



Wellness

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Yoga

Yoga has its root in the word 'Yuj'

- Unify, unite
- Once merged, cannot be separated

योगश्चित्तवृत्तिनिरोधः ॥२॥

yogaś' citta-vṛtti-nirodhaḥ

— *Yoga Sutras 1.2*

योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय ।

सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते ॥ 48॥

yoga-sthah kuru karmāṇi saṅgaṁ tyaktvā dhanañjaya

siddhy-asiddhyoḥ samo bhūtvā samatvaṁ yoga uchyate

Bhagvad gita 2-48

बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते ।

तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥ 50॥

buddhi-yukto jahātīha ubhe sukṛita-duṣhkṛite

tasmād yogāya yujyasva yogaḥ karmasu kauśhalam

Bhagvad gita 2-50

Yoga is the means of perceiving reality'

atha tattvadarsanabhyupāyo yogah (2.1.3)

Brahmasutras

Wellness

Mean

The state of being in good health especially as an actively pursued goal

Definition

“Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.”

– The World Health Organization.

Wellness is more than being free from illness, it is a dynamic process of change and growth

Difference between health and wellness

- Health is a state of being whereas wellness is the state of living a healthy lifestyle
- Health refers to the physical, mental and social wellbeing; wellness aims to enhance the wellbeing. It can affect the physical, mental and social wellbeing



5 aspects of lifestyle (wellness)



Diet

- Diet is the sum of food consumed by a person
- It implies the use of specific intake
of nutrients for health

Yogic diet

- A diet that is wholly conducive to the practice of yoga and spiritual progress is called yogic diet
- According to yogic philosophy, gross part of the food nourishes the annamaya kosa and the subtle part of the food nourishes the pranamaya and manomaya kosa of the person

Dietary guidelines

- Pathya (wholesome) and apathya (unwholesome)
- The yogic scriptures tell quality, quantity, timing and order of taking food

युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु ।

युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ 17॥

yuktāhāra-vihārasya yukta-cheṣṭasya karmasu

yukta-svapnāvabodhasya yogo bhavati duḥkha-hā

Bhagvad gita 6-17

Bhagvad gita classfies diet into three categories

- Satvic diet
- Rajasic diet
- Tamsic diet

Sattvik Diet: Food in the mode of goodness can increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction

Bhagvad gita 7-8,9,10

*'Susnigdha madhurahara chaturthashavivarjitaha
Bhujyate shiva samprityi mitaharaha a sa uchyate'*

Hatha yoga pradeepika-1.58

*“Shudham sumadhuram snigdhamadurardhavivarjitim
Bhujyate surasampreetya mitahaaramim viduh”*

Gheranda samhita-5 / 21

Mitahara

- Habit of moderate food
- Integrates awareness about food, drink, balanced diet, consumption habits and its effects on one's body and mind
- All major ancient texts
- Moderate diet = virtuous lifestyle

(tirukural 200BC-400AD)

“Through overeating you become a rogi;
through satvik diet you become a yogi”

Ayurveda

- Aahar vidhi
- Increase health and enhance lifespan
- Aahar is life of living being
- Happiness, voice, life, satisfaction, power, intelligence all depend on aahar

Charaka Sutra 27

“Aahar is the base of life”

Rules for food intake

- Usna
- Snigdha
- Parimana
- Jeerana antar bhojan
- Veerya vrudhi bhojan
- Ista desa bhojan
- Sheeghra bhojan
- Alasya bhojan
- Mauna bhojan
- Aatma abhivikshana
- Pathya apathya

Proper time to take food

- After urination and defecation
- After all indriyas are having prassanata
- When apana vayu is normal and eliminated
- When body feels lightness
- When there is desire for taking food
- When the air enters the sun energy channel, it is the proper time to take food – shivasamihita 3-36

Attitude while consuming food

- Manasthithi
- Brings positive changes into the biochemistry of the person
- Harmony to the person's state of mind

यत्करोषि यदश्नासि यज्जुहोषि ददासि यत् ।
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदर्पणम् ॥ 27॥

*yat karoṣhi yad aśhnāsi yaj juhoṣhi dadāsi yat
yat tapasyasi kaunteya tat kuruṣhva mad-arpaṇam*

- While eating, one should concentrate only on eating as the food is served to one's consciousness
- The functioning of this digestive fire is dependent on one's consciousness

Sleep

नात्यश्नतस्तु योगोऽस्ति न चैकान्तमनश्नतः ।
न चाति स्वप्नशीलस्य जाग्रतो नैव चार्जुन ॥
16॥

*nātyaśhnatastu yogo 'sti na chaikāntam anaśhnataḥ
na chāti-svapna-śhīlasya jāgrato naiva chārjuna*

Bhagvad gita 6-16

A-U-M

- Jagruti
- Swapna
- Susupthi
- Turiya

Mandukya Upanishad

- Yoga Nidra

BEST YOGA EXERCISES

to Help You

SLEEP BETTER

CHILD'S POSE
(BALASANA)

➤ Yoga asanas: Shashankasana, Shavasana

➤ Pranayamas: LNB, Bharmari

➤ Relaxation techniques and Chantings: Reverse

DRT, AUM chanting

➤ Yogic diet

SITTING FORWARD FOLD
(PASCHIMOTTANASANA)

STANDING FORWARD FOLD
(UTTANASANA)

SUPINE OR LYING
(SUPTA MATSYENDRASANA)

CAT & COW STRETCHING
(MARJARYASANA AND BITILASANA)

CORPSE POSE
(SAVASANA)

LEGS UP THE WALL
(VIPARITA KARANI)

Habits

- Modern era – lifestyle habits
- Bhagvad gita – Samskaras
- Ayurveda – Dinacharya
- Yoga – Yama and Niyama

Activity

- Concept of Karma – Bhagvad gita

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भुमा ते
संगोऽस्त्वकर्मणि ॥

Karmanyevadhikaraste, Ma phaleshou kada chana, Ma Karma Phala Hetur
Bhurmatey Sangostva Akarmani

*You have a right to perform your prescribed duty, but you are not entitled to the fruits of action.
Never consider yourself to be the cause of the results of your activities, and never be attached to not
doing your duty.*

Bhagavad Gita, Chapter II, Verse 47

Stress

- **Stress** is a physical, mental, or emotional factor that causes bodily or mental tension.
- When person is overloaded and unable to cope with the demands
- Yogic understanding of Stress: Speeded up repeated thoughts in manomaya kosha

ध्यायतो विषयान्पुंसः संगस्तेषूपजायते । संग्तासंजायते कामः
कामात्क्रोधोऽभिजायते

dhyāyato viṣayān puṁsaḥsaṅgas teṣūpajāyatesaṅgāt sañjāyate
kāmaḥkāmāt krodho 'bhijāyate

Bhagvad gita 2-62

क्रोधाद्भवति सम्मोहः सम्मोहात्स्मृतिविभ्रमः
स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति

krodhād bhavati sammohaḥsammohāt smṛti-vibhramaḥsmṛti-bhramśād
buddhi-nāśobuddhi-nāśāt praṇaśyati

Bhagvad gita 2-63

- Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga helps reduce stress, lower blood pressure and lower your heart rate (Woodyard 2011)
- Yoga downregulates HPA axis and helps
 - Reduce cortisol (Naveen GH, 2014)
 - Improve the levels of GABA (a neurotransmitter that tends to be low in people who suffer from anxiety) (Streeter et al, 2012)



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