

YOGIC THERAPY

**Its Basic Principles, Practices
Methods and Case Studies**

By

Prof. M. VENKATA REDDY

M.A., P.G. Dip. in Yoga, T.M & S.C.I., N.I.S
Director, Govt. Vemana Yoga Research Institute, Secunderabad

Prof. Dr. K.J.R. MURTHY, M.D

Chest Physician
Mahaveer Hospital & Research Centre, Hyderabad

Prof. Dr. B.K. SAHAY, M.D

Diabetologist

Prof. Dr. B.N. PRASAD, M.S

Orthopaedic Surgeon
Care Hospital, Hyderabad



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YOGIC THERAPY

Written by

Prof. M. Venkata Reddy, M.A., P.G., Dip., in Yoga, T.M.&S.C.I., N.I.S.
Director, Govt. Vemana Yoga Research Institute, Hyderabad.
Yoga Therapist to H.E. the Governor of A.P.
Member, G.,C. Morarji Desai National Institute of Yoga, New Delhi

Prof. Dr. K.J.R. Murthy, M.D. Chest Physician
Mahaveer Hospitals Research Centre, Hyderabad

Prof. Dr. B.K. Sahay, M.D. Diabetologist

Prof. Dr. B.N. Prasad, M.S. Orthopaedic Surgeon
Care Hospital, Hyderabad

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Authors :

Prof. M. Venkata Reddy

Prof. Dr. K.J.R. Murthy

Prof. Dr.B.K. Sahay

Prof. Dr. B.N. Prasad

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Introduction

YOGIC THERAPY - A NATURAL APPROACH

India has been richly contributing to the human health care system from time immemorial. In the ancient Vedic Scriptures, we find plenty of references on preventive care, healthy way of living and rejuvenation which have been integral parts of Indian civilization and culture.

The traditional methods of AYUSH are providing health care facilities in all parts of the country, mainly in the rural and tribal areas. Yoga and Ayurveda are more than a healing system of medicine and therapy; they are perfect sciences of healthy living. These systems visualise the entire human personality in a holistic manner and provide physical, mental, social and spiritual health. These systems have been proved effective in all human ailments, specially psychosomatic and psychic diseases.

Yoga is simple, safe, efficacious and highly cost effective and free from all side-effects which are linked with modern medicine.

For thousands of years, the practice of yoga has demonstrated that it has the potential to liberate people from much of the ill-health created by the stress of everyday life. As a holistic therapy, yoga treats the whole person, not just the symptoms of ill-health.

This book is designed to be a guide for the beginners as well as experienced practitioners of yoga.

A natural approach to yogic therapy shows how to use yogic ideas and practices to reduce the inner tensions and heal naturally. Using step-by-step methods of progression supported by illustrations, *Yogic Therapy* guides you through a basic session for maintaining holistic health. Then it explains how to overcome through drugless therapy certain diseases including Cold, Hypertension, Cervical Spondylosis, Jetlag Stress, Insomnia, Computer Vision Syndrome, etc.

The yogic therapy system given in this book is based on studies at the Govt. Vemana Yoga Research Institute, Hyderabad, Andhra Pradesh, India. We are conducting a number of experiments in our most sophisticated

laboratory for the past two and half decades. It is said that "Unless a scientific assessment of the patient treated by yogic therapy was done, it will not be possible to evaluate the important therapeutic claims of yoga." This is the only Govt. Institute for scientific, philosophic, literary research, training and treatment of yoga in India.

At the Institute, research on the effect of yoga in diseases has been planned to establish "a cause - and effect relationship" in the first instance, and if possible, to understand the mechanisms involved in order to bring about changes in diseases through yogic practices.

In the studies done by others, the combined effect of several yogic practices was observed, while this institute carried out the studies with selected yogic practices individually or in small groups. The aim was to identify yogic practices which have a greater effect on the control of diseases, so that patients may benefit by concentrating on them. Extensive work and long follow-up studies have been done on diseases like diabetes, asthma, obesity, hypertension, cervical spondylosis, non-specific low back pain, etc.

We are introducing a much-needed series in which the world's leading authorities on yoga research uses their very special knowledge to present a detailed and comprehensive systematic explanation for common health problems. It is presented in such a manner that all persons like students, laymen or professionals will find this positive health guide and information based on scientific studies very useful for relief of general health problems.

The aim of the book is to encourage people to lead a healthy life and to highlight the importance of the system of yoga in the treatment of common disorders for common people.

There are also details of the data on scientific research, oriental literature review, statistical analyses, update-analyses in some of the topics for scientists and Yoga academic community. The diagnostic biochemical and biomedical data is useful for P.G. Diploma in Yoga / graduates of B.N.Y.S. and Post-graduate level students in Yoga including Ph.D level researchers.

15 February, 2005

Prof. M. Venkata Reddy

HYDERABAD.



Fig . 1 - Dhanvantari
The progenitor of Ayurveda

CHAPTER - I WHAT IS AYUSH

- Prof. M. Venkata Reddy

AYUSH - Stands for

A - Ayurveda

Y - Yoga & Naturopathy

U - Unani

S - Siddha

H - Homeopathy

The Government of India recently changed the name of Indian Systems of Medicine to "AYUSH" under the Ministry of Health & Family Welfare.

What is AYUSH?

Ayurveda (Aayu = Life + Veda = Knowledge or Science), a comprehensive science of life was developed to ensure "Aarogya" i.e. healthy life, in all its dimensions, which was considered essential for achieving the four instincts of life-Dharma, Artha, Kaama and Moksha, and around which the entire Hindu thought swings.

Yoga has also the same objective. However, the primary objective of yoga is not the achievement of the entirety of human instinct. It was essentially developed to achieve "Moksha" ("Yoga Moksha Pravartak").

Susruta defines Rasayana Tantras as the measure which ensures longevity, develops positive health and mental faculties, and imparts resistance and immunity against disease. (Su.Sa. I-15)

Yoga-Alternative to Ayurveda :

Nathamuni (9th century) proposed in Yogarahasya (Ch. - IV-sloka-27) that those illnesses that cannot be cured by other methods i.e. with medicines, can be cured by the steady practice of yogangas.

*"ausadhadipragena na nivaarya gadaasca ye /
te sarve hi nivaryante drdham yogangasevaya//*

Further, Nathamuni stated that as the pranavaayu gets closer to the susumna naadi, the practitioner attains longevity and freedom from diseases.

*"Yaavaan bhavet praanavaayoh samkoco cakramandale /
tavaanaayurvrdhisca roganasa sca yoginah // (Yogarahasya-IV-58)*

The aim and purpose of yoga practice as stated by Nathamuni suggests that people strive for the main benefits only after attaining certain initial benefits like relief from physical suffering and a steady mind, freedom from suffering, long life and devotion to god.

(Yogarahasya - IV Ch-87 sloka)

End of Preview.

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