natural remedies.

Toxins accumulated in the body are causative factor for chronic & acute diseases which can be cured by means of nature not by medicines.

MATERIALS AND METHODS

The philosophy of nature care is based on science & dealing with newly discovered & rediscovered nature laws & principle with their application to phenomenon of life & death health diseases & cure.

It is both the way of life and concept of healing employing various natural means for preventing and treating diseases.

Methods of naturopathy

- 1) hydrotherapy(jala chikitsa)
- 2) steam treatment /bath (bhaspsweda)
- 3) mud packs
- 4) exposure to sun
- 5) exposure to air
- 6) massage
- 7) fasting
- 8) enema

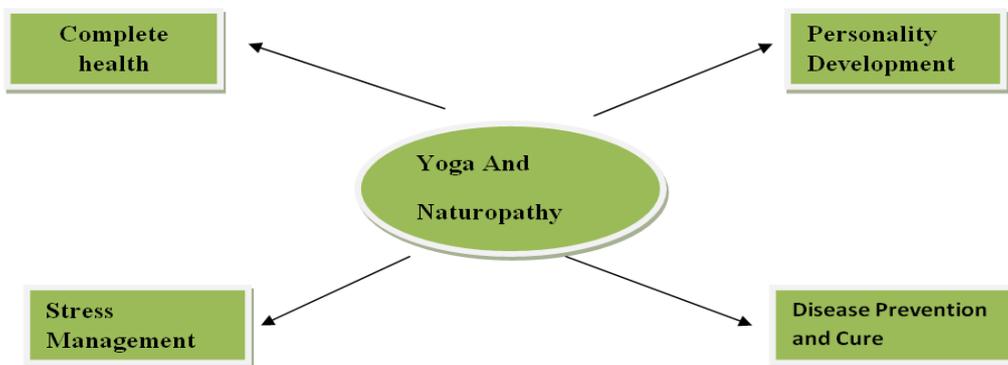
- 9) sleep and relaxation
- 10) nature cure diet

Methods of yoga

- 1) Yama (social discipline)
- 2) Niyama (Individual discipline)
- 3) Asana (posture)
- 4) Pranayama (breath regulation)
- 5) Prathyahara (sense withdrawal)
- 6) Dharna (concentration)
- 7) Dhyana (meditation)
- 8) Samadhi(illumination)

RESULTS

“There is a definite connection between mental agility and physical vitality”
Physical transformation in vibrancy energy and enthusiasm depends on mental fitness

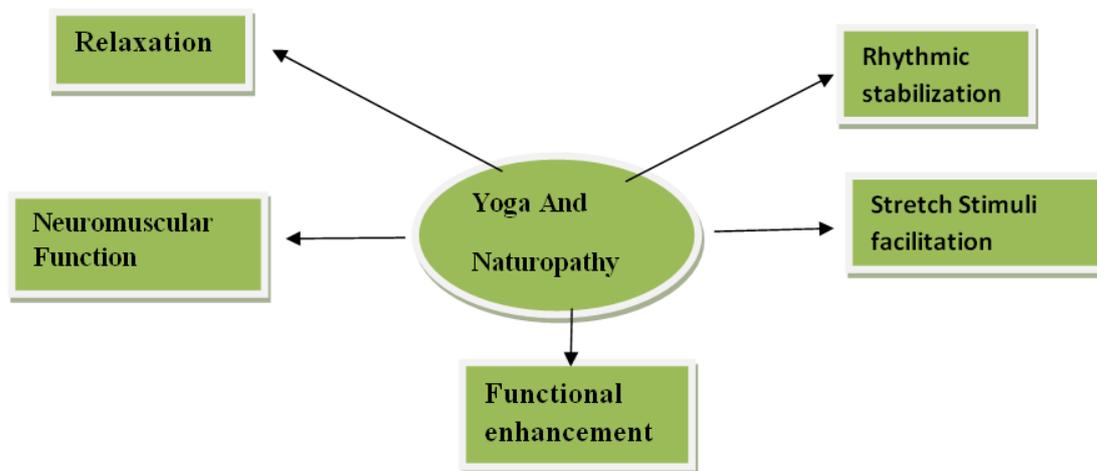


Yoga And Naturopathy in Respiratory Condition

Breath is a connecting link between mind and body the yogic breath Pranayam has been found as immune enhancing affect.

- Peripheral vascular diseases
- Stress prevention and management
- Coronary artery diseases
- Homeostasis

Yoga and Naturopathy in Cardiovascular Condition



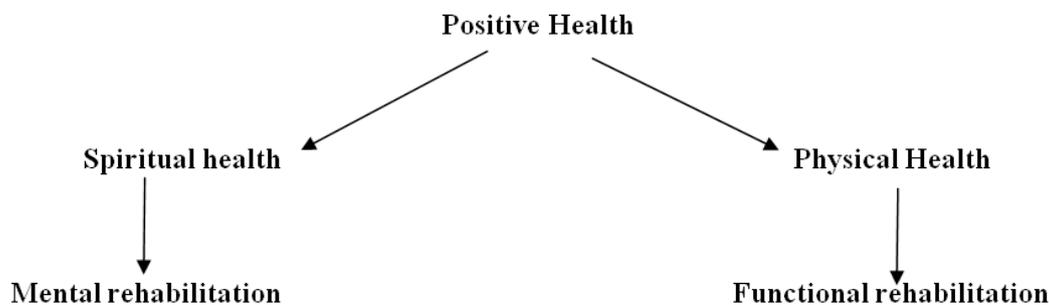
Yoga and Naturopathy in Womens Health

- Menarche
- Pregnancy
- Menopause
- Stress
- Incontinence
- Uterine prolapse

CONCLUSION

He would not be the emperor of the world who conquers the world or all nations but he would be slave of ambition. But he who conquers his own mind is the real conqueror of world.

“Journey and destination to the self is yoga and naturopathy “.



Healing depends on the qualities of the healer medical practitioners continuously transfer their specific vibrations to their patients healing touch result in inner tranquility. Achievement of yoga and naturopathy are experienced and felt rather experimented and proved hence if positive input self prescription techniques and approaches through yoga and naturopathy are encouraged to any person acceptance level and stress coping mechanism is strengthen.

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