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A Study of Yoga as a Holistic Medicine- 'Viniyoga'

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Abstract - Yoga is beneficial for the health in ways that modern science is just beginning to understand. Even though it has been applied with therapeutic intention for thousands of years, Yoga Therapy is only just now emerging as a discipline in itself. In yoga, enumerable techniques and principles have evolved over thousands of years. It has been perfected by great teachers during their life time. It is continuously being practiced generation after generation in succession without fail and it still continuing to grow in vitality. Time is only making these principles more and more contemporary. More health care practitioners are starting to include yogic techniques in their approach to healing and more yoga teachers give a therapeutic intention to their teaching. People who have never tried yoga before are starting to consider including Yoga in their treatment plan. These principles of yoga can be applied by the practioners on others to bring about a multitude of desired effects on them. This is called application of yoga 'Viniyoga'. It is an off shoot of yoga and as such it derives all its efficiency and potency from yoga. In fact more than 80 % yoga therapy is the basic yoga itself and it is also the super structure constructed on the foundation of yoga. Therefore, it is imperative that every yoga therapist should have both theoretical knowledge and practical experience of yoga, comprehensively, before embarking up on the journey of Yoga Therapy. The purpose of this paper is deliver deeply in to all the aspects of yoga also to reflect on the essential, intrinsic and fundamental features of yoga before one should begin as a yoga therapist.

Keywords- holistic medicine, yoga, viniyoga.

Introduction - Yoga is beneficial for the health in ways that modern science is just beginning to understand. In modern time, through the consistent medical researchers, it has been properly established that Yogic practices maintains good positive health at the level of body and mind as well. Selected regimen of yogic practices in routine life can certainly lead to a happy and healthy life. Even though it has been applied with therapeutic intention for thousands of years, Yoga Therapy is only just now emerging as a discipline in itself. More health care practitioners are starting to include yogic techniques in their approach to healing and more yoga teachers give a therapeutic intention to their teaching. People who have never tried yoga before are starting to consider including Yoga in their treatment plan. As science begins to document the importance of understanding the interrelation of all existing things, it looks to Yoga with an intrigued eye, for Yoga speaks Unity in every word. As yoga techniques are researched and new data is gathered, it becomes easier for science and the medical establishment to understand and accept the benefits of Yoga as a medicine. Yoga therapy, derived from the Yoga tradition of Patanjali and the Ayurvedic system of health care refers to the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. These principles of yoga can be applied by the practioners on others to bring about a multitude of desired effects on them. This is called application of yoga 'Viniyoga'. It is an off shoot of yoga and as such it derives all its efficiency and potency from yoga. In fact more than 80 %yoga therapy is the basic yoga itself and it is also the super structure constructed on the foundation of yoga.

Health Management Devices in Yoga-Sutra - Certainly the Yoga-sutra of Patanjali visible does not aim at discussing the processes or techniques of mental health management nevertheless contingently the components of psychotherapeutic process were either directly or in indirect way but quite significantly covered in the Yoga-sutra. The neurotic, psychosomatic and physio-psychic disorder processing along with the symptoms and syndrome, are concisely discussed as Chitta Vikshepa and Antaraya in the very first chapter of Yoga-sutra (I/30-31) and the fundamental causes of mental problems are duly described as the Panch-Kleshas in the very beginning of second chapter (Yoga-Sutra/II/3).

The Role of Ashtanga Yoga in the Management of Psychological Problems - The second chapter of Yoga Sutra comprehensively covered the methodology of psychic management (*Ashuddhikshaye/Yoga-Sutra/II/28*). The *Astanga Yoga* (Eight-limbic approach of Yoga) system of *Patanjali* divides its eight limbs of Yoga into two categories or steps of Yoga, i.e., *Bahiranga Yoga* (exterior Yoga) and *Antaranga Yoga* (interior Yoga). *Bahiranga Yoga* (exterior Yoga) takes in the substantial techniques of psychic control.

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