

Types of yoga & their widespread Health benefits

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Yoga is a traditional healing method that creates balance in the human body, mind and soul. It supports mental, physical, spiritual and spiritual balance among individuals. The origin of *yoga* in society dates back to about 3000 years ago. Patañjali is considered the “father of *yoga*”. In the present century, *yoga* has become a medicine that acts on the mind. The word “*yoga*” comes from the Sanskrit word “*yu*” which means to join or unite. Because of its great health benefits, the National Institutes of Health has classified *yoga* as one of the forms of complementary and alternative medicine (CAM). *Yoga* is represented throughout the world as a tree that includes eight limbs (suggested by Patañjali): *yama* (universal principles of conduct), *niyama* (personal principles of conduct), *asana* (physical postures), *prāṇāyāma* (breath control), *pratyāhāra* (breath control), *dhāraṇā* (concentration), *dhyāna* (meditation) and *samādhi* (bliss) (Ross and Thomas, 2010). Although *yoga* originated in India, its great health benefits have taken it all over the world. Different countries have established their own *yoga* centers as it provides them with therapeutic benefits. *Yoga* is considered as one of the most effective methods of healing as it provides complete healing to a person. *Yoga* channels provide energy in a positive way in the body, which helps the human body to function properly. People in today’s 21st century put themselves in a daily race to get a respectable position in society that they don't think about their health and well-being. Research shows that people are under a lot of pressure at work which creates stress among them. Human body - this creates heart problems, strokes and even cancer. Now, it is *yoga* that provides a method that can manage the stress levels of people and help them live a healthy life in society. Therefore, for all these reasons, the scientific study of the benefits (treatment) of *yoga* for health has increased during the present century.

Attributes and principles of *Yoga* is a therapeutic method:

There are different attributes of *yoga* that make up the basic principles based on the benefits of *yoga* to develop. Different features of *yoga* are:

Yoga is considered to be an exploration of insight and understanding - traditional Indian sages believe that *yoga* has the power to lead a person to salvation. It improves the level of a person and thus the “*manas*” or “*citta*” of the human body works in a positive way. It develops the “sixth sense” of men and society. It also enhances a person’s intellectual level by improving hearing, sight, taste, touch

and body strength. *Yoga* creates a proper discipline in human life which forces them to live a regular life.

Yoga raises and expands the level of the person - *Yoga* improves the level of intelligence by heightening and expanding the level of its consciousness. Breathing techniques and different physical postures help people to free the soul from all its worries and daily conflicts.

Yoga is the path to omniscience: *Yoga* helps a person to improve his level of intelligence, which enables him to reach far distances or regions of space, which are impossible. *Yoga* Channel helps men in the path of wisdom, as it helps them to see and know things beyond human imagination. It is through the practice of meditation that men learn to know everything from nature.

Yoga is a technique for entering other bodies, creating multiple bodies and ways to achieve other superhuman accomplishments. The practice of *yoga* helps people see the nature of things in nature. It helps individuals to see directly from the surface to their inner level. Therefore, these four basic characteristics are the key elements that surround all *yoga*-related practices. Apart from the characteristics of *yoga*, there are certain principles regarding the practice of *yoga*, these are:

Human anatomy is a complete system. It is an interdependent part that cannot be separated. If one part of the human body suffers from a pathological disease, then the whole body suffers.

Everyone is considered different in their own way. Therefore, we must pay attention to everyone's problems. Therefore, there is no *yoga* that is common to all people on this planet. *Yoga* is not compatible with biomedicine that people can take to alleviate their disease state.

Yoga is considered to be empowering in nature. A *yoga* teacher can tell the person to do a certain position in the right way and at the right time, but it depends on the student how to instill the teaching in him. Therefore, *yoga* is not one of the activities that are included in biomedicine. It is up to the *yoga* student themselves to decide how to participate in *yoga* therapy.

Treatment involves two important aspects:

The personality and the psychological state of the person. During the practice of *yoga*, if the person doing it is in a good mood, the healing happens quickly, otherwise, it can take a long time. So, one must have faith in *Yoga* as a unique healing practice. So *Yoga* is a path to complete well-being that helps a person to develop his consciousness and create a global panorama.

Types of *Yoga*: There are different types of *yoga* that lead to the healing of people and society.

The main types of *yoga* are:

Bhakti Yoga—*Bhakti Yoga* is derived from the Hindu scripture, Bhagwad Gita. People believe that there is the power of the Almighty that guides people in all ways of life. *Bhakti Yoga* can be practiced by praising the Almighty, reading religious books, singing sacred songs, listening to religious prayers

and watching religious films.

There are nine main types of *Bhakti Yoga*: *Sravana* (hearing about God); *Archana* (worship of God); *Kirtana* (song of God's glory); *Sakhya* (friend-Bhava culture); *Smarana* (remembering the name and presence of God); *Vandana* (bowing down); *Padasevana* (Divine service); *Dasya* (cultivation of the servant's *Bhava*); and *Atmanivedana* (self-abandonment)1.

Bahiraṅga Yoga—*Bahirāṅga Yoga* is mentioned in Mahārṣi Patañjali's second chapter known as *Sādhanā Pāda*. It is also baseness like *Aṣṭāṅga Yoga* or Eight Limb *Yoga* or *Rāja Yoga*. It helps people live in peace. The eight types of *Bahirāṅga Yoga* are: *Bahirāṅga yoga* includes *Yama* (principles or ethics); *Dhāraṇā* (focus on things); *Prāṇāyāma* (yogic breathing); *Niyama* (personal training); *Pratyāhāra* (withdrawal of mind); *yoga āsanās* (preparation); *Dhyāna* (meditation); and *Samādhi* (salvation).

Karma Yoga: this word means 'action' in Sanskrit. This form of *yoga* is derived from the teachings of Lord Krishna as compiled in the Bhagwad Gita. This *yoga* helps to reduce 'ahamkāra' in people. This allows the man to do his job well without asking anything from him.

Kuṇḍalinī Yoga - This form of *yoga* helps men to be hot. This creates a connection between the mind, body and spirit of individuals. The *Kuṇḍalinī yoga* position helps men to control their breathing, which improves the level of consciousness.

Haṭha Yoga—it was founded by Yogi Swatmmarama. It promotes breathing exercises, meditation, mudras which ultimately lead to the purification of one's soul. The main goal of *Haṭha Yoga* is to achieve salvation.

Jñāna Yoga—this form of *yoga* is mentioned in the Bhagwad Gita but was developed by Adi Shankara. This *yoga* tries to make men's mind away from the emotions of life. Through this, the person can show self-control and remain focused and focused on their work.

Mantra Yoga - This type of *yoga* is used by people to achieve peace of mind. It makes the mind calm against all problems. It relieves men of all problems, worries and stress. Practitioners of *Mantra Yoga* say the word 'AUM' to create a shift in consciousness.

Swara Yoga—It refers to controlling one's behavior in life by controlling the breath. This form of *yoga* is mentioned in ancient Indian texts known as Shiva Svarodaya. The word 'swara' means sound or music; it is also called the air that passes through the nostrils.

Kriya Yoga: Lahiri Mahasaya taught the techniques of *Kriyā Yoga*. This form of *Yoga* is mentioned in the Bhagwad Gita. This helps people to control their anger and needs. Therefore, different types of *yoga* help people to live a healthy life. Practicing different types of *yoga* helps to have balance in the mind and understanding of a person. A person can control his thought process, thus leading him to

freedom from the unanswered questions of the mind and soul.

Seven Spiritual Laws of Yoga:

There are seven spiritual laws of success that can be applied in the field of *yoga*. *Yoga* is an important part of the healing process. According to the seven days of the week, there are seven spiritual rules of *yoga*:

Law 1 (Sunday) - The first and best spiritual law is the law of pure will, according to which pure consciousness is the central area of success in life. Pure knowledge brings balance, knowledge, understanding, harmony and happiness in life. When you practice *yoga*, the law of clean energy is important to follow and maintain. The calmer the position (where *yoga* is practiced), the better the position can be achieved. *Yoga* inspires a person to meditate, which eventually leads to the purification of his inner consciousness. This helps people to switch between their forms of consciousness, creating a relationship with nature. *Mantra yoga* helps men understand that the essential nature is ultimately “pure energy” which is:

“*Om Bhavam Namaḥ*” (Absolute Existence)

Law 2 (Monday) - The second spiritual law is the law of giving and receiving. This law states that the universe involves constant change. It is claimed that the body, the mind and the universe undergo a dramatic change, blocking the flow of energy and stopping blood circulation. The purpose behind all human activities must include the purpose of creating and obtaining happiness, because only happiness is what makes life and life in human life. When you practice *yoga*, the breathing process (inhalation and exhalation) leads to changing millions of atoms in the universe. One must learn to understand the harmony and expansion of the body during the breathing process. The *mantra* for achieving the law of giving and receiving while practicing *yoga* is:

“*Om Vardhanam Namaḥ*”

I am the breadwinner of the universe

Law 3 (Tuesday): The third law includes the law of *karma* (or cause and effect). As the famous saying goes “we sow, we reap”; from this, many say that all our actions are looking for something in the situation. You will realize that the only fruit of your *karma* is happiness and success. During a *yoga* practice, if one practices the pose in a gentle and calm manner, in the same way, the individual’s body/mind will respond quickly and effectively way easier. The *mantra* for gaining greater comfort and attaining the law of *karma* is:

“*Om Kriyām Namaḥ*”

My behavior conforms to cosmic laws

Law 4 (Wednesday): The fourth rule is the rule of least effort. One of the inner inputs for any type of

work is the human soul that can use the power of love to create the energy necessary for healing and the initiation of nature. In the case of *yoga*, one of the best benefits of *yoga* is to get the body into a state of relaxation instead of forcing it into one. This creates patience in life. This motivates a person to be receptive and creates positive thinking. *Yoga* improves energy and flexibility in life. The *mantra* to achieve this is:

“*Om Daksham Namaḥ*”

My practice produces maximum value with minimum effort.

Law 5 (Thursday): The fifth spiritual law of success is the law of intention and desire. Traditional yogis are of the opinion that “*tat tvam asi*” means: “I am that, you are that, He is all, and that is all.” Attention and purpose are two qualities in man that motivate him to live fruitful life. Those who practice *yoga* have the ability to control their blood pressure, speed up or slow down their heart rate, and reduce or increase their body temperature, which promotes healing. The *mantra* for spiritual healing is:

“*Om Ritam Namaḥ*”

My intentions and desires are guided by cosmic intelligence.

Law 6 (Friday) - The sixth spiritual law of success includes the law of letting go. To get things in life, people have to make sacrifices. This fact does not mean that a person should leave everything in his heart. Too much attachment to what comes from the feeling of insecurity of losing your life. In *yoga*, security comes from a person’s acceptance and acceptance of the unknown that awaits him. *Yoga* is a method that allows people to let go of their mind, letting go of conflicting levels of consciousness. The *mantra* for understanding the law of detachment is:

“*Om Anandham Namaḥ*”

My behavior is not good with any addition to the results.

Law 7 (Saturday): The last law of spiritual success through *yoga* is the law of *dharma*, that is, the law of the purpose of life. There are certain things that must go hand in hand with *Dharma* rules: increasing the level of compassion within oneself, expanding one’s wisdom, and increasing one’s playfulness. Similarly, *yoga* is associated with *dharma* consciousness. Just as our body has its own *dharma* (each cell, tissue and other body parts have a special function to perform their own functions), so too, the practices associated with *yoga* support our body’s *dharma*. The *mantra* for attaining the law of *dharma* while practicing *yoga* is:

“*Om Varunam Namaḥ*”

My life is in harmony with the laws of the universe.

So, these are the seven spiritual rules of *yoga* that help anyone to have a complete purpose in life

and disciplined ways to reap the benefits of *yoga*.

Health Benefits of *Yoga* and Exercise:

There is a lot of research going on in different research areas about whether *yoga* has any health benefits or not. *Yoga* has been shown to be a complete cure. It has many therapeutic benefits. Research shows that *yoga* reduces salivary cortisol in people, blood sugar, plasma and controls 24-hour urine, epinephrine and human epinephrine. *Yoga* regulates blood pressure while making men less stressed by increasing levels of immunoglobulin and A12. And increase the number of killer cells in the body. There are other specific health problems that can be treated by applying yogic postures: heart disease, metabolic disease, diabetes, cancer and stress. Other symptoms of depression, pain syndrome are also managed by *yoga*. It has both physiological and psychological benefits for individuals. *Yoga* is considered as a therapeutic aid for stress management (Khalsa, 2007). Here is a list of health benefits associated with practicing *yoga*:

Cancer (Distasio, 2008), arthritis (Garfinkel and Schumacher, 2000; Haazand Bartlett, 2011), type II diabetes (Innes and Vincent, 2007), stress (Kirkwood and Rampos, 2005), stroke recovery (Lynton et al, 2007), Low back pain (Posadzki and Ernst, 2007), Pain (Posadzki et al., 2011; Wren et al., 2010), Musculoskeletal disorders (Raub, 2002), Heart disease and Cardiovascular disease (Raub, 2002; Jayasinghe), 2004 Psychiatric conditions (Shannah off Khalsa, 2004), heart attack prevention (Shannah off Khalsa, et al., 2004), depression (Uebelacker et al, 2010) (Raub, 2002). So, the benefits of *yoga* are many. Although it originated from the Hindu tradition, people of different religions are benefiting from it as it promotes rapid healing of people.

***Yoga* as a method of self-healing:**

Many scientists consider *Yoga* as a method of self-healing. For many health-related diseases, there are different types of *yoga* that can cure these diseases. Various therapeutic methods through *yoga* for various pathological conditions affecting humans are:

Carpal tunnel syndrome - Bhujangasana (Cobra pose) can treat people with carpal tunnel syndrome (CTS). This leads to better grip strength and less pain for the person. Other *yogas* recommended for CTS are Tadasana, Dhanurasana and Garudasana.

Computer Vision Disease-Savasana is a *yoga* that helps a person to cure Computer Vision Disease. Poor vision, dry eyes and other vision problems are cured by savasana *yoga*. This calms the mind and helps him concentrate more. Savasana pose is also known as corpse pose.

Insomnia: Uttanasana is a *yoga* that helps people to improve their sleep problem. A meditative and restless person is given uttanasana which (if practiced regularly) can remove all internal tensions and help the person to relax in bed and have sleep peacefully.

Cold – Adho Mukha Svanasana is a *yoga* that can cure a person suffering from cold. *Yoga* is a great way to maintain a strong immune system. It keeps the lungs and respiratory tract free of all toxins and helps the body to oxygenate. It creates resistance to all viruses and bacteria in the human body. So, the above mentioned *yogas* are some ways to get perfect health for a person. Many studies state that *yoga* is a good way to achieve healing for a person. *Yoga* and Modern Science: Modern scientific work has recognized the importance of *yoga* as one of the alternative methods of healing. A yogic lifestyle includes Yama and Niyama, which can prevent current diseases such as hepatitis B and AIDS. Many psychosomatic diseases of the present century can be cured by *yoga*. Asanas like Pratipaksha Bhavanam (taking the perspective of the other), Samatvam (equanimity of mind) and Vairagya (impartiality) can prevent the psychosomatic diseases of the people of this world. Therefore, *yoga* is the best way to use it as a health promotion tool. If the field of *yoga* is combined with modern science, the functioning of the psycho-immune-neuro-endocrine system can be better and better. This is the main reason why the science of *yoga* is considered as the greatest gift ever given to human life in this world. There are many times when biomedicine cannot work effectively so it is the fields of *yoga* and ayurveda that work as alternative therapies. Modern medicine has the power to make men free from their disabilities, but *yoga* is a system that heals a person not only physically but also mentally (i.e. emotionally and intellectually). *Yoga* develops personality. It brings out the anxieties and internal conflicts, thus helping people to do better.

Difference between yoga and alternative therapies:

Yoga is one of the alternative therapies. Apart from *yoga*, there are other therapies that also help in treating other physical ailments. The various healing techniques are very different from *yoga*. Some of the different therapies in *yoga* are:

Reiki and *Yoga*: Reiki is also known as palm therapy. *Yoga* is often considered to increase the energy of Reiki within the person. It is Reiki that helps people understand the profound power of *Yoga* and helps them live a healthy life.

Ayurveda and *Yoga*:

Ayurveda is considered as the mother of all healing sciences. *Yoga* and Ayurveda are feminine sciences. *Yoga* is considered as a spiritual science while Ayurveda is a general science of life. The purpose of *yoga* is to promote self-realization or “Samadhi”. *Yoga* creates a body-mind-spirit connection. On the other hand, Ayurveda leads to balance in life by creating a connection between ether, fire, water, air and earth, thus leading to the harmony of the three elements in the body human body, that is, the three doshas (vata, pitta, kapha). *Yoga* does not include any natural herbs for healing, while Ayurveda involves the use of natural herbs and plants to bring about the health benefits of each

individual.

Tai Chi and Yoga –

Yoga originated in India and is based on breathing, exercise and meditation. It is especially important that the arms hold the power of the body and also cause stress on the wrists and shoulders of the person. *Yoga* improves breathing, blood circulation, weight loss and other healing processes. Taichi originated in China around 1300. It is a form of dance where the feet usually support the weight of the body while the arms are kept relaxed and free. Therefore, *yoga* is a practice of the body and mind while tai chi is a practice of the mind only.

Many authors have stated that Tai Chi, *yoga*, meditation, and Reiki all require people to focus and fully immerse themselves in their practice, remember the movement or practice, and eliminate distractions. outside. (Seabourne, 2001; Yan, 1995) Cité, Raingruber, 2007).

Yoga - Healing Mind, Body and Spirit:

Yoga and yogic postures heal people from within. This helps men to be emotional so that they can release all their conflicts and conflicts inside. This results in the following:

1. Health promotion
2. Health care
3. Weight loss

Results from Yang's 2007 study showed that *yoga* can positively affect the main risk factors (high blood pressure, high glucose, high cholesterol, and obesity) for chronic diseases, thus improve human health and longevity (cited, Schreiber, 2013). .

Thus, *yoga* provides complete healing to those who practice it. Thousands of years ago, when the healing process was developed, it was practiced by wise men that lived longer and were able to concentrate more than their contemporaries. There, he heals the person's body-mind-spirit and helps them focus better on their daily life. Although it originated in Hinduism, however, it has spread throughout the world and provides health benefits to people around the world (regardless of their religion). There are many modern companies and other TNCs that incorporate *yoga* techniques for the health problems of their employees, so that they can work in a healthy environment. In today's 21st century, people are under such pressure to work that soon, men will be forced to take time out of their regular schedule. Work hard to practice *yoga* so that they are healthy, both physically and mentally.

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