

6. By practicing ujjayi, one can get rid of the problem of snoring.
7. Ujjayi is also called as cardiac breathing. It helps to improve the cardiac status. It reduces the risk of heart attack. So, it is very beneficial for heart patients.

Scientifically, from the medical point of view, it has been seen that it improves O₂ level in blood. Normal O₂ level, in pure blood should be 100%. In an average human being, it is 96-98%. After 3 months of ujjayi, it usually improves to 100%. In heart patients, it improves from 95-96% to 98%. In asthma patients, by doing ujjayi for 3 months, the O₂ level goes up from 85% to 96%. This has been tested with the help of pulse oxymeter. When Oxygen saturation of circulating blood improves heart will get good blood supply improving cardiac functions in the process.

Ujjai plays a definite role in improving the function of the respiratory system.

ASANAS

1. There is a space in between the ends of two bones which forms the joint. Ends of bones are covered by cartilage. The muscles around the joint maintain the space between the two ends of the bones with their ability of contraction & relaxation. If the muscles are not functioning properly, the distance between the ends of the two bones is reduced, joint space is reduced, the cartilage covering the bone ends gets rubbed and joint pain starts.
- 2 By doing Asanas, the muscles are stretched, pressed & are put under sustainable tension. Due to this, there is a slight increase in the length of the muscle, the tone is improved and so the elasticity of the muscle fibers also is improved. There is an increase in the body elasticity & the person remains fit. Improved elasticity of intercostals muscles & alveoli helps in a better respiratory function, good oxygenation to all organs of body, good vital capacity and a good cardiac output.

In every muscle, there is an arcade of pure & impure blood vessels. When muscles are in action, lactic acid is produced, which is a waste product. Due to the accumulation of lactic acid in the muscle, we feel tired. By doing Asanas, the vascular arcade in the muscle functions properly. Whatever lactic acid accumulates in the muscle due to any activity is washed out easily through impure blood vessel & you don't feel tired.

~~~

### Cultivation Of Psychological Attitude and Change in Personality in Psychosomatic Diseases.

Dr. Sharad Bhalekar

Kaivalyadham, Lonavala

In 1962 Swami Kuvalyanand wrote a book on yoga therapy, he summarised the principles of yoga in 3 ways:

1. Cultivation of correct psychological attitude
2. Reconditioning and add a new rhythm
3. Correction of nutrition and Cleansing

Cultivation of correct psychological attitude (change in the manasprakruti-personality) root cause of the diseases is in your mind (pradnyaparadha). More than 70% cases are psychosomatic. With Medicine diseases are treated symptomatically and temporary. Reversal of the disease is possible.

Anushasan / Yoga refines your brain functions attachment due to addiction. Brain is comprised in

addiction, the pleasure centre comprised which creates desires or urges. If we soothen/depress or control the brain centres yoga helps to control these centres. Chemicals- neurotransmitter, neuropeptic centres should be Southend. 40 to 50 chemicals in brain which activate and depress are due to stress over activities. Pranayam is useful in such conditions.

Hormones of the brain established due to pranayam (calming) by regular practice can sustain relaxation and change the brain function.

Patanjali says regular simple practice lengths your breath cycle by pranayam. One breath cycle stretching for 10 second led to only 6 breath in one minute. Exact management of stress release takes 20 minutes for the effect to come hold the patience of the patient. We pass the bypass if you practice yoga regularly and can revert the heart attack, reverse the psychosomatic diseases. Psycho-phological reconditioning Break old habit to create new remodels physiology of every cell by yoga and pranayam.

With Yoga Lymphatic system and cortisol system are balanced for long-term memory hippocampus .In stress lymphatic system controls breathing, lower metabolism lower oxygen consumption, so more energy is required in stress.

Cortex controls the brain during the 8 limbs of yoga. Modification and exercise of the Cortex to control lower centres and good co-ordination of the layers of the Cortex grey matter becomes thick with yoga and pranayam. The 6 layers of Cortex get developed out of them the outer 3 layers are spiritual levels which resemble your personality which have the development to control your habits or pradnyaparadha.

Abhyasa or regular practice is necessary, let it be simple, modern science says calming of the mind takes almost 20 minutes. Invest 20 minutes as an experiment as a yoga practise for at least 4 weeks.

A proper work out of yoga therapy plan has to be followed in your regular routine with simple solutions.

From the therapeutic view there are 4 pillars

1. Relaxation: First relax
2. Regularity: correct daily routine. Discipline with yama and niyam
3. Realisation: follow 1<sup>st</sup> and 2<sup>nd</sup> step than trust and accept.
4. Rehabilitation: Counselling, destroying believes and developing positive feelings.

Yoga is refining physical and mental daily activities. Lord krishna said that skilful diet, exercise and sleep and communication are needed to be healthy.

Yoga and pranayam improves sleep activities serotonin and master progressive muscle relaxation leading to systematic desensitisation

Psycho-therapy: Gestalt therapy/ behavioural therapy : mind training tools: is similar to chitta prasad anand according to Patanjali and Buddha, is a mind training tools for positive thoughts pleasure, friendship, compassion. Disturbed communication can be resolved by developing new tools.

### **Pranayam as therapy for psychosomatic conditions**

- Insomnia: bhramari pranayam
- Lethargy: bhastrika pranayam
- Anxiety / depression: Anulom vilom pranayam
- Obsessive thoughts: suryabhedana pranayam

- Kumbhak breaks down your thoughts
- Chronic disease: naddi shuddhi
- Anti ageing: to build immunity, rasayana

When Cells work in natural rhythm it works more efficiently. Rest, rhythm, repair and rejuvenation of the cells due to pranayam can sustain relaxation and rejuvenation.  
Follow the instructions of astang yoga for remaining medical problems for free.

### ***With asana***

To build up organs in the growing age: stretching and contraction

To keep efficiency of the organs: improving circulation

Pressure mechanism

To bring calmness

To improve alertness: cortisol exercise, control limbic system. Channeling energy in spiritual way

### ***Types of yoga***

Ashtangvinyasa

Scientific way of evaluation

Iyengar

Musculoskeletal mechanism

Kripalu yoga

Breathing mechanism

Power yoga

Circulation alternation

Effort management, breathing alignment

Nervous and neuromuscular mechanism (tone,

gentle stretching maintenance and repetition

elasticity, endurance)

You can develop yourself with yogasana with the help of proper skeletal system. Accordingly we have discussed ashtang yoga in a therapeutic point of view.

***Special Visit*** was arranged to the Samadhi of Swami Kuvalananda, treatment unit (Ayurvedic Panch-karma and Naturopathy) Research department and publication department.

The first day of the workshop concluded with the blessings of Swami Maheshanandji.

2nd day of the workshop was held at Hotel Orchid, Pune

- Principal Dr. B R Sharma discussed the ***Renaissance of yoga*** where he explained the traditional aspects with contemporary view.
- Dr. Subodh Tiwari, Administrator, Kaivalyadham gave a talk on the present ***Principles & policies in yoga*** and the implementation of the same in India.
- Dr. Kirti Bhati talked on the ***concept of disease*** from yogic perspective.
- Dr. Shirley Telles presented the ***ongoing research in India*** in various areas.
- Prof. Reihnard Bogle discussed the ***futuristic perspectives of yoga***.