

Ancient Literature Texts And Their Application In Contemporary Yoga Therapies

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Aim & Objective

To present Ancient literature texts and their application in contemporary yoga therapies through therapeutic references in traditional yoga texts.

Introduction

We all know Indian subcontinent has a rich and diverse mix of cultural and Linguistic variations. The main sources of knowledge is Ancient literature texts are drawn from Traditional Yoga literature (e.g.: Sanatan dharma, Jain & Buddhist literature) . Other examples are Caturdasa-Vidyasthana (4 Vedas, Puranas, Itihas, Dharmashastra i.e.: Purva mimamsa & Uttar Mimamsa). The Ancient literature Texts is the “VEHICLE” and their applications in contemporary yoga therapies are drawn from therapeutic references in traditional yoga texts.

Maintenance of good health, alleviation diseases and long healthy life are natural wishes of all human beings. ”SWASTHA” is an ideal state of health.

In an ideal state of health, there are

- A] Eleven Indriyas, Mind, Five senses & five motor organs.
- B] Three Dosas: Individual counterparts of three cosmic principles such as Air-vata, Radiant energy-Pitta, Water-kapha.
- C] Agni (digestive fire).
- D] Malas (faeces, toxins)

E] Kriyas (sleep, secreation of body, fluids, elimination)

F] Seven dhatus (Body fluids, bones, tissues...etc.)

All above factors are normal state or in state of balance. One who is spiritually elevated & also enjoys happiness of mind is a healthy one.

Methods

From some published & unpublished sources.

Explanation:

I] SAT-KARMA

Satkarma-nirgata –sthaulya-kapha-meda-maladikakh

Pranayama-tatah-kuryada-anayhsena-siddhyati

Meaning : Practice of pranayama bringa about an easy success after removing the impurities such as fat, phlegam etc. through practice of sat-karma. [HP 10 ch –IV-2]

TYPES OF SATKARMA –EFFECTED AREA.

- A) Basti: Stomach (pakvasya) big intestine.
- B) Dhauti: Upper region of stomach from mouth up to stomach.
- C) Vamana: Pacyamanasya, small intenstine (from mouth to anus)
- D) Neti: Region above neck.
- E) Trataka: Eyes & Mind.
- F) Nauli: Digestive apparatus.
- G) Kapalbhati: Breathing apparatus.

Discussion

1. BASTI

Bastisu-dvididha-proktah-jalavayu-prabhedatah

Cakrim-krtva-yathmasaktya-basticava-tu-karayet [HR-I-43]

Basti is of two types due to two medium used as water & air. After the practice cakri one

Should undertake basti as per capacity.

THERAPEUTIC ADVANTAGE:

1. JALA-BASTI; Streamlines body constituent sense organs, Removes disease of inflammation of spleen, abdominal dis-order, offers, brightness, stimulates digestive power & completely alleviates chronic disorders .[HP-10-CH-III]
2. VAYU-BASTI : Removes disease affecting abdomen, eliminates gastric fire & toxins accumulated in abdomen [GHS—I-44]

2. TRATAKA:

Niriksenniscaladrsa-sukusmaalksyam-samahitah

Asrusampataparyantamacaryaistratakam-smrtam

Mocanam netraroganam-tandradinam-kapatakam

Yatnatastratakam-gopyam-yatha-hatakapetakam [HP-CH10-III-19, 20]

One gazes at a very subtle object with attention (sthira drusti) till tears roll down. This is Trataka.

THERAPEUTIC ADVANTAGE;

It cures all eye disease and also lethargy,

TYPES; Trataka kumbhaka & Trataka karma.

3. NAULI :

Sa-ca-nauli-dvidhaproktabhari-cakarntamabhidha

Bharisyad-bahyarupen-jayanten-nastu-satatha [HR I-33]

Pratice of nauli is of two types:

A Bahya Nauli (External)

One rapidly rotates the naval region all through left & right while placing hands on knee & bending heads down.

THERAPEUTIC ADVANTAGE;

1. It is highly valued in Hath-yoga.
2. It stimulates weak digestion, streamlines gastric fire brings deep sense of well-being.
3. It removes all dis-orders caused by imbalance of three humours, [HTK-VIII-11-15]
4. It removes fever, tilli (disorders of spleen, severe abdominal pain).

B] Antara Nauli (Internal)

Quick rotation of abdomen like a whirlpool on both sides in clockwise & anti-clockwise

Direction called antara nauli. [HR-I-36]

[4] KAPALA-BHATI

Ya-lauhakarasya-subhastrikena-susambhramau-recakapurakau-ca

Savyapasavyam-parivarttanena-nasaputesnstu-kapalbhati [HTK-VIII-16-17]

One imitates fast movement of the bellows of a blacksmith. One inhales & exhales rapidly using Left & right nostrils. This is kapalbhati.

There are three techniques in kapalbhati requires the use of alternate nostrils.

THERAPEUTIC ADVANTAGE;

1. It removes Phlegm. . (20 phlegmatic disorders are removed)
2. It removes toxins disorders in Plasma (rasa), impurities, usmvata (heat in body) pain phlegmatic accumulation obstruct the free flow of prana. [HP-II-35].

SIGNIFICANCE;

Satkarma can generally be classified according to....

[A] Mode of cleansing:

E.g.: By Air, water, friction /appliance, manipulating movements.

[B] Region of cleansing:

E.g: By NASA –pharyngo-oro-cranial region

Gastro esophageal region

Ano-recto intestinal region

Conclusion:

Karma –Satkarma – idam - gopyam- ghata - sodhana - karkam

Vicitra – guna – sandhay – pujiyata – yogi - punaravh [HPK-I-28].

It give practical suggestion.If a person is suffering from excess phlegm,obesity, having tendency of accumulate mucus should first undertake satkarma.Thus harmonal balance can be established.

These are effective means of purification of body with smooth practice of Pranayama will show quick results.

Keywords: Importance of Ancient literature texts, Satkarma, Purification of body, Pranayama.
