

Gist of Yojana June 2019

Yoga & Alternative Systems of Medicine



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1. World Environment Day

World Environment Day (WED) is celebrated on the 5th of June every year. WED was established in 1972 during the United Nations Conference on the Human Environment, which led to the creation of the United Nations Environment Programme (UNEP). Its aim is “encouraging worldwide awareness and action for the protection of our environment”. World Environment Day is the ‘people’s day’ for doing something to take care of the Earth.

In 2018, India was the host for World Environment Day and the theme was focused on Plastic Pollution, which is one of the most challenging environmental concerns today. In 2019, China is the host for World Environment Day celebrations on the theme, ‘Air Pollution’.

According to a new UN report, millions of lives could be saved and one billion people living in Asia could be breathing clean air by 2030 if 25 simple and cost-effective measures are implemented. Currently, about 4 billion people 92 per cent of Asia and the Pacific’s population are exposed to levels of air pollution that pose a significant risk to their health.

The report, Air Pollution in Asia and the Pacific: Science-based Solutions, is the first comprehensive scientific assessment of the air pollution outlook in Asia and the Pacific. It details 25 policy and technological measures that will deliver benefits across sectors. These are as follows

25 CLEAN AIR MEASURES

1. Strengthen emission standards for road vehicles
2. Regularly maintain and inspect vehicles
3. Mainstream electric vehicles
4. Provide better mobility options
5. Control dust from construction and roads
6. Reduce emissions from international shipping
 - 1.
7. Improve post-combustion control
8. Strengthen industrial process emissions standards
 - 1.
9. Introduce efficient brick kilns technology



10. Control methane from oil and gas production
11. Improve solvent use and refinery controls
12. Use environmentally-friendly refrigerants
13. Provide clean cooking and heating options
14. Strictly enforce bans on household waste burning
15. Provide incentives for improved energy efficiency in households
16. Increase renewable electricity generation
17. Improve energy efficiency for industry
18. Recover coal mining gas
19. Improve livestock manure management
20. Strengthen the management of nitrogen fertilizer application
21. Better management of agricultural crop residues
22. Prevent forest and peatland fires
23. Promote more efficient rice production practices
24. Stop biogas leakage from wastewater treatment a. Introduce well-managed two-stage treatment with biogas recovery.
25. Improve solid waste management



2. Yoga: The Art of Being and science of Well-being

Yoga is an inner science comprising of a variety of practices and methods through which human beings can achieve a union between the body and the mind to attain self-realization. The aim of Yoga practice (sadhana) is to overcome and endure all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness, and harmony.

The Fundamentals of Yoga

Yoga works on the level of one's body, mind, emotion, and energy. This has given rise to four broad classifications of Yoga: Karma Yoga where we utilize the body; Jnana Yoga where we utilize the mind and Intellect; Bhakti Yoga where we utilize the emotion and Kriya Yoga where we utilize the energy. Each system of Yoga we practice falls within the gamut of one or more of these categories.

Every individual is a unique combination of these four factors. Only a guru (teacher) can advocate the appropriate combination of four fundamental paths as it is necessary for each seeker. All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a guru.

Yogic Practices for Well-Being

The widely practiced _Yoga sadhanas are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Bandhas and Mudras, Shatkarmas, Yuktahara, Mantra-japa, Yukta-karma, etc.

Yama's are restraints and Niyama's are Observances. These are considered to be pre-requisites for further Yoga practice. Asanas, capable of bringing about the stability of body and mind, "kuryattadasanam-sthairyam", involve adopting various psycho-physical body patterns and giving one an ability to maintain a body position (a stable awareness of one's structural existence) for a considerable length of time.

Pranayama consists of developing an awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence. It helps in developing an awareness of one's mind and helps to establish control over the mind. In the initial stages, this is done by developing an awareness of the "flow of in-breath and out-breath" (svasaprasvésa) through nostrils, mouth and other body openings, its internal and external pathways and destinations. Later, this phenomenon is modified, through regulated, controlled and monitored inhalation (svasa) leading to the awareness of the body space getting filled (puraka), the space(s) remaining in a filled state (kumbhaka), and it got emptied (rechaka) during regulated, controlled and monitored exhalation (prasvésa).



Pratyahara indicates dissociation of one's consciousness (Withdrawal) from the sense organs which connect with the external objects. Dharana indicates broad-based held of attention (inside the body and mind) which is usually understood as concentration. Dhyana (meditation) is contemplation (focussed attention inside the body and mind) and Samadhi (integration).

Bandhas and Mudras are practices associated with Pranayama. They are viewed as the higher Yogic practices that mainly adopt certain physical gestures along with control over respiration. This further facilitates control over mind and paves the way for higher yogic attainment. However, the practice of dhyana, which moves one towards self-realization and leads one to transcendence, is considered the essence of Yoga Sádhana.

Satkarmas are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body. Yuktahz'ira advocates appropriate food and food habits for healthy living.

Yuktahara (Right Food and other inputs) advocates appropriate food and food habits for healthy living. However, the practice of Dhyana (Meditation) helping in self-realization leading to transcendence is considered as the essence of Yoga Sadhana. However, 'a judicious combination of the practice of asana, pranayama, and dhyana daily, keep individuals healthy and disease-free'

How Yoga Works

The following are just a few of the mechanisms through which Yoga works as an integrated mind-body medicine:

1. Cleanses the accumulated toxins through various Shuddikriyas and generates a sense of relaxed lightness through Yogic sukrhmavyayama (simple micro-movements for all joints and ligaments of the body). Free flow in all bodily passages prevents the many infections that may occur when pathogens stagnate therein.
2. Adoption of a Yogic lifestyle with a proper nourishing diet, creates positive antioxidant enhancement thus neutralizing free radicals while enabling a rejuvenates storehouse of nutrients packed with life energy to work on anabolic, reparative, and healing processes.



3. Steadies the entire body through different physical postures held in a steady and comfortable manner without strain. Physical balance and a sense of ease with oneself enhance mental/emotional balance and enable all physiological processes to occur in a healthy manner.

4. Improves control over autonomic respiratory mechanisms through breathing patterns that generate energy and enhance emotional stability. The mind and emotions are related to our breathing pattern and rate and hence the slowing down of the breathing process influences autonomic functioning, metabolic processes as well as emotional responses.

5. Integrates body movements with the breath creates psychosomatic harmony. In Yoga the physical body is related to annamayakosha (our anatomical existence) and the mind to manomayakosha (our psychological existence). As the pranayama kosha (our physiological existence sustained by the energy of the breath) lies in between them, the breath is the key to psychosomatic harmony.

6. Focuses the mind positively on activities being done, enhances energy flow and results in healthy circulation to the different body parts and internal organs. Where the mind goes, there the prana flows!

7. Creates a calm internal environment through contemplative practices that in turn enable normalization of homeostatic mechanisms. Yoga is all about balance or samatvam at all levels of being. Mental balance produces physical balance and Vice versa too.

8. Relaxes the body emotion-mind complex through physical and mental techniques that enhance our pain threshold and coping ability in responding to external and internal stressors. This enhances the quality of life as seen in so many terminal cases where other therapies are not able to offer any solace.

9. Enhances self-confidence and internal healing capacities through the cultivation of right attitudes towards life and moral-ethical living through yama-m'yama and various Yogic psychological principles. Faith, self-confidence and inner strength are most essential for healing, repair, rejuvenation, and reinvigoration.

10. Yoga works towards restoration of normalcy in all systems of the human body with special emphasis on the psycho-neuro-immunoendocrine axis. In addition to its preventive and restorative capabilities, Yoga also aims at promoting positive health that will help us to tide over health challenges that occur during our lifetime. This concept of positive health is one of Yoga's unique contributions to modern healthcare as Yoga has both a preventive as well as a primitive role in the healthcare of our masses. It is also inexpensive and can be used in tandem with other systems of medicine in an integrated manner to benefit patients.



Promotion of Yoga

- UNESCO inscribed Yoga in the representative list of Intangible Cultural Heritage of Humanity: Yoga was inscribed in the UNESCO's list of Intangible Cultural Heritage of humanity during the 11 th session of the Intergovernmental Committee for the Safeguarding of the Intangible Cultural Heritage held in Addis Ababa, Ethiopia in December 2016.
- Inclusion of Yoga in National Health Policy 2017: In order to leverage a proper healthcare legacy, the National Health Policy 2017 recommended introduction of Yoga in school and at workplaces as part of the promotion of good health.
- Yoga in School Curriculum: In order to promote Yoga as a part of the school curriculum, Yoga Education was made compulsory by National Council for Teacher Education (NCTE), a statutory body under Ministry of Human Resource Development, through its 15 Teacher Education Programmes.
- Ministry of External Affairs (MEA) under auspices of Indian Council for Cultural Relations (ICCR) also deputed Yoga teachers to Indian Missions for imparting training to local students and teachers. MEA also provides publicity material including videos, documentaries, coffee table books, instructional manuals on the different aspects of Yoga and Yogic practices to Indian Missions for display and distribution.
- The ICCR signed an MoU with Yunnan Minzu University, China for the establishment of Yoga College named "India-China College of Yoga".
- Yoga training to Central Armed Police Force (CAPF): Moraxji Desai National Institute of Yoga (MDNIY), Ministry of AYUSH, Govt. of India has introduced Yoga training to Central Armed Police Force (CAPF) and more than 1385 Master Yoga Trainers have been trained by MDNIY.
- PM Awards on IDY: Four awards, Two National and Two International, have been announced in the field of Yoga.
- National AYUSH Mission: It inter-alia makes provision for the following:
 - (i) Upgradation of exclusive State Government AYUSH Hospitals and Dispensaries including Yoga.
 - (ii) Setting up of up to 50 bedded integrated AYUSH Hospital including Yoga.



(iii) Under the nexible components of the scheme of NAM, provision has been made for Grant-said to the Yoga Wellness centers.

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3. Yoga for lifestyle changes

The purpose of life is to lead a happy life. Yoga promotes a lifestyle for happiness. Maintaining good health is the very foundation of a happy life. Physical inactivity, smoking, alcohol, stress and unhealthy food are the major reasons for all lifestyle problems. The problems may be related to health, finances, relationships or emotions. Bad lifestyle can raise levels of cortisol secreted in the adrenal gland which in turn affect the secretion of dopamine, the mood-elevating hormone in the brain. Over secretion of cortisol trigger physiological changes such as spikes in blood pressure, heart rate, and blood sugar. Yoga is a way of life and the main remedy for all sufferings. Today, lifestyle changes are the need of the hour.

According to the 2019 edition of the Bloomberg Healthiest Country Index, India is placed at 120th rank among 169 countries related to measures such as mortality by communicable and noncommunicable diseases and life expectancy. India spends less per person in comparison to the US. Sri Lanka, Bangladesh, and Nepal ranked better than India.

Physical inactivity is now identified as the fourth leading risk factor for global mortality. The unhealthy diet was the second biggest factor in India driving most deaths and disability combined, after malnutrition. Foodborne diseases cost India \$15 billion. According to the World Health Organization, there is no improvement in global levels of physical activity since 2001. People with a sedentary lifestyle are twice at risk than the physically active ones.

Lifestyle Changes Include

- Absence of disease
- Optimal physical fitness
- Proper nutrition
- Spirituality
- Smoking cessation
- Stress management
- Substance abuse control
- Health Education
- Environmental support

Yoga is the science of a being's evolution. It is the technology or science of inner evolution for total well-being. Yoga is a well-balanced and perfect process for success and peace in life. Yoga is an integral part of the total healthcare approach. Yoga is a powerful antidote to the stresses of modern daily life. Yoga has three principles: purification, concentration, and liberation. According to Yoga Sutras, "Yoga sutures the wounds of life."



Assessing Fitness

The present trend of assessing fitness is known as metabolic fitness like Blood Glucose level should be around 85mg/dl; Blood Pressure should be around 115/76 mm; Body Mass Index should be between 18.5 and 24.9 units; Total cholesterol at 200 mg/dl or less; HDL at 60 mg/dl or above; LDL under 100 mg/dl; Triglycerides at 100 mg/dl or less; Pulse rate should be below 72 counts; Genetic fitness test (40 genes) helps to improve fitness, health, and nutrition.

Special Features of Yogic Practices

- Prayer cleanses the blockages in the small intestine through brain signals and activates the vibrations in the brain particularly the hypothalamus; increases blood flow to the brain and promotes gamma waves;
- Kriyas perfect autonomous nervous system; balance three doshas (vata nervous system; pita - digestive system; Kapha respiratory system); eliminate toxins;
- Pawanmuktasana Series (simple physical exercises)
 - increase synovial fluid;
 - stretch ligaments and tendons;
 - promote immunity power and brain function;
 - flush out excess free radicals;
 - thickness and quality of cartilage improved;
 - flush out excess calcium-oxalate solidness.
- Surya Namaskar and asanas balance the secretion of hormones (regulates specific human system); Mudras perfect cerebra spinal liquid to fluid out waste products
- Pranayama maximizes endurance and removes toxins; cures all diseases; balances earth, water, fire and air elements and activates electrical activity
- Bandhas activate the central nervous system
- Meditation is for the purification of mind; it activates space elements; leads to the thoughtless stage; blood flow increases; set right biological clock; genes perfected by activating the hypothalamus
- Yoga helps to get the qualities of total well-being



- Blessings activate the dopamine system in the brain.

Benefits of Eight Limbs Of Ashtang Yog

Yama and Niyama promote the psychological qualities (siddhis) such as Clair Voyance (future), Clairaudience (sound), Premonition (unpleasant incident) bad happening, Clair empathy (sensing emotion), Intuition (inner knowledge), Telepathy (reads others thoughts), Psychic healing (curing), Auric sight (other colors), Psycho kinetics (move objects), Mental influence (influencing others), Psychometric (getting information of others). Asanas give steel like the body; promote immunity power.

Pranayama Awakens Kundalini Sakthi.

Pratyahara, Dharana, Dhyan, and Samadhi focus to get

- the strength of an elephant
- the glow of the sun
- the beauty of the moon
- working of internal organs
- ability to become invisible and
- even weightless and more

The signs of Samadhi state (higher consciousness) include

- fewer breaths
- fewer thoughts
- a sense of inner peace and joy
- reduced extremes of emotions
- a feeling that they were not encased within the limits of a physical body
- enhancement of strength of will and perseverance
- appreciable behavior

Yogic practices are considered as perfect exercises because they are more natural by using the stored energy from the body itself.

Scientific findings on Yoga are: Yogic practices enhance gray matter for cognition and white matter for



communication; Enhance white matter to avoid depression which is the number one reason for ill-health; Yogic practices promote Neurogenesis in which stem cells become matured cells; Yogic practices improve the responsiveness of immune cells called neutrophils to a bacterial challenge; Optogenetics - A technique that uses light to erase bad memory and to enhance good ones by controlling Neuron activity. Yoga acts as the natural process of optogenetics; Metabolic process of food and exercise is known as thermogenesis. Yoga promotes natural thermogenesis; Period gene, timeless gene and double-time gene are to control circadian rhythm (biological clock). Circadian disruptions lead to obesity and autism. ' Yogic practices switch over on and off the gene. The process of changing the shape and functioning of genes is known as epigenetics; Yogic practices activate the natural process of preventing DNA damage as cells aging and death is known as Chromatin silencing; Natural autophagy (cell recycling) occurs due to yoga; Yogic practices help to have more cortisol thickness in the left prefrontal cortex of the brain to promote cognitive functions like memory and attention; Yogic practices help to form new angiogenic blood vessels in the body; maintains different parts of the body in a stable and balanced way to reverse aging (homeostasis); Promotes bio-energetics (transforms energy to the brain and the neurons).

Samadhi state in Ashtanga Yoga is nothing but activating blissfulness that is happiness. Yoga promotes happiness. Amritha is a deep red liquid secreted by the pineal gland which produces and stimulates the blissful state called Anandam. Anandamide, the bliss molecule and a neurotransmitter in the brain creates a state of accentuated happiness. This neurotransmitter is activated by yogic practices. It is not constantly active. A sadhana using special techniques of personal evolution could activate production of anandamide. Balanced secretion of hormones leads to proper electrical activities, in turn, proper electrical activities keep our biological clock intact. The biological clock is perfected by genes also; Genes are purified by Yogic practices. The biological clock is the heart of one's life. Yogic practices perfect biological clock to lead a happy life.

Notable Benefits of Sattvic Diet

The sattvic diet promotes life, virtue, strength, health, performance, happiness, purification of inner being and satisfaction - Bhagavad Gita.

Half cup of beans provides as much protein as an ounce of meat. Nuts (mainly almonds and walnuts), seeds, pumpkin seeds, and avocados contain omega-3 fatty acids, which are in nerve sheaths, to protect nerves and cognitive functioning (memory) as in fish and chicken and to overcome neurological disorders. Milk, curd, and dal provide as much protein as in chicken. Soya beans contain twice as much protein as beef. Jack fruit is as good as pork and meat. Groundnuts have two and a half times more protein than eggs. Vitamin B12 which is mainly gained from non-veg items can also be gained from curd, buttermilk, cereals, and other dairy products to make red blood cells.



General Yogic Practices for Proper Lifestyle

Suryanamaskar, Trikonasana, Sirsasana, Halasana, Sarvangasana, Suptavajrasana, Dhanurasana, Ushtrasana, Navasana, Ardha matsyendrasana, Paschimottanasana, Kapalbhathi in Padmasana, Bhastrika Pranayama in Vajrasana, Nadi Shodhana Pranayama in Siddhasana and Meditation.

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4. Homeopathy

The World Health Organization (WHO) data suggests that Homeopathy is currently the second-largest system of medicine in the world. A rough study states that about 10 per cent of the Indian population uses Homeopathy for their healthcare needs and is considered as the second most popular system of medicine in the country.

Homeopathy:

The word 'Homeopathy' is derived from two Greek words, 'Homois' meaning similar and pathos meaning 'suffering'. Homeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms similar to the disease when taken by healthy people. It is based on the natural law of "healing" - Similia Similibus Curantur which means "likes are cured by likes".

All over the world 10th April is celebrated as 'World Homeopathic Day'.

Founder of Homeopathy:

Dr. Christian Friedrich Samuel Hahnemann (10 April 1755-2 July 1843), a German Physician articulated its basic principles and organized Homeopathy as a new medical system in 1796. Born on 10th April 1755 at Meissen, a small town in Germany, he was MD from Leipzig University.

The term "homeopathy" was coined by Hahnemann and first appeared in print in 1807.

During his practice, he became disillusioned by the treatments of the day, which were purgatives, bleeding, blistering plasters, herbal preparations, and emetics. They were often more harmful than effective.

Hahnemann quit his Practice and started to work as a translator of scientific and medical textbooks for livelihood. He was proficient in English, French, Italian, Greek and Latin. During his work, he came across the claim in William Cullen's 'A Treatise on the Materia Medical' that the Peruvian tree bark was effective in treating malaria because of its astringency.



Hahnemann did not like this explanation. He experimented by taking “four good drams of Peruvian bark, twice a day for several days” to attempt to characterize the action of the quinine-containing bark. He wrote that he began to develop symptoms identical to those of malaria.

Thus, he concluded from this personal experiment that effective drugs produce symptoms in healthy people that are similar to the diseases they are expected to treat. This principle is now known as the “Law of Similars” and is the basis for the use of the term homeopathy, i.e. similar suffering.

Homeopathy in India:

Homeopathy came to India in 1810 when Dr. John Martin Honigberger, a French traveler who learned homeopathy from Dr. Hahnemann, visited India and treated patients. He treated Maharaja Ranj it Singh, the-then-ruler of Punjab, with a homeopathic remedy Dulcamara while he suffered from paralysis of the Vocal cords.

Recognition of Homeopathy in by Government of India:

Central Council of Homeopathy:

The Central Council of Homeopathy Act was made in 1973 and the then Health Minister Dr. Karan Singh on behalf of Government of India constituted the Central Council of Homeopathy (C.C.H.) in December 1974. This Council is responsible for maintaining the minimum standards of education in Homeopathy.

The Homeopathic Pharmacopoeia Laboratory (HPL):

The Homeopathic Pharmacopoeia Laboratory (HPL) has been established in the year 1975 as the standard setting-cum-drug testing laboratory at a national level. It has been declared as Apex Drug Testing Laboratory for the purpose of quality control. It combines contemporary advanced technology with indigenous know-how and needs. This laboratory is functioning in the Central Government Office complex at Kamla Nehru Nagar, Ghaziabad.



The National Institute of Homeopathy

The National Institute of Homeopathy was established in December 1975 as an autonomous organization under the Ministry of Health and Family Welfare, Govt. of India, registered under the West Bengal Society Registration Act of 1961.

Central Council for Research in Homeopathy:

Central Government established 'Central Council for Research in Homeopathy' in Delhi on 30th March 1978 under Society's Registration Act XXI of 1960. The Council is carrying out clinical research in various diseases, clinical verification of lesser-known drugs, drug proving researches on new medicines, carrying out drug standardization, surveys of medicinal plants, etc.

Formation of Separate Department for all existing alternative systems of medicine:

All the alternative systems of medicine were given a separate identity by creating a separate department as ISM &H (The Indian Systems of Medicine and Homeopathy) in the Ministry of Health and Family Welfare, Government of India in 1995, which was renamed as AYUSH (Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy), in November, 2003.

On 29th September, 2014, The Government launched the National AYUSH Mission with the objectives of providing cost-effective AYUSH Services, with a universal access through upgrading AYUSH Hospitals and Dispensaries, co-location of AYUSH facilities at Primary Health Centres (PHCs), Community Health Centres (CHCs) and District Hospitals (DHs), strengthening institutional capacity at the state level through upgrading AYUSH educational institutions. State Government.

Homeopathy as a Popular System:

Homeopathy is followed by over 10 crore people in India. The country has a Rs 3,600 crore organized Homeopathy market. There are over 2.25 lakh registered Homeopathy practitioners with 20,000 new Homeopaths being added every year.



Homeopathy is Safe:

Homeopathic medicines are not harmful because the crude substances used for the preparation of medicines are processed through a process called drug dynamization, wherein the toxicological effects are removed and the dynamic properties are enhanced. They are safe, non-toxic and non-addictive.

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5. Naturopathy

Yoga and Naturopathy are traditional Indian sciences practiced for health and wellness. These are the drugless systems of healthcare. These systems are by and large used as complementary or alternative to conventional healthcare in India as well as in the occidental world. The healthcare researches have determinately shown that many prevalent disease conditions emerging today are actually the outcomes of a faulty lifestyle.

It is presumed that the lifestyle diseases result from an inappropriate relationship between man and his environment. In recognition of this fact, increasing awareness about health and wellness among the masses is felt which is further growing. Those who have experienced drug-based health care have lately been convinced that possibly the drugs do not have the key for health and besides, they bring more unwanted new diseases or adversities.

Yogic practices for health and wellness:

Yoga is the science of health and wellness. The widely practiced Yoga measures are:

- Yama (Self-restraint);
- Niyama (Observance);
- Asana (Psycho-physical postures);
- Pranayama (Control of vital energy breath);
- Pratyahara (Withdrawal of senses);
- Dharana (Concentration);
- Dhyana (Meditation);
- Samadhi (Absorption or State of liberation);
- Bandhas and Mudras;
- Satkarmas;
- Yuktahara;
- Mantra-Japa;
- Yukta-karma etc.

Concept of Health and Wellness in Naturopathy:

Naturopathy is called a drugless system of healthcare based on well-founded philosophy and practices. It is a science of health and wellness having its own concepts of health and disease. Its main emphasis is on a holistic approach to health, covering not only physical but also the mental, moral and Spiritual aspects.



Naturopathy recommends following a proper diet and other laws of health as under:

- fresh air and sunshine;
- deep breathing exercise;
- correct posture;
- rest;
- recreation;
- relaxation;
- sleep;
- right mental attitude;
- internal cleanliness;
- proper elimination.

Therapeutic Modalities Used in Naturopathy:

The main therapeutic modalities of Naturopathy employed for preventive, promotive and curative purpose are the following:

1. Upvas Chikitsa (Fasting Therapy)
2. Aahar Chikitsa (Diet Therapy)
3. Mitti Chikitsa (Mud Therapy)
4. Jala Chikitsa (HydroTherapy)
5. Malish Chikitsa (Massage Therapy)
6. Surya Kiran Chikitsa (Helio Therapy)
7. Vayu Chikitsa (Air Therapy)
8. Yoga Chikitsa (Yoga Therapy)



1. Upvas Chikitsa (FastingTherapy):

Upvas (Fasting) is considered as the primary treatment modality in Naturopathy. Therapeutic fast recommends a complete rest of physical, physiological, sensory and mental acts including voluntary abstinence of food demanding digestion. Water is purposefully allowed here. Before fasting one should be prepared for it physically as well as mentally. Prolonged fasting can also be advised on the basis of disease condition but should always be done under the monitoring of a competent Naturopathy physician. Research studies have shown the beneficial effects of fasting in the management of many disease conditions.

2. Aahar Chikitsa (Diet Therapy)

Aahar (diet) is an important component of Naturopathic plan of disease management. The right food is so important to health that it alone is regarded as medicine. Naturopathy recommends the food to be consumed keeping its natural condition intact and without processing it too much. The emphasis is given on the components like what to eat? How much to eat? And how to eat?

Naturopathy gives more emphasis on eating less in order to minimize the burden on the system and to reduce the oxidative stress.

3. Mitti Chikitsa (Mud Therapy):

Mitti Chikitsa represents the Prithvi which is one among the five great elements of nature having an immense impact on the body both in health and sickness. It is externally used in the form of mud. Mud packs and bath are among the most popular and effective treatments of Naturopathy.

4. Jala Chikitsa (Hydrotherapy):

Jala Chikitsa (Hydrotherapy) treats the body with the application of Jala (water) in all its forms solid (ice), liquid and vapor, internally and externally. Water is a well known most ancient remedial agent and used in Naturopathy in many ways and forms both externally as well as internally. The proper and scientific use of water gives relief in various ailments. Some most commonly prescribed water treatments are:



External Treatments:

A. Compresses and Fomentation:

- a) Cold Compress
- b) Heating Compress
- c) Hot and Cold Compresses
- d) Fomentation

B. Baths:

- a) Hip Bath
- b) Sitz Bath
- C) Spinal Bath
- d) Spinal Spray Bath
- e) Foot Bath
- f) Foot and Arm Bath
- g) Steam Bath
- h) Sauna Bath
- i) Full Immersion Bath
- j) Sponge Bath
- k) Steam Inhalation

5. Malish Chikitsa (Massage Therapy):

Malish Chikitsa (Massage Therapy) is an important treatment modality under Naturopathy which includes various types of massages. Depending upon the condition of the patient, different types of massages are prescribed to the patients. The aim of massage therapy is to influence sympathetic and parasympathetic nervous systems, to improve the blood circulation, to reduce body pains and aches, and to strengthen body organs and finally restoring a sense of well-being.



6. Surya Kiran Chikitsa (Helio Therapy):

It is an important therapy under Naturopathy. Seven colors of Sun rays i.e. Violet, Indigo, Blue, Green, Yellow, Orange, and Red have different therapeutic effects. These colors work very effectively in the treatment of different disease conditions. Water and oil exposed to Sun rays in colored bottles and colored glasses for specified hours are used as tools of this therapy for treating different disorders and for maintaining health in a very effective manner.

7. Vayu Chikitsa (Air Therapy):

Vayu Chikitsa (Air Therapy) represents the Vayutatva i.e. fresh air, which is most essential for perfect health. In Naturopathy, the advantage of air therapy is achieved by taking the air bath. The benefits of air bath are also obtained by the practice of Pranayama, Surya Namaskar or while taking Sun Bath.

8. Yoga Chikitsa (Yoga Therapy):

Yoga Chikitsa is an inseparable and important component of Naturopathy treatment. Various Yogic practices such as Yogic Shatkarmas (Cleansing techniques), Yogasanas (Psycho-physical postures), Pranayama (Control of vital energy-breath) and Dhyana (Meditative practices).



6. Unani System of Medicine

Unani System of Medicine is a comprehensive medical system, which meticulously deals with the various states of health and disease. It provides promotive, preventive, curative and rehabilitative healthcare. The fundamentals, diagnosis and treatment modalities of the system are based on scientific principles and holistic concepts of health and healing. Its holistic approach considers individual in relation to the environment and stresses on the health of body, mind, and soul.

Temperament (Mizaj) of a patient is given great importance in the diagnosis and treatment of diseases with natural remedies derived mostly from plants. Temperament is also taken into consideration for identifying the most suitable diet and lifestyle for promoting the health of a particular individual.

Unani System of Medicine considers the entire universe including human beings, disease, drugs, environmental factors, etc. to be intrinsically defined by four primary qualities Hot, Cold, Dry and Wet. These qualities are reflected in all the basic concepts of Unani System of Medicine such as elements, temperament, and four humors, which are used for describing and correlating human health and disease with promotive and curative factors e.g. diet and drugs.

Concept of Health Promotion and Disease Prevention

In the Unani system, health is divided into three states: stable optimum health, vulnerable optimum health, and debility without the disease. The first state should be maintained by a minutely described healthy lifestyle both physical and psychic and by a healthy environment and diet, specially tailored according to the temperament of the individual, which is determined not only by their innate temperament but also by their occupation, region, habitation, etc.

The second and third states additionally require special diets, regimens (massage, exercise, etc.) and even drugs. For maintenance of health, Unani System of Medicine specially emphasizes the six essential factors (asbabsitta Ddaririyya) i.e. air, food and drink, bodily movement and repose, psychic movement and repose, sleep and wakefulness, and evacuation and retention, whose appropriate deployment in the life of a person, determined by their temperament, ensures health. These six essential factors are used not only for the promotion and preservation of health and preventing diseases but also for treating diseases.

While diagnosing and treating disease, Unani System of Medicine looks holistically into the overall physical, mental and spiritual aspects of a person. The health is restored by adopting various treatment modalities like Regimental therapy ('Ilajbi'Tadbir), Dietotherapy ('Ilajbi'la Ghidha'),



Pharmacotherapy ('Ilajbi'lDawa') and Surgery ('Ilajbi'l-Yad). Regimental therapy along with Dietotherapy is considered the best approach for promotion of health and treatment of disease.

Management of Diseases

In Unani System of Medicine, the management of diseases focuses on the pathology involved in the disease process and works towards removal of the causative factor (Izala-iSabab), normalization of the morbid temperament (Ta'diliMizaj) and evacuation of morbid material (Tanqiya). While managing the diseases the entire lifestyle and the constitution of the patient is taken into account for making the diagnosis and prescribing the correct treatment. A thorough assessment of habits, habitat, physical, emotional, temperamental and humoral status of the patient and condition of system/ organ of the body involved is done.

The concept of Heterotherapy ('Ilajbi'l-Didd) is used for treating disease by applying drugs and non-drug factors with opposite temperament. The drugs used are obtained from three primary sources (MawalidThalatha) i.e. herbal, animal and mineral. Single drugs are preferably used as the first line of treatment and later compound formulations are opted for managing the disease.

Regimental therapy ('Ilajbi'lTadbir):

It is one of the most popular methods of treatment, practiced by Unani physicians. They have described various regimens for the management of diseases, either independently or in combination with other therapies. These include changes in diet, physical exercise, lifestyle modification and measures to eliminate the morbid humours (Tanqiya) from the body or divert them (Imala) by Cupping (Hijamah), Massage (Dalk), Leeching (Ta'liq), Venesection (Fasd), Purgation (Ishal), Emesis (Qay'), Diuresis (Idrar-I Bawl), Enema (Huqna), Diaphoresis (Ta'rTq), Expectorant (Tanfith), Counter Irritation (Tlam), Sitz Bath (Abzan) etc. Some other regimens are also used for elimination/diversion of morbid material or resolution of the inflammation, e.g. Turkish bath (Hammém), Irrigation (Natal) and Fomentation (Takmid), etc.

Research and Development

Central Council for Research in Unani Medicine (CCRUM) under the Ministry of AYUSH, Government of India has, over the past three and a half decades, emerged as the leading research organization in Unani Medicine.



The research program of the CCRUM mainly comprises of Clinical Research including safety and efficacy studies of Unani drugs, validation of the Fundamentals and Regimental Therapies, Drug Standardization and Quality Control, Survey and Cultivation of Medicinal Plants, and Literary Research. Information, Education, and Communication (IEC), International Cooperation and Human Resource Development (HRD) are also part of the Council's activities in addition to the extension of health services.

Educational and Other Infrastructure

The country has adequately grown the infrastructure of academic, research and healthcare institutions of Unani System of Medicine. There are 52 teaching institutions for undergraduate-level education with admission capacity of approximately 3000 students and around 14 Institutes/ colleges offer postgraduate courses in different specialties. There are 259 Unani hospitals, 1621 Unani dispensaries, 625 Unani drug manufacturing units and around 51,110 Unani practitioners in the country as on 1st April 2018.

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