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Influence of yoga practice on prophylaxis of health

Abstract

Each asana has unique influence on our body and it affects whole body. Impatient people that expect fast healing effect should be warn that positive results of yoga practice will be reached after some time. If after this time we will believe that this prophylaxis of treatment is effective, we have to do this practice because great mistake would be breaking it.

YOGA AND GOOD HEALTH

As B.K.S. Iyengar sad: „Good health results from perfect communication between each part of the body and mind; when each cell communes with every other”. People can achieve this perfect balance and harmony of body and mind on many ways. One of them is yoga practice. Asanas of yoga perfectly balances the respiratory, circulatory, nervous, digestive, reproductive and hormonal systems. It has also good influence on skeleton, joints, ligaments and muscles. Pranayamas are techniques to control inhale, exhale and the moment between them, which is called suspension. In pranayamas yoga student learns to control flow of prana – life force – through physical body and through mental, intellectual, spiritual and cosmic layers of body. It is important to begin practice pranayama when body is well prepared to it by asanas.

Each asana has unique influence on our body and it affects whole body. It can not be treated as pill that we take for specific illness. People that are impatient and are expecting immediate healing effect, should be warn that yoga practice will reach positive results after some time. The best benefits from asanas we can get when we are absolutely comfortable in final pose. Patanjali said in Yoga Sutra II.47 “Perfection in an asana is achieved when the effort to perform it becomes effortless, and the infinite being within is reached”. It is important to keep practicing until we get to this master stage.

There are many types of movements in asanas. These movements are based on three basic human postures: standing, sitting and laying. Yoga asanas are grouped into: standing poses, sitting poses, forward bends, back bends, twists, inverted positions and lying poses. Regular practice of all groups of asanas, stimulates and activates all body.

HEALTH PROBLEMS

Contemporary people suffer from many diseases. Some of them are temporary and some are chronic. It is very important to practice yoga even if our body isn't in perfect condition. B.K.S. Iyengar is one of yoga teachers that shows how can we practice yoga even if our body is defected. In his book “Light on Yoga” he gives sets of curative asanas for various diseases. As he says in interviews he has healed one of his daughters with asanas because medicine was not effective and diseases were coming back.

Sometime people even if they are healthy, they have to change they practice for some time. When person is tired it is good to do some regenerating practice. Also women during menstruation and pregnancy have to avoid some asanas or do some variation of them. It is

important to practice yoga with good and high qualified teacher, so that he could help us when any health problem will appear.

SPINE PROBLEMS

Even though yoga practice can not be treated as pill, practitioners can apply therapeutic combination of asanas for many diseases. Many good yoga teachers have worked out special sets of asanas. One of most popular health problem in contemporary world is spine ache. It is caused mainly by:

- - systematic, static and dynamic overload of spine,
- - the lack of outdoor exercises,
- - impossibility of doing exercises because of technical causes (for example swimming),
- - wrongly arranged place to work,
- - using means of transport.

Along with spine ache often comes headache, motive disorders, disorders in breathing, nausea's and different other dysfunctions. Spine has to fulfill following functions:

- - to bear the weight of head and trunk,
- - to provide support and protection for spinal cord,
- - execute lots of composed movements.

Functions mentioned above are in the largest shortcut because tasks which spine has to fulfill are much more complicated. Spine will be able to fulfill these tasks when it will be suitably resistant, flexible and springy.

The spine is not stiff and straight line construction. In straight position from side it shows characteristic physiological curvatures, which remind letter S. In lumbar section it creates curvature turned salience forwards which is call physiological - lumbar lordosis, in chest there is kyphosis and in cervical spine it creates cervical lordosis.

The curvatures of spine enlarge its resilience and they absorb shocks. When there are additional load of spine its physiological curvatures go into deformation. Usually they go deepen. These enlarged spinal curvatures are causing increase of pressure on discs and on nerves going out from spinal cord. These pressures cause pain. To reduce pain we have to straighten enlarged curvatures. It is easiest to do in laying asanas.

The place of passage chest spine into lumbar is very characteristic section, much weaker then chest spine and therefore more susceptible on injuries. Also lumber spine is weaker then chest spine because of lack of ribs. The length of spine of adult man is average about 2/5 length of his body. The movability of spine in all direction is very large even though movability of its individual discs is very small.

The main motive possibilities of spine are:

- - bend and to straighten up (forward bend and back bend),
- - side bends,
- - twist movements.

Often only doctor can treat some of causes of pain in spine. In many cases proposed yoga poses can prevent and free from unpleasant pains of spine. The additional advantage of practicing yoga is possibility of practicing at home without complicated equipment and qualified experts. Practice is very simple but it should be done with control from time to time by qualified yoga teacher.

PROPOSED ASANAS

Aim of asanas, is from one side decrease the mechanical overload of spine and from the other side-change of character of these overloads. These positions have to effectively improve muscles of stomach, back, buttocks and muscles of back thighs. Suitable strengthener

of these muscular groups will assure the sufficient stabilization of whole spine. Below are introduced asanas that are helpful to remove or decrease spine ache and also gradually reducing or liquidating their causes. It is hard to show all asanas helpful with this problem. Below are presented only four position but they are very easy to do by self even without teacher.

Supta Padangusthasana 1 and 2

In Supta Padangusthasana 1 practitioner lies flat on mat on floor. Backs rest on a mat with whole surface. Shoulders, neck and face are relaxed. Both legs are straight. We take our right leg up, with belt on foot. This leg should be perpendicular to the floor. Then we stay in this pose for some time and do the same to the other side. This position helps to relax back, especially lumber.

Supta Padangusthasana 2 is continuation of previous asana. In this pose leg that is up we take to the right side. We hold belt only with right hand. We take leg on side only as much as we can keep our hips on the floor.

We do both positions on right and left side. It is very important to keep both legs straight during practicing those poses. The duration in position should carry out till even several minutes. After doing this asanas we should rest relaxing.

Viparita Karani

This asana gives very good temporary effects in decreasing pain in spine. It is especially effective if this pain is caused by exhaustion of muscles around spine. In this position we lay with back flat on the floor and legs on a wall. We put blankets or bolster under pelvis. Legs are straight or crossed on the wall. We can rest in this pose for few minutes.

Adho Mukha Svanasana

In this position both feet and both palms are on the floor with whole surface. Legs and arms are straight and all body creates triangle. Spine elongates up as well as back side of legs. This pose is especially good for people who practice yoga for some time.

SUMMARY

Impatient people that expect fast healing effect should be warn that positive results of yoga practice will be reached after some time. If after this time we will believe that this prophylaxis of treatment is effective, we have to do this practice because great mistake would be breaking it.

We should also remember that positions shown in this paper are only small segment of whole arsenal that is in yoga. It is worth to practice yoga in health prophylaxis because thanks to this our body and main can stay in perfect condition until old age.

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