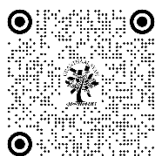


# YOGA IS ALTERNATIVE SYSTEM OF MEDICINE: AN A EMPIRICAL STUDY

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## ABSTRACT

This Paper Made an Attempt Study on "Empirical Things on Yoga as Alternative System of Medicine". Study will Undoubtedly Help for Academicians and Yoga Practitioners.

**Keywords:** Alternative System, Medicine, Study

## 1. INTRODUCTION

Yoga is a physical, mental, and spiritual discipline. One of the goals of yoga is for the attainment of a state of perfect spiritual insight and tranquility while meditating on Super soul. Both the meditative and the exercise components of yoga show promise for non-specific health benefits. Yoga are varied and range from improving health to achieving Moksha. According to an article in the Journal of Alternative and Complementary Medicine, the system of Hatha yoga believes that prana, or healing "life energy" is absorbed into the body through the breath, and can treat a wide variety of illnesses and complaint. Cackra-yoga has a medical sense of "applying a splint or similar instrument by means of pulleys (in case of dislocation of the thigh)"; yoga has been used as supplementary therapy for diverse conditions such as cancer, diabetes, asthma, and AIDS. Healing journey by yoga will help to get back into good health.... A Florida State University medical educator thinks it also may be the prescription for ailments ranging from headaches to heart.

Number Of health care professionals qualified to diagnose ailments through yoga namely Back pain, Anxiety Disorders (Relieve anxiety by performing a regular sequence.) Knee Injuries. Constipation, Hiatal Herinia, Adrenal problems, (movement of blood to the pituitary and causes lots of movement around the adrenal glands). Hepatitis, yoga for your Thyroid (Relieve and reduce the symptoms with a wonderful sequence that stimulates good blood flow to the area). Shoulder Pain & Injuries, relief for Nasal congestion etc.

## 2. IMPORTANCE OF YOGA

Yoga is not a religion; it is a way of living whose aim is 'a healthy mind in a healthy body'. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being. They have little to do with the development of the spiritual or astral body.

Yogic exercises recharge the body with cosmic energy This facilitates

- Attainment of perfect equilibrium and harmony
- Promotes self- healing.
- Removes negative blocks from the mind and toxins from the body
- Enhances Personal power
- Increases self-awareness
- Helps in attention focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system

The aspirant feels rejuvenated and energized. Thus, Yoga bestows upon every aspirant the powers to control body and mind.

## 3. BENEFITS OF YOGA

The art of practicing yoga helps in controlling an individual mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind, it helps to manage stress and anxiety and keep you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improved respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for your body from the way you feel, look and move.

## 4. STATEMENT OF THE PROBLEM

There are many diseases, which are cured by different methods of treatment. They are allopathic, homeopathic, ayurvedic, unani, siddha, other therapies etc. Some diseases are curable and some are preventable. Some diseases are cured which may give rise to some other diseases due to side effects of medicines. Some medicines are internal usable and some are external usable. External usable medicines are safe and do not give rise to other effects. There is no universal medicine that is curable for all or some of the diseases. Yoga is the one medicine which is external usable and cure and/or preventable for many of the diseases through hasanas. Hence, an attempt is made to study on "Empirical study on yoga as alternative system of medicine". This study will undoubtedly helps for academicians and yoga practitioners.

## 5. OBJECTIVES

The objectives of the study are

- 1) To find out that yoga is a tool for relieving of main ailments and diseases in general and in particular, shoulder pain and injuries.
- 2) To arrive at findings of the study.

## 6. METHODOLOGY

Data is collected from primary as well as secondary sources. Primary source of data is collected by getting responses from the respondents through filled-in questionnaires. Stratified sampling method is used. The sample size is fifty respondents. Out of fifty respondents fifteen female respondents are chosen, rest from male respondents.

The secondary data is obtained from news papers, magazines, journals and websites. Data collection is confined to backward district of North Karnataka, where yoga ashrams have been set-up.

## 7. LIMITATIONS

The study is confined to geographical area and limited to time and money constraints.

Findings of the study

- 1) Nearly 80% of the respondents have got relieved from burning excess fat through (Supine posture) Ardhalasana&Chakrasana (sitting posture) Parvat trikonasana,Ardha Matsyendrasana and Paschimottasana.The duration for complete relief is 2- 2.5 years. Out of them, more than half is relieved by female respondents.
- 2) Not more than one third of the total respondents have got cured from minimum period of 1.5 years to maximum period of 3.5 years. Of these. 10% of female respondents got cured. This is made through (Supine posture) Ardhalasana&Chakrasana (sitting posture) Parvat trikonasana,Ardha Matsyendrasana and Paschimottasana.
- 3) There is complete cure from indigestion from almost all respondents with in a six month period. This is achieved through(Supine posture) Uttitapadmasana & Katichalana (sittingposture) Vairasana& Mandukasana,
- 4) More than two third of respondents got relief from diabetes. Negligible percentage of female respondents got relieved. It requires range of 4-6 months period. This is achieved through (Supine posture) Uttitapadmasana&Halasana,SkanadKatiasana&Katichalana(Proneposture) Shalabasana& Dhanurasana,
- 5) (Supineposture)Ardhapavanamukthasana,SkanadKatiasana,Katichalana &Padachalana. (Proneposture)Naukasana, (sittingposture) Skandasana, HastaP arshasana & Simhasana relieved 80% of respondents in a period of one month from ailments of back, neck and waist. More than two third of female respondents have felt relieved.
- 6) More than two third of respondents got cured from hip, knee and ankle joint pain by. (Supineposture) Katishaktiasana ,(Sitting posture) Parvatasana and in (Prone posture) Shalabasana& Dhanurasana,in the range of 6 months to 3 years. Almost all female candidates felt cured.
- 7) Heart diseases cannot be cured but controlled. Moderate percentage of respondents is remediedby (Supineposture)UttanTadasana,UttanPadasana & Shavasana
- 8) 8More than half of the respondents felt relieved from mental disorder. There is a negligible percentage from female respondent. Lengthy duration of 8 years is required for (Prone posture) Makarasana
- 9) Cent percent of respondents are remedied through (Supine posture) Pavanamukhasana&Sarvangasana, (sittingposture) Paschimottasana. from acidity. It just requires duration if 1.5-2 years.
- 10) Nearly 40% of respondents felt relieved from piles by (sitting posture) Paschimottasana, Vatrassana, Shashankasana & Mayurasana, (Supineposture)Pavanamulhasana, Halasana,Mathsyasana&SarvangasanaMa intenance of constant food is primary requisite. Minimum 1.5 years is needed to be cured.
- 11) Not more than 25% of respondents are relieved from low B.P. by (Supineposture)Pavanamukhasana&Shavasana, (sittingposture)Paschimottasana. The duration of 1.5 years is required. Of these, higher percentage of respondents is relieved from female.
- 12) (Proneposture) Bhuj angasana (Supineposture) Pavanamukhasana& Sarvangasana, (sittingposture)Paschimottasana&Shashankasana,relieves from headache provided it requires constant practice. Only moderate percentage of respondents felt cured.

## 8. CONCLUSION

Yoga, in nutshell, is to improve overall well-being through teaching discipline and self-regulation. It is used as a universal medicine for all diseases and is free from financial constraints.

S. N	Name of diseases	Male		Female	
		Non- relieved	relieved	Non- relieved	relieved
1	Burning excess fat	06(12)	29(58)	5(10)	10(20)
2	Nervous weakness	21(42)	14(28)	13(26)	02(4)
3	Indigestion	03(6)	32(64)	0(0)	15(30)
4	Diabetes	22(44)	13(26)	09(18)	06(12)
5	Ailments of back, neck and waist	06(12)	29(56)	04(8)	12(24)
6	Hip, knee and ankle joint pain	02(4)	33(66)	03(6)	12(24)
7	Heart diseases	30(60)	05(10)	13(26)	02(4)
8	Mental disorder	10(20)	25(50)	14(28)	01(2)
9	Acidity	-	35(70)	-	15(30)
10	Piles	15(30)	20(40)	-	15(30)
11	Low Blood Pressure.	30(60)	5(10)	-	15(30)
12	Headache	19(38)	16(32)	11(22)	04(8)

### Based on the findings Top 10 Benefits of Yoga in daily Life

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga has it on offer. However, very often, yoga is only partially understood as being limited to asanas (yoga poses). As such, its benefits are only perceived to be at the body level, and we fail to realize the immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling.

With all this and much more to offer, the benefits of yoga are felt in a profound yet subtle manner. Here, we look at the top 10 benefits of yoga practice.

- 1) All-round fitness. You are truly healthy when you are not just physically fit but also mentally and emotionally balanced. As Sri Sri Ravi Shankar puts it, “Health is not a mere absence of disease. It is a dynamic expression of life – in terms of how joyful, loving and enthusiastic you are.” This is where yoga helps: postures, pranayama (breathing techniques) and meditation are a holistic fitness package.
  - Yoga – My personal fitness mantra
  - My weight-loss formula
  - My mind soother
  - My tool for better communication
  - My creativity machine
  - My doubt repeller
  - My time planner
- 2) Weight loss. What many want! Yoga benefits here too. Sun Salutations and Kapal Bhati pranayama are some ways to help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and when. This can also help keep a check on weight.
- 3) Stress relief. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. You can also experience how yoga helps de-tox the body and de-stress the mind at the Art of Living Yoga Level 2 Course.

- 4) Inner peace. We all love to visit peaceful, serene spots, rich in natural beauty. Little do we realize that peace can be found right within us and we can take a mini-vacation to experience this any time of the day! Benefit from a small holiday every day with yoga and meditation. Yoga is also one of the best ways to calm a disturbed mind.
- 5) Improved immunity. Our system is a seamless blend of the body, mind and spirit. An irregularity in the body affects the mind and similarly unpleasantness or restlessness in the mind can manifest as an ailment in the body. Yoga poses massage organs and strengthen muscles; breathing techniques and meditation release stress and improve immunity.
- 6) Living with greater awareness. The mind is constantly involved in activity – swinging from the past to the future – but never staying in the present. By simply being aware of this tendency of the mind, we can actually save ourselves from getting stressed or worked up and relax the mind. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused.
- 7) Better relationships. Yoga can even help improve your relationship with your spouse, parents, friends or loved ones! A mind that is relaxed, happy and contented is better able to deal with sensitive relationship matters. Yoga and meditation work on keeping the mind happy and peaceful; benefit from the strengthened special bond you share with people close to you.
- 8) Increased energy. Do you feel completely drained out by the end of the day? Shuttling between multiple tasks through the day can sometimes be quite exhausting. A few minutes of yoga everyday provides the secret to feeling fresh and energetic even after a long day. A 10-minute online guided meditation benefits you immensely, leaving you refreshed and recharged in the middle of a hectic day.
- 9) Better flexibility & posture. You only need to include yoga in your daily routine to benefit from a body that is strong, supple and flexible. Regular yoga practice stretches and tones the body muscles and also makes them strong. It also helps improve your body posture when you stand, sit, sleep or walk. This would, in turn, help relieve you of body pain due to incorrect posture.
- 10) Better intuition. Yoga and meditation have the power to improve your intuitive ability so that you effortlessly realize what needs to be done, when and how, to yield positive results. It works. You only need to experience it yourself.

Remember, yoga is a continuous process. So, keep practicing! The deeper you move into your yoga practice, the more profound are its benefits.

## **CONFLICT OF INTERESTS**

None.

## **ACKNOWLEDGMENTS**

None.

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