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Effect of *Yogasan* on *Maansik Swasthya*- A Review Article

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ABSTRACT:

The term is derived from the *Sanskrit Ayur*, meaning 'life' or "longevity," and *Veda*, meaning "knowledge" or "science." *Ayurveda* is that which deals with good, bad, happy and unhappy life, its promoters and non-promoters, measure and nature). '*Ayus*' means the conjunction of body, sense organs, mind and self and is known by the synonyms *dhari*, *jivita*, *nityaga* and *anubandha*. Mental health is not mere absence of mental illness, but is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stress of life, can work productively and fruitfully and is able to make a contribution to his or her community. *Yoga* and *Asana* play an important role in *Maansik Swasthya*. The physical exercises (*asanas*) may increase patient's physical flexibility, coordination, and strength, while the *Pranayama* and meditation may calm and focus the mind to develop greater awareness and diminish anxiety, and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, *Uchha Raktachap*, and improvements in resilience, mood, and metabolic regulation.

Keywords-*Asana, Mana, Maansik Swasthya, Yoga.*

INTRODUCTION

While explaining the concept of *Swasthya*, *Ayurveda* has also included attributes of mental health like A well balanced and pleasant state of mind. Being cheerful and gracious. Proper and satisfactory sleep, Steady and well balanced mental faculties, Pleasant and active state of sensory attributes, Control over *Dharaniya Vega*, *Kama* (lust), *Krodha* (anger), *Bhaya* (fear), (grief), *Lobha* (greed) and *Moha* (infatuation), Mind not getting excessively afflicted with adverse events and ability to adjust with such other things.

Lakshan Of Mana-

The definition of mind is the entity that, even when in contact with oneself, one's sense organs, and one's sense objects, is in charge of producing knowledge or not, depending on whether it is attending or not.

Gunash Of Mana -

Two aspects of mind are known as subtlety and unity. Because it is unique, only one instance of knowledge may exist at once. *Manas* cannot notice more than one item at once since he is focused on just one sense organ at a time. Furthermore, because of its dexterity, it may switch quickly



from one thing to another, giving the impression that numerous objects are being perceived simultaneously. The inability to withdraw from perception associated to any specific *Vishaya* or object or the incapacity to concentrate on one item at a time may be regarded as abnormal. The foundation of obsessions and compulsions may come from a protracted fixation on one thought, but attention deficit hyperactivity disorder (ADHD), generalised anxiety disorder, depressive disorder, etc., can all be characterized by a lack of focus

Arthas Of Mana-

Chintya - object of thinking about do's and don'ts

Vicharya- object of Reasoning, logic and discrimination

Uhya- object of Judgment or guessing

Dhyeya- object of continuous thinking about desired things

Sankalpa- object of imagination and evaluation as to merit and demerit

Karmas Of Mana-

The functions/actions of *Manas* has been described as- *Indriabhigraha* (control of sense organs), *Vichara* (consideration), *Svasyanigraha* (self-restraint), *Uhya* (hypothesis).¹

Cause Of Psychological Disorders-

Psychological disorders like envy, grief, fear, anger, vanity, aversion etc. are also said to be caused by intellectual error. The unwholesome action performed by one whose intellect, restraint and memory are deranged is known as intellectual error. It vitiates all

Dhee-Concentration

Dhriti – Retention

Samiriti²-Recollection of memory

Relationship Between Body And Mind

The relationship between the mind and body has been understood since ancient times. Somatic issues are frequently used to represent psychological pain. Physical symptoms, such as lack of sleep, changes in appetite or libido, nebulous body aches and pains, weariness, rage problems, eating disorders, etc., are frequently observed in people who have trouble identifying and expressing their emotions. Some medical conditions, including eczema, psoriasis, auto immune disorders, high blood pressure, etc., are regarded to be susceptible to becoming worse by psychological elements, such as stress and anxiety. How a person feels at any one time may be influenced by their current mental state. Mental health issues are thought to underlie conditions like somatization disorder, conversion disorder, and hypochondriasis. certain life-threatening chronic illnesses³

Yoga-

'*Yoga*' is a Sanskrit term meaning 'to join, unite or yoke together, and the essential purpose of *yoga* is to bring together body, mind and spirit into a harmonious whole.⁴According to *Patanjaliyogasutra* *Yoga* is restraining the mind-stuff (*Chitta*)from taking various forms (*Vrittis*). *Yoga* is more than just a workout-it's actually a combination of four components:⁵

Aasana

Pranayaam

Deep relaxation

Meditation

ASANA-

According to *Patanjali Yoga Sutras Sthiram Sukham - Aasanam*

Sthira- Stable, steady, still

Sukham- Comfortable

An *asana* is that which contributes to stability and comfort. Stability here does not only mean stability of the posture but also the stillness of body and mind as a whole⁶

Suryanamaskar:-

Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.⁷

Pranayaam :-

BHASTRIKA:- *Bhastrika Pranayama* is the process of rapid inhalation and exhalation which gives a boost to the body and hence is aptly called the yogic breath of fire. ⁸

KAPALBHATI:-Kapalbhati benefits your body by cleansing your abdominal organs and energizing your nervous and circulatory systems. In this technique, you inhale and exhale.⁹forcefully through nostrils in short bursts. As a result, your sinuses, nasal tract, mind and lungs become clear. It energizes our nerves. Since *KapalbhatiPranayama* calms our mind, it benefits you by helping with mood swings and minor anxiety. This *kriya* gives you a sense of balance, thus making your brain feel decluttered and de-stressed.⁹

ANULOMVILOM :-*Anulom Vilom* is one of the core breathing exercises in *Yoga*, and it is also known as Alternate Nostril Breathing. It involves conscious breath regulation by inhaling through one nostril while keeping the other closed. The breath is retained for a short while, and then exhaled out through the other nostril. We then repeat this process with the other nostril.¹⁰

BHRAMRI:-*Bhramari Pranayama* or Bumblebee Breath is a calming breath practice that can be performed anywhere. *Bhramari* is derived from the Sanskrit term for “bee.” This breath practice is named after a type of black Indian bee due to the bee-like buzzing sound produced during the exhale.¹¹

Meditation-

Meditation is a practice in which an individual uses a technique - such as mindfulness, or focusing the mind on a particular object, thought, or activity - to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.¹²

MATERIAL AND METHOD

Relevant literatures are referred from journals, internet, *Charak Samhita* and *Sushurut Samhita*.

RESULT

Regular practice of *Yogasana* keeps *Dhee* (Concentration), *Dhriti* (Retention) *Samiriti* (Recollection of memory) normal due to which the person gets the knowledge of right and wrong in a proper way and the equilibrium of the *doshas* is maintained and maintains mental health. The equilibrium of *Doshas* is said to be healthy.

DISCUSSION

Aasan can boost your mood by lowering levels of stress hormones, increasing the production of feel-good chemicals known as endorphins, and bringing more oxygenated blood to your brain. But yoga may have additional benefits. It can affect mood by elevating levels of a brain chemical called gamma aminobutyric acid (GABA), which is associated with decreased anxiety, better mood and brain cells develop new connections, and changes occur in brain structure as well as function, resulting in improved cognitive skills, such as learning and memory.¹³ *Yoga* our strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Studies using MRI scans and other brain imaging technology have revealed that regular *Yoga* practitioners had thicker cerebral cortexes and hippocampuses than nonpractitioners did. The cerebral cortex is the area of the brain responsible for processing information, and the hippocampus is the area of the brain involved in learning and memory. These brain regions decrease as we age, but older *yoga* practitioners showed less loss than non-*yoga*

practitioners. This shows that memory loss and other age-related cognitive deficits may be resisted by *yoga*. The limbic system, the area of the brain responsible for emotions, experiences less activity as a result of meditation. You respond to unpleasant situations with a more measured approach when your emotional sensitivity lessens..¹⁴

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