



YOGA – SANATIVE TO URDHWAJATRUGATA VYADHIS –A REVIEW

SHILA SAPKOTA^{1*}, DEEPEN DEVKOTA², CHINNALA RAMADEVI³

^{1*}PG scholar, Department of Shalakyta tantra, Dr BRKR Government Ayurveda medical college, Hyderabad, India

² Medical officer, New life Ayurveda hospital, Kathmandu Nepal

³PG Professor and HOD, Department of Shalakyta tantra, Dr BRKR Government Ayurveda medical College, Hyderabad, India

Corresponding Author Email: Shilasapkota24@gmail.com Access this article online: <https://jahm.co.in>

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ABSTRACT:

Shalakyta tantra is one of the important branch of Ayurveda which deals with the diseases occurring above the clavicle i.e *Urdhwajatrugata vyadhis*. It involves most of the sense organs of the body. Due to busy schedule, modernization, unbalanced diet and mental stress we are not able to take proper care of our health due to which many *Urdhwajatrugata vyadhis* occurs. Yoga is a physical, mental and spiritual practice which is effective in prevention and cure of disease. Yoga i.e *Shatkarmas*, *Asanas*, *Mudras* and *Pranayama* have the therapeutic effects on the diseases of *Shalakyta tantra*. *Neti* is a practice of nasal hygiene which purifies and cleans the nasal passage. *Trataka* is useful for curing eye disorder such as eye strain, myopia, astigmatism and early stages of cataract. There are many *Asanas* which are useful in preventing various diseases. *Mudras* also have therapeutic effects on *Urdhwajatrugata vyadhis*. *Pranayama* is a practice of breath regulation which cures many *Urdhwajatrugata vyadhis*. In this article there is a description of therapeutic aspects of yoga in *Urdhwajatrugata vyadhis*.

Keywords: *Urdhwajatrugata vyadhis*, Yoga, Pranayama, Shatkarmas, Mudras, Trataka

INTRODUCTION

Ayurveda aims at curing and maintaining health. Ayurveda has described many methods for prevention of the diseases. Yoga is one of them which includes non-drug therapy for curing and preventing diseases. Yoga is a practice that connects the body, breath and mind. It uses the physical posture, breathing exercises and meditation to improve overall health. *Shalaky tantra* describes the diseases of most of the sense organs like eye, ear, nose and diseases above the clavicle. Due to modernization and fast lifestyle, consumption of fast food, excessive use of laptops, mobile, improper sleep, diseases of eye, ear, nose, throat and mouth has been increased. In such conditions, we can maintain the health of our sense organs and the organs presented above the clavicle by *yoga*. It helps to prevent the diseases as well as provide strength to the sense organs.

Shatkarmas [1]

Shatkarma is a procedure for the purification of body and mind. It balances *Tridosha* i.e *Vata*, *Pitta* and *Kapha* in the body. Imbalance between the *Tridoshas* will cause different types of diseases in the body. *Shatkarmas* are done before *Pranayama* and *Yogasanas* for the purification of body and mind which would be useful for obtaining the goals of another *Yogas*. *Dhauti*, *Basti*, *Neti*, *Lauliki*, *Trataka* and *Kapalbhati* are the six types of *Shatkarmas*.

Neti [2]

Neti is a technique to clean the nasal passage. It is a cleansing process related to the upper

part of the respiratory system. *Neti* is classified into *Jala neti* and *Sutra neti*. *Jala neti* is most widely practised. It is usually practised with a *Neti* pot filled with lukewarm saline water.

Neti cleanses cranium gives clear sight and alleviates *Urdhwajatrugata vyadhis*. *Neti* removes the foreign bodies like allergens, dust and enhances the drainage of sinuses by preventing stain of mucus. It also increases blood circulation and functional efficiency of nasal mucosa. *Neti* provides a relaxing and irrigating effect upon the eyes by stimulating the tear ducts and glands. By the systematic practice of *Neti*, secretory and drainage mechanism of the entire ear, nose and throat are well maintained.

Trataka [3]

Trataka is to continuously staring at the specific objects without blinking till the tears come out. It cures all the eye disorders.

Trataka is of three types

- 1) *Bahya trataka* : Gazing on the distant objects like moon, trees, statues, stars.
- 2) *Antar trataka* : It is done by closing eyelids by focusing mind on any specific objects.
- 3) *Adho trataka* : It is done by partially opening or closing the eyelids.

Benefits [4].

- 1) Cures all the *Netrarogas*.
- 2) Provides *Divyadristi*
- 3) Purifies the eyes and strengthens the eye muscles by exercising them to focus on a point.

- 4) Correct short sightedness
- 5) Improves vision, concentration and memory
- 6) Cures sleep related disorder such as insomnia, nightmares and headache.

Kapalbhati [5]

It involves specific breathing pattern. It purifies the *Pranamaya kosha*. Sit cross-legged on the floor. Place hands on knees with your palms facing upwards. Close the eyes and relax the whole body. Exhale through both nostrils with a forceful contraction of the abdominal muscles. As you release abdomen, will be able to feel your lungs filling up with air.

Benefits

- It increases oxygen supply to *Urdhwajatrugata* areas.
- It increases oxygen supply and nutrition to the eyes.
- It increases elimination of vitiated *doshas* and prevents eyes from *Kaphaja* disorders.
- It enhances glow to the face.

Pranayama

It is *yogic* practice of focusing on breath. It is the practice of breath regulation.

Suryavedi pranayama[6]

Surya refers to the sun while *Bhedana* means to pass through or pierce. So *Suryavebhedana pranayama* simply refers to sun piercing breath. Procedure : Sit in comfortable meditative posture and get into *Vishnu mudra* by using right hand. Bring the mudra close to face while pressing left nostril shut with the help of ring

finger. Slightly press your thumb against right nostril so as to block it gently. Inhale through right nostril. Retain the internal breath. Then exhale through left nostril. Repeat the cycle as long as comfortable.

Benefits

- Clears sinuses : purifies the frontal sinuses during the cold winter season.
- Balances *Vata dosha*

Bhramari pranayama[7]

It is done by producing a humming bee sound. Sit in a comfortable position. Gently close the lips, keeping the teeth slightly apart, and bring the tip of tongue to the space behind the upper front teeth. Then, close each ear with the thumbs. Take a long, deep breath in through the nostrils, bringing the breath all the way into the belly. Drop the chin to the chest and begin to exhale slowly, making a steady, low-pitched 'hmmm' sound at the back of the throat—like the humming of a bee.

Benefits

- It has positive effects on the eyes.
- The vibrations created in the body during *Pranayama* help nourish the muscles of the eyes.
- It reduces strain in the eye
- Improves the voice and throat ailments.

Sitali pranayama[8]

Sit in *Padmasana* or *Siddhasana*. Open the mouth and form lips into 'O' shape. Roll the tongue and draw the air in through the rolled tongue with sound till lung is completely filled with air. After full inhalation perform *Jalandhara*

bandha. At this point hold breath for 6-8 seconds. Before exhaling lift the chin up, withdraw tongue and close mouth. Now exhale completely through nostrils.

Benefits

- Cools the system, soothe the eyes and ears.
- Helps to control hunger and thirst.

Mudras[9]

Mudra is a spiritual gesture. *Mudras* are used in conjunction with *Pranayama*, generally seated in *Padmasana*, *Sukhasana* or *Vajrasana*, to stimulate parts of body involve with breathing and to affects the flow of *Prana* in the body.

Khechari mudra[10]

Close eyes and curl tongue back and up. It should reach the soft spot on the roof of your mouth. It helps to increase the smelling capacity of nose.

Prana mudra[11]

Bend ring and little finger and place the tips of both of these fingers on the tip of thumb.

Benefits

- Strengthens immune system.
- Increases the power of eyes and the clarity of eyesight.
- Alleviates fatigue and treats eye disorders.

Vayu mudra [12]

Press the tip of index finger on the base of thumb and press thumb gently near the index finger.

Benefits

- Beneficial for ears and eyes.

- It may help to normalize the functioning of the ears.
- Reduces the involuntary twitching of the eyelids and dryness of eyes.

Shambhavi mudra [13]

Gently close the eyes and relax every facial muscle, relax the eyebrows and relax the forehead. Open eyes and slowly bring gaze towards the eyebrows centre without moving head.

Benefits

- Helps to strengthen the eye muscles.
- Helps to release the pressure in the region of eyes.

Viparitkarani mudra[14]

It is an inverted pose performed on a flat surface. Lie on the back region making sure that the back of legs press against the wall. Place the buttocks a little away from the wall or press them against the wall. Lift hips up and slide under them. Keep head and neck in a neutral position.

Benefits

- Relieves the headache
- Cures *Pratishyaya*
- Useful in throat problems

Asanas

Simhasana[15]

Sit in *Vajrasana* position. Stretch the body forwards and keep the back straight place the palm on respective knee and open the mouth widely extend the tongue out. Eyes should gaze to the centre of the eyebrows, stay in this position for 30 seconds and breathe through

mouth. Withdraw the tongue, slowly straighten the legs and come back to the normal position.

Benefits

- Cures bad odour of breath and cleans the tongue
- Speech become cleaner
- Helpful in stammering.

Sarvangasana[16]

Lie back keeping the head, spine and legs aligned with feet together. Lift the hips from the floor with exhalation and rest the hands on them by bending the elbows. Exhale and lift the trunk up perpendicular to the ground and straighten the knee joint. Only back of head, neck and shoulder and back of the arms should rest on the ground. Stay in this posture for some time and gradually slide down, release the hands and lie flat and relax.

Benefits

- Beneficial in throat diseases.
- Relaxes the nerves, so beneficial in chronic headaches
- Beneficial in *Pratishyaya*

Halasana [17]

Lie in supine position. Raise the hips and back supporting waist. Further touch the ground with toes. Stretch hands straight, keeping them on floor behind your back and maintain the pose for some time.

Benefits - Same as *Sarvangasana*

Sirsasanas[18]

Sit with bent knees on the floor, drop down the forearms on the floor and interlock your fingers.

Place the crown of head on floor with hands at the back of head. The whole body is then inverted slowly, stabilizing the body parts one over another in a single plane. One can take help from the trainer, if he is unable to turn himself upside down.

Benefits

- Enhances blood supply to organs in head and specially pituitary and pineal glands which are responsible for growth.
- Beneficial in *Anidra* , *Pratishyaya*, *Kasa*, *Tundikeri*, halitosis.

Suryanamaskar [19]

Surya Namaskar is a salutation to the Sun. The Sun represents energy, power, and vitality. This yogic offering of *Surya Namaskar* was first performed by the epitome of strength, *Shree Hanuman* as his salutation to the Lord Sun, who is his mentor and Master. *The Surya Namaskar* contains the steps of *Pranamasana*, *Hastauttanasana* ,*Hastapadasana* ,*Ashwa sanchalanasana*, *Dandasana*, *Astanga namaskara*, *Bhujangasana*, *Adho mukho svansana*, *Ashwa sanchalanasana*, *Hastapadasana*, *Hastauttansana* and *Tadasana*.

Benefits

In *yoga*, *Surya Namaskar* is the best practice for eyes, mind and body. It is a very dynamic practice that gives excellent results. It has *Asanas* that helps increase blood flow towards the face and eyes, improving eyesight and boosting overall eye health.

DISCUSSION

The main goals of yoga is to achieve tranquility of the mind and create a sense of well-being, feeling of relaxation, improve self-confidence, improve efficiency, increase attentiveness, lower irritability, and an optimistic outlook on life .The practice of yoga generates balanced energy which is vital to the function of the immune system. Yoga leads to an inhibition of the posterior or sympathetic area of the hypothalamus. This inhibition optimizes the body's sympathetic responses to stressful stimuli and restores autonomic regulatory reflex mechanisms associated with stress. Yoga increases blood flow and levels of hemoglobin and red blood cells which allows for more oxygen to reach the body cells, enhancing their function. Yoga helps to improve the cardiovascular efficiency and homeostatic control of the body and results in improvements in autonomic balance, respiratory performance, and overall well-being. The practice of yoga generates balanced energy which is vital to the function of the immune system.

Yoga like *Neti, Trataka, Kapalbhati, Pranayama, Mudras, Asanas* have the therapeutic effects in different kinds of diseases occurring in *Urdhwajatrugata* areas. Yoga helps in performing the proper function of specific organs. Due to busy life we are unable to take proper care of our health . Regular practice of *yoga* helps to boost our immunity. *Shatkarmas* are useful for purification of body and mind. It balances the *Tridoshas* i.e *Vata, Pitta* and *Kapha* in the body and prevents from various

diseases. Different kinds of *Asanas, Mudras* and *Pranayama* stimulates the sense organs of our body. The sequence of *yoga* poses of *Suryanamaskara* involves the series of forward and backward bends, stretches and inversions that help improve the blood flow to the eyes and stimulate the optic nerve. They help to treat various diseases. *Yoga* helps in obtaining the goal of Ayurveda i.e cure and prevention of all diseases specifically occurring in *Urdhwajatrugata* areas and also enhances physical, mental health and spiritual power.

CONCLUSION

Yoga has the therapeutic effects on the sense organs like eyes, nose, ears and parts situated above the clavicle. Regularly practice of *yoga* with the intake of healthy diet can have positive effects on health. It also helps in reducing the risk of the diseases and treat the diseases occurring above the clavicle. Proper functioning of sense organs is necessary to obtain the good quality of life. *Yoga* helps in improving quality of life , enhances immunity and improves the function of different sense organs of our body.

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