

ASHTANG YOGA: METHOD AND ADVANTAGE

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ABSTRACT

Yoga is Ancient science of India. This concept was given by Maharishi Patanjali. In ancient times and during this time period from ancient to modern many Rishi's, scientist has done research on it and proved its credibility. In ancient time people have more time for themselves so they were doing Yoga, Pranayam and Exercises to live a healthy and prosperous life but in today's hectic schedule people do not have time to give themselves and due to this they become more prone to diseases and feel vulnerable due to weak immune system. Yoga has few methods which are helpful and use complete body and mind which help us in getting a healthy immunity so that we live and fully enjoy our life in modern world. Ashtang Yoga is one of those methods which are really helpful in relaxation of our body and brain and keep us stable.

KEYWORDS: Yoga, Ashtang Yoga.**INTRODUCTION**

Word „Yoga“ is derived from ancient Sanskrit term “YUJ” Yuj has simple meaning i.e. Union so yoga means Union of Body and mind. A Union directly resembles to proper balance between Mind and body and primary aim of yoga is make that balance and keep human being in a stable condition where s/he feels so confident and happy to enjoy this materialistic world.

From Ancient time yoga was able to help people in giving a healthy life and it was in daily routine of people but with time people forget these methods and became vulnerable to modern diseases. In this article we will study about Method and profits of Ashtang yoga.

Patanjali in Yogasutra Says “Yogah chitta vritti nirodhah” is Yoga. In this Chitta denotes to Antahakarana (Manas, Buddhi, Ahamkara). Vritti denotes fluctuations. Nirodha means Avarodha (to stop). So Yoga helps to stop the fluctuations of Manas.

Ashtanga Yoga i.e. eight fold practice of Yoga) is written in Yoga Sutra of Patanjali in the form of

Sadvrutta, Swasthvirutta, Achara Rasyana, Dincharya, Dharneeya vega and so on.

In Hathayoga Pradeepika, Manas is compared with Parada and when Parada becomes Sthira after

Samskaras after that it will be useful further for medicine purpose also the same way

Manas can be controlled by Pranayama so that it can achieve all Arthas (Chintya, Vicharya, Uuhya, Dheya, Sankalpa)

A Healthy person has equilibrium state of Dosha, Agni, Dhatu, Mala Kriya and whose Aatma (soul), Indriya (senses), Manas (mind) all are happy is considered as Swastha person (healthy individual).

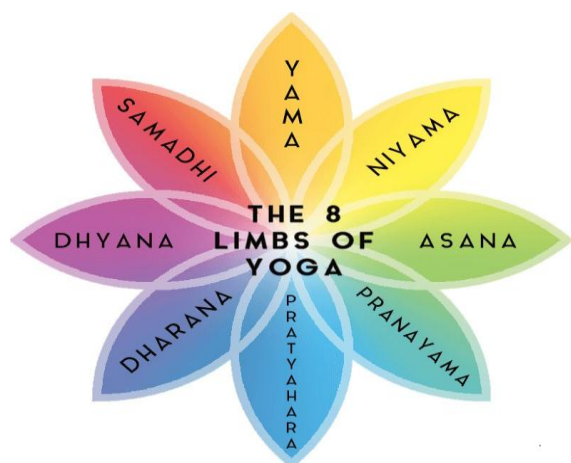
In this modern era, every human being is living under stress & Faulty life style it harms our health, happiness and inner sense of well-being. Pollution and uses of excess chemical based product are also a bid degenerative factor, which leads the maximum health problem and they are routes of many life style disorders even many leads to fatal diseases. In

present scenario Ayurveda and Yoga therapy becomes necessary to rejuvenate the body system for a better harmony in the body, mind and soul and helps to maintain health, prevention from lifestyle diseases.

Yoga Asana

In YogaSutra Patanjali has explained Ashtang Yoga (eight fold practice of Yoga).

- Yama (moral imperatives/ abstention)
- Niyama (Virtuos Habit,Behaviours and observations)
- Asana (Posture that one can hold for period of time)
- Pranayama (Controlling of breathing)
- Pratyahara (Process of retracting sensory experience from externalobjects)
- Dharna (Concentration, Introspective focus)
- Dhyana (contemplation, reflection and profound, abstract meditation)
- Samadhi (absorption)



In Above Practices Yama, Niyama, Asana, Pranayam are related to Sharira and Pratyahara, Dharna, Dhyana are related to Manas and Samadhi is related with Aatmana. This yogicbridge to join Aatma to Paramatma

Yama- Resembles to Sayam means Calmness and control over self Which leads to *Ahimsa, Satya, Asteya, Brahmachrya and Aparigraha*. These acts are also used by Mahatma Gandhi during freedom movements they called it Satyagraha. The person whofollow them get and enormous mental strength and get concentration towards his aim. S/he became mentally stable and can overcome with any problems in his life

Ahinsa i.e. itis explained into *Dashavidha papakarma* in According to ayurvedic texts *Hinsa* should be avoided. Hinsa is an act where someone harm verbally or physically and show his anger. This act also shows tamsik behaviour and it is not consider as good ethical character a physican should always avoid this type of behaviour and always treat their patients with calm and cool mind

Satya i.e. one which exactly the person has spoken,

thought, and imagine while talking to others. During practice a physician should always follow this act when discussion with patients and a patient should also follow this path and hide nothing from his physician during consultation

Asteya is not to steal anything from anyone.

Brahmachrya is free from sexual urges which helps to increase potency.Following Brahmacharya leads toward better and healthy sperm which increase potency of human and also give them an energetic and healthy life

Aparigraha is free from attachment of external pleasure.A Person who will freefrom materialistic world will always feel happiness in his Atma.

Niyama – it means self-discipline .It includes *Shoucha, Santosha, Tapa, Swadhyaya, andIshwara Pranidhana*.

Shoucha is cleanliness of body as well as mind.

In this, Different kind of Asana and Pranayama are performed to remove toxins from body and clean our brain from negative thoughts.

Tapa regularly will definitely have *Hitayu*.

Santosha is feeling of satisfaction. When a person perfoms all of his duties ontime he lives a satisfied life.

Swadhyaya means *yoga Shastra* refers learning of *Moksha Shastra*, chanting of *Mantras* as taught by teachers is at the initiation of teaching is *Swadhyaya*.

Ishwara Pranidhana is devoting oneself completely to the *IshwaraIshwara Pranidhana* is devoting oneself completely to the *Ishwara*.

Asana

A stable body posture which gives comfort. Ayurvedic texts tell some specific postures which can become a cause of disease such as *Utakatasana, Vishamasana* habitual to these will cause *Arsha*.

Stable body posture is important because it connects our whole body to brain andgive us a healthy body

Pranayama

It is about breathing pattern i.e. Inhaling and Exhaling of air is Pranayam

It is helpful with getting healthy lungs and also helps us In regeneration of cells.Whenwe do this in early morning fresh oxygen is reached to our brain and brain output increases with this

Pratyahara

Controlling our thoughts and cut off from external world is called Pratyahara.In This method s/he should sit in

dhyana Mudra and cut herself from Sensory organs and focused on one point of brain

Dharna

Control on mind and focusing on any single object to attain concentration is called dharna

Dhyana

Continuing practice of focusing is called Dhyana It will increase Rajas guna and decrease tamas guna

Samadhi

It means join with *Aatma* and feeling of *Parama Chaitnya Avstha*. In this stage one is only concentrated on his *Dheya*.

Benefits of Ashtang Yoga

There are numerous benefits of Ashtang yoga. It is strenuous, so it is helpful in strength building and athletic activities. It focuses in Body posture, breathing patterns and mental status and help in making a rhythmic contact between them so that a person enjoy a healthy life.

It can be helpful in increasing bone density, increasing lungs capacity and lowers blood pressure and relieve stress. It also helps in increasing mental calmness and make an individual happy.

DISCUSSION

As explained in *Ashtanga Yoga*, *Ahimsa* means physician should treat every patient without any harmful intentions and harmful acts them and give equal treatment to everyone. A Patient should always speak *Satya* (only truth) without any hesitation to his physician. So physician treat him *Steya* is considered as *Dashvidha Papakarma*. So practicing of *Asteya* will give good life. *Brahmacharya* is considered as life according to Ayurveda. Unnecessary consumption of alcohol, doing sexual intercourse will leads to *Ojokshaya*.

CONCLUSION

Yoga and Ayurveda helps not only for disease treatment as well as for maintenance of health also. According to B.K.S. Iyengar, "Yoga is the golden key that unlocks the door of peace, tranquillity and joy." So, instead of doing yoga in only one day, we have to adopt the yoga and Ayurveda as a culture. Then only we can see the disease free country.

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