

Unit-2

Introduction to Yoga Texts- II

2.1 Concept of Aahara (Diet) according to Yogic Text

Individual can't exist without air, water and food. Food is fundamental need for everybody to live. Nutrition is an essential for sound life. A balanced and nutritious diet routine is important from the onset of life for development and advancement. With regards to younger students, it expect more prominent significance as earliest stages, youth and puberty are the times of development and improvement; the requirement of nutrition during these phases of advancement, in this way, is definitely more. Balanced and nutritious eating regimen is a fundamental contribution for keeping one healthy.

Balanced Diet:- A balanced diet is the one which contains all the elements of food that are needed to keep one healthy. The balanced diet can be divided into two parts: the macronutrients and micronutrients.

Macronutrients: Macronutrients cover principally three components namely carbohydrates, fats and proteins. Carbohydrates and fat provides energy and heat. Proteins are critical for building of tissues, maintenance of the cellular integrity and functioning of the cells.

Micronutrients: The micronutrients comprise of vitamins and minerals. They maintain tissues and regulate functions of the body. They also enhance the utilization of carbohydrates, proteins and fats by the body.

Therefore, school children nutrients in large quantities for maintenance as well as for further growth.

Concept of Aahara

Shrimadbhagavadgita classifies three types of Yogic Diet

The ancient yogis has characterized Aahara into three qualities namely, Sattvic, Rajasic and Tamasic. In like manner, each individual has three distinct qualities which are transcendent and decide the nature and likings of an individual. Yogic system categorizes Aahara(diet) into three groups:

Sattvic diet:

Those that expansion lifespan, mental essence, quality, wellbeing and charm, that are tasty, Unctuous, stable, and fulfilling to the heart are the nourishments that are favored by sattvic."

Sattvic diet is also mentioned to as Yogic diet . It is considered as normal condition of natural food that which is new and liberated from any added substances or preservatives. Sattvic diet ought to be expended in its normal structure as could be expected under the circumstances, for example raw, steamed or lightly cooked. Sattvic diet contains Whole grains (carbohydrates), Pulses, nuts and seeds (proteins), Fresh leafy foods (nutrients and minerals), Herbs, Natural sweeteners, for example, honey (in small quantities) etc.

Rajasic diet:

"Bitter, sour, salty, excessively hot, pungent, dry, and burning are the foods favored by rajasic, causing discomfort, depression and illness."

Rajasic things of food ought to be abstained in a yogic eating diet; they include: Caffeinated beverages, for example, tea and coffee, Overly processed food, Artificial added substances in food. Hot chilli or anything that can aggravate the mucous membranes. Garlic, onion, mushrooms etc.

Tamasic diet:

Not completely cooked, flavorless, smelly, extra food by others, not fit as a contribution is the food known as tamasic."

Tamasic diet contains food things which are substantial and cause exhaustion or laziness in a person. Such nourishments are best avoided by individuals experiencing chronic depression. Tamasic diet include food things like: Red meat, Alcohol, spoiled food, Overripe or unripe organic products, Burnt food, overly processed food sources, Fermented food.

Basis of yogic Diet

Various yogic scriptures identify food items to be as Pathya (wholesome) and Apathya (unwholesome) food and forms basis of Yogic diet. They are discussed as follows:

Apathya/ Un-Wholesome food:

The foods which are restricted (for the yogi) are: those which are, sour, bitter, salty, heating, green vegetables (other than those ordained), oil, sesame and mustard, alcohol, fish, flesh foods, curds, buttermilk, oil cakes and garlic.

Undesirable eating routine ought not be taken, what is warmed subsequent to getting cold, which is dry (without common oil), which is too much salty or acidic, has too much (blended) vegetables.

Pathya/Wholesome food:

The most helpful food for the yogi are: acceptable grains, wheat, rice, grain, milk, ghee, sugar sweets (solidified sugar), dry ginger, natural product (types of cucumber), five vegetables and such pulses, and pure water.

The yogi should take nourishing and sweet food mixed with, milk and ghee; it ought to sustain the dhatus (basic body constituents) and be satisfying and suitable.

Yogic scriptures firmly discourage habit of Over-eating and inspiring moderation of diet .

Yogic literature on the Indian philosophy which says that additional(surplus) of anything is worthless; it strongly suggests diet must be taken with some limitation and overeating should be kept away at all cost. Likewise, Higher Yogic practices, for example, meditation and pranayama are done while sitting for extended periods for which light and adequately food is progressively relevant.

There is no yoga for an individual who eats plenty or who eats nothing at all for one who is always ready to excessive sleep or one who rises throughout. Yoga gets useless by over-eating, over-effort, public contact, and irregular status of mind. One should fill half the stomach with food, one quarter with Water and the forth quarter should be saved for the expansion of the air.

Plan of Yogic diet

- It is said that the Yoga (pranayama) must not be performed soon after the dinners, nor when one is tremendously eager; before starting the training, some amount of milk and butter must to be taken.

Effect of Mitahara (Yogic diet)

- In the yogic eating schedule, it is a standard to start the day with a glass of warm water mixed with lemon . This cleanses the body and helps it to get rid of harmful toxins. By the method of standard detoxification, organs in the body can work well, because of which the body is without ailments and diseases.

- The satvik diet keeps one genuinely fit, yet in addition intellectually graceful. It is an eating habit which adjusts the body, mind and soul, subsequently bringing energy in life of a person.
- The yoga diet believes in eating in tandem, therefore the yoga diet for weight reduction is perhaps the most ideal way to lose fat, and it helps to strengthen your body's immunity power altogether. Hence, the eating plan alongside a couple of moments of yoga, pranayama or some physical action will get you far from a wide range of way of life ailments like circulatory strain, diabetes, and so on.
- Sattvic diet includes green leafy vegetables, fruits and sprouts etc. Accordingly, it doesn't take a lot of hard work for the stomach related system to process the food; the final result of which is proper bowel movement, clean skin, etc.
- Sattvic nourishments include ghee, coconut oil, sprouted seeds etc. These make the food tasty. In addition, the good fats in the diet help in keeping your mind ,memory, healthy and sharp respectively.

2.2 Significance of Hath Yoga practices in Health promotion

Hatha Yoga is a energetic and life changing practice of postures (asanas), breath (pranayama), gestures (mudras), locks (bandhas), meditation sounds (nadausandhana), and cleansing process (Shat kriyas) for enhance the physiological functions of the body so as to prepare it for achieving mental balance and realizing spiritual goals.

The word 'Hatha' is made up of two words 'Ha' and 'Tha' .In which 'Ha' means prana shakti ,the most important force, and tha means the shakti of the mind (mental force) .Both life force 'Ha' and the mental force 'Tha' are the fundamental creators. In this whole universe including the finest of atom or the largest of star are constituted of these two force or energies. Therefore hatha yoga means union of the pranic force & mental force.

Significance:

1. Improve Respiratory System: Hatha Yogasana helps to improve functioning of respiratory system and increase the vital capacity of the practioner.
2. Improve Cardiovascular Fitness: Hatha Yoga improves cardiovascular wellness and fitness. Regular practice of yogasana helps to normalize the blood pressure. The regular practice of Hatha Yoga postures are effective in controlling the disease related to heart.
3. Improve Digestive System: The digestive fire or agni is stimulated. This increases the appetite and balances the metabolism. Asanas stretch the body, massaging the abdominal

muscles. This causes food to move efficiently along the digestive tract. Bowel movement is regulated and constipation relieved.

4. **Clear and Shiny Skin:** The Shat-kriya practices deeply purify the body and mind and prepare ne for further practice. Additionally, the postures work as detoxifying agents at some levels eliminating toxins, resulting in increase awareness, inner glow and lustrous skin.
5. **Flexibility of the Joints:** The Hatha Yoga effectively works on the different joints of the body helping them get their full range of motion. Asana helps to tone up the muscles and enhances flexibility of the body.
6. **Improvement in Nervous System:** The Hatha Yoga practice helps to improve sympathetic nervous system and maintains homeostasis (stability) in the body. The Parasympathetic nervous system of human body are brought into lowers the blood pressure and heart rate by practicing yogasanas regularly.
7. **Regulate the functioning of Endocrine Glands:** In our body several glands are situated at various places, this gland secretes specific hormones which performs specific functions. Malfunctioning of these glands may cause disorders. Pranayama rejuvenates pituitary and pineal glands especially.
8. **Regulates extra oxygen burns fat:** Hatha Yoga assist in weight regulations as extra oxygen burns fat more efficiently. If one is under weight, extra oxygen feeds starving tissues and glands.
9. **Prepare the mind for meditation Mudras** prepare the mind for meditation and encourage withdrawal of senses(Pratyahara) and also make the mind focused.
10. **Overall wellbeing of whole body:** Bandha destroy old age and death. Jalandhar Bandh regulates the functioning of thyroid and para thyroid glands. It destroys throat ailments like excess mucous in throat, stuttering, tonsillitis etc. One may feel pressure or uneaseness in heart, brain and ear if Jalandhar Bandha is not applied during the practice of pranayam.

2.3 Concept of mental health well-being according to patanjali Yoga

Mental Health:- Mental health is an important component of overall health and well being. It can be defined as state of psychological and emotional well being in which an individual is able to use learning abilities, can function constructively and fruitfully in society and can meet with the ordinary demands of everyday life.

Yoga is known to play remarkable role in the improvement of mental health as well as in the treatment and prevention of mental (psychological) health related problems. Patanjala yoga sutras start with the idea of 'cittavrtii nirodha' enlightening the importance of controlling the mind.

Patanjala yoga sutras highlight the capability of yoga to maintain mental health. It concentrate on the promotive, preventive, and curative aspects of the Patanjala Yoga Sutras in its syllabus for the promotion and development of the mental health and healthy personality to maintain peace.

The yoga sutras allows a practical philosophy and an applied science of life with all the necessary related processes, tools and techniques. Yoga therapy in sutras offer sound procedure for a harmonious particular life and also a sound principles for higher, spiritual, transcendental life.

There is a wonderful functioning connection between the ultimate goal, and the ways and means prescribed to attain it. Man is lost in pursuit of wealth, comfort and technology at the cost of his peace of mind and health.

Causes of faulty mental health according to Patanjala Yoga Sutras:

Maharshi Patañjali defines yoga as 'yogah cittavrtti nirodhah'. He described various therepeutical aspects in his yoga sutras. We can begin with these concepts for promotive curative, and preventive aspects in relation to mental wellbeing. Patañjali explains about the disturbance of the mind and the development of disease (vyadhi), their symptoms and process to overcome them.

[I Chapter, 30th Sutra] says Patanjali.

Disease: Mental laziness, Doubt, Lack of enthusiasm, Lethargy, Craving for sense-pleasure, False perception, Despair caused by failure to concentrate and unsteadiness in concentration

Effects on Cittavikshepa

Maharshi Patanjali precisely explains the effects of the obstacles on the mental health as Pain, (Dukha), Depression (Daurmanasya), Trembling of the body (Angamejayatva) and,

Irregular breathing (Shvasprashvasa) are the major symptoms of mental distraction. (Cittavikshepa)

[I Chapter, 31st Sutra]

Developing positive attitudes and feelings for Cittaprasadana

Further Maharshi Patanjali suggests a person to inculcate the qualities to achieve a blissful state of mind called Cittaprasadana,

By cultivating the right attitudes towards different kind of people:

Friendliness (maîtri), toward the happy (Sukha), Compassion (Karuna) for the unhappy (Dukha), Delight (Mudita) in the virtuous (Punya) and Indifference (Upeksha) toward the immoral (Apunya) respectively. Then the mindfull-stuff achieve the Citta prasadana (Blissful and peace of mind).

Steps for promoting mental modification of health

Yoga practice is being promoted for a high potential for prevention of illness and promotion of health.

Kriya Yoga

kriya”is defined as: practical action, practice, skill. According to Patanjali, Kriya Yoga is classified into three parts: tapas, swadhyaya, and Ishwarapranidhana. It involves the acts of self purification, self observation and self awareness.

Tapas literally means ‘to generate heat or energy’. So it means, conservation of heat and energy. In the sense of awakening or stimulating the whole body of our being to higher consciousness. It helps to discipline the mind. It enables the individual to control the urge for materialistic and physical pleasures and thus helps in the attainment of goal.

“Swadhyaya means ‘self-study.’ This is usually interpreted as the study of the scriptures which deal with the nature of the true Self (spirit) and its realization. Continuous self analysis leads towards awareness of entire structure of one’s personality involving physical, mental, emotional and spiritual aspects.

“Ishwarapranidhana means the offering of one’s life to God. It is an important tool to develop the sense of surrendering the ego to the Supreme Being in humility, it is thought that the character of the divine can be attained. Ishwarapranidhana also signifies placing or combine the consciousness completely in inner awareness.

Patanjali Ashtanga Yoga:

Ashtanaga Yoga is a mode of Yoga which consist of Eight Limbs or Steps i.e. Yama, Niyama Asana, Pranayama, Pratahar Dharna Dhyana Samadhi have been found to control the mental modification thereby helping in attaining good health.

2.4 Yogic practice of Patanjali yoga: Bahiranga and Antranga Yoga

Ashtanga Yoga of Patanjali consists of eight limbs. The first five limbs-Yama, Niyam, Asana, Pranayam and Pratyahara constitutes Bahiranga Yoga and the remaining limbs i.e. Dharna, Dhyana and Samadhi constituted to form as Antaranga Yoga. It provides sound technique to attain holistic health- physical mental, social and spiritual. The Ashtanga Yoga promotes healthy living in following ways.

Bahiranga Yoga

Yamas (self-restraints): The yamas are guidelines for how to interact with the outside world at a social level. The five yamas are: Ahimsa (non-violence), Satya (truthfulness), Asteya (non- stealing), Brahmacharya (abstinence), Aparigraha (non-hoarding). The practicing of Yama will help in developing peace and harmony in the society.

Niyamas (observances): The niyamas represent guidelines for self-discipline. According to Patanjali shoucha (cleanliness), santosha (contentment), tapas (austerity), swadhyaya (the study of the scriptures and self-study), and Ishwara pranidhana (surrender to God) are five Niyamas which provides a sense of discipline in person life.

Asana (posture): Asana according to Patanjali, is the sitting posture which should be steady and comfortable so the yogi can sit and meditate for long periods of time.

Pranayama (breath control): Pranayama, which literally means stretching or expansion of prana, the vital life force, involves breath control and helps train and prepare the mind for dharana (concentration).

Pratyahara (sense withdrawal): Through pratyahara one gains the ability to withdraw the senses from their objects thus achieving perfect control over the senses. The pratyahara thus helps in mental and spiritual health of an individual.

Antaranga Yoga

Dharana (concentration/focus): Dharana involves focusing the mind on a single object of concentration for long periods of time. Thus it is beneficial for psychological and spiritual growth.

Dhyana (meditation): When there is an uninterrupted flow of the mind toward the object of focus, the yogi enters the state of meditation. The

practice of Dhyana promotes towards good health, happiness and harmony in life.

Samadhi (total absorption): Finally when even the self-awareness of the mind disappears, and only the object of meditation shines through, it is called the state of samadhi. This leads towards enlighten the state of self realization.

2.5 Concept of healthy living in Bhagawat Gita

The Bhagavada Gita is a Yoga scripture, the description of which is found in the Bhishma Parva of Mahabharata. It includes the knowledge of Indian religion philosophy. Those who cannot read Vedas, Upanishads etc. texts, they can get full benefit by reading Gita. The Gita is a book that affects various aspects of life. In difficult times of life, Gita guides a person. The Gita has received worldwide acceptance.

Bhagawat Gita is a Sanskrit text derived from the Mahabharata epic. The Bhagawatgita includes eighteen chapters. The content is in the form of a discussion between Krishna and Arjuna happened in the middle of war zone of Kurukshetra. Reacting to Arjuna's confusion and puzzle. Krishna explains to Arjuna his duties as a fighter and comments different Yogic and Vedantic philosophies with examples. During this discussion, Krishna declares his identity as the Supreme almighty (God in itself), blesses Arjuna with a glance of his divine universal form, "Vishvarupa". The Bhagawatgita is admire as sacred by ancient Indian traditions. It is commonly known as The Gita.

The following three types of Yoga in particular have been highlight in the Bhagwatgita:

- Bhakti Yoga (Yoga for Devotion) is summarized as a mode of worship, which involves of continuous and loving remembrance of God.
- Karma Yoga (Yoga for Selfless Action), works are done without attachment to the results. It is highlighted by many as the ideal path for Self-realization.
- Jnana Yoga (Yoga of Self transcending Knowledge) is a path to achieve the true knowledge about the self.

Healthy living in Bhagawat Gita

It has been translated into 75 languages of the world. In present times, man is getting trapped in confusion, lies, superstition and materiality. In the race for industrial progress, a person is becoming distant from his own reality. It has a direct impact on his health. An unhealthy person cannot live life to its full potential.

To understand the concept of healthy life according to the Bhagavada Gita, some important facts are indicated, if a person follows them then he can lead a healthy life.

YOGA MEANS EQUANIMITY:

Bhagavad Gita says “Samatvam Yoga Uchate”

Practice of equanimity of mind for any circumstance without any hatred or greed. Treating all pain or pleasure in same way with love. This type of practice helps one to remain mind constantly tranquil. When mind is peaceful, body functions properly. When equanimity is practiced, fear of disease or fear of death will be thrown away from mind, main causes of disease like jealous hatred, anger, will disappear automatically and mind gets quiet. Hence practice of Yoga helps to cure and prevent any disease and keeps you healthy.

YOGA IS SKILL IN ACTION:

Yogah Karmasu Kausalam: Gita 2.50: Yoga is Skill in action. The Skill is in maintaining relaxation and awareness in action. Relaxed action is the process. Regular Planning in action is an outcome. Thus Yoga is skill in action and ability to stay mastery over the mind. “Yoga is art and science of Healthy Living”

At the point when you practice calmness in mind and being able to concentrate on one thing, you can understand something and takes decisions with right knowledge at ideal time. Whatever work you do will be fruitful when you do with dedication and commitment. This helps one to live purposefully in every movement of life. That also helps in taking positive decision and positive thinking, moderate in eating and sleeping, working sincerely for right goal

DEDICATING THE DIVINE QUALITIES

The goal of life is to free from destructive Human race, one must live with humanity and cultivate divine qualities. These qualities focus one to lead glory of the self at the same time to dedicate one’s achieve towards the divine. It specifies divine qualities as follows:

Fearlessness, purification of one's existence, cultivation of spiritual knowledge, charity, self-control, performance of sacrifice, study of the Vedas, austerity and simplicity; nonviolence, truthfulness, freedom from anger; tranquility, gentleness, steady determination; forgiveness, cleanliness, freedom from envy.

BALANCE IN CONSCIOUSNESS

Eating healthy and right food in minimal quantity can lead to complete positive and good life.

He who is mild in his habits of eating, working, sleeping, and fun activities can reduce all material pains by practicing the yoga.

2.6 Importance of Subjective experience in daily Yoga Practice

Yoga in Daily Life is a means of regular practice comprising of development in the various areas proceeds simultaneously of physical, mental, social and spiritual health. When the body is physically fit, the mind is tranquil, focused and stress is under control. When you are healthy and wealthy, you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health and wellbeing.

The various processes taking place during the achievement can be studied under the goals of “Experience in Daily Life Practices” are:

Physical Health●

Mental Health●

Social Health●

Spiritual Health●

Physical Health

The health of the body is of fundamental importance in life. To preserve and restore health there are Asanas, Pranayama and relaxation techniques. Physical development affects whole life. It is the basis of all developments. All other developments depends upon it. Physical development relates to structure of the body, height, weight ratio of the body, anatomical and physiological development of all internal and external organs, nervous system, various physiological and general conditions of health. An even greater factor in the maintenance of good health is the food. What we eat effect both our body and mind, our habits and qualities. In short, the food we eat has an effect upon our whole body. Food is the source of our physical energy and vitality.

Mental Health

Mental health is an important component of overall health and well being. It can be defined as state of psychological and emotional well being in which an individual is able to use learning abilities, can function practically and fruitfully in society and it can meet with the ordinary demands of everyday life. In general, we go through the life by the mind and senses, rather than having these under our control. Negative thoughts and fears create an imbalance in our nervous system and through this our physical function. This is the cause of many illnesses and sorrows. Clarity of thought, inner Freedom, contentment and a healthy self-confidence are the basis for mental wellbeing. That is the reason we strive to gradually overcome our negative qualities and thoughts and intend to create positive thoughts and behavior.

Social Health

Social health is simply to be happy within innerself and to be able to make others happy. It intends to nurture authentic contact and communication with other people, to accept the responsibility within society and to work for the community. Social health is also the capacity to relax and experience life in all its beauty. Social Development indicates to the development of the attitudes and behavior in relations to conduct towards others. It is the outcome of the process of socialization by which mental attitudes and behavior of child are brought into harmony with others.

One of the **developing issues** which may lead even to committing crimes. It is a clear sign of social illness. Group processes like cooperation, competition, friendship, sympathy and communication are importance for social development. The experience of yoga in daily life can assist in overcoming this illness and grant people a new, positive aim and purpose in everyday life. The importance of keeping good, positive company has a great influence upon our mind, as such friendship shape and forms our personality and character. To practice Yoga intends to be active in the most positive sense and to work for the welfare of all of humanity.

Spiritual Health

The fundamental principle of spiritual life and the highest precept of humanity are: AHIMSA – PARAMO- DHARMA This principle teaches us non-violence, in thought, word, feeling and action. Prayer, meditation, Mantra, positive thinking and tolerance, lead to spiritual health and wellbeing. Humans ought to be protectors, not be destroyers. Those qualities that really make us human are the capacity to give, understand and forgive. To secure life and respect the individuality and autonomy of all types of life is a primary practice of the Yoga teachings. By following these principles **prominent resilience**, understanding, common love, help and compassion develops - not only between individuals, but between all humans, nations, races, and religious faiths. Spiritual urge is related to the search of happiness and terminations of misery.