

Yoga for Health, Healing & Harmony



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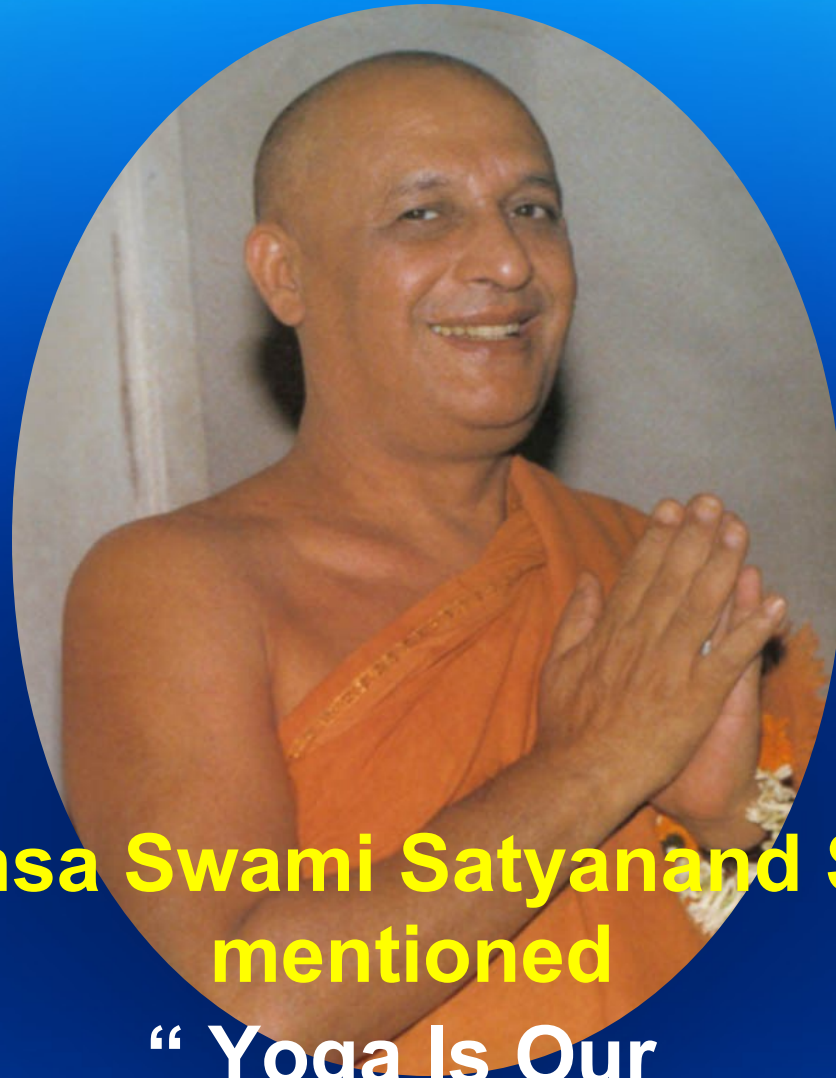
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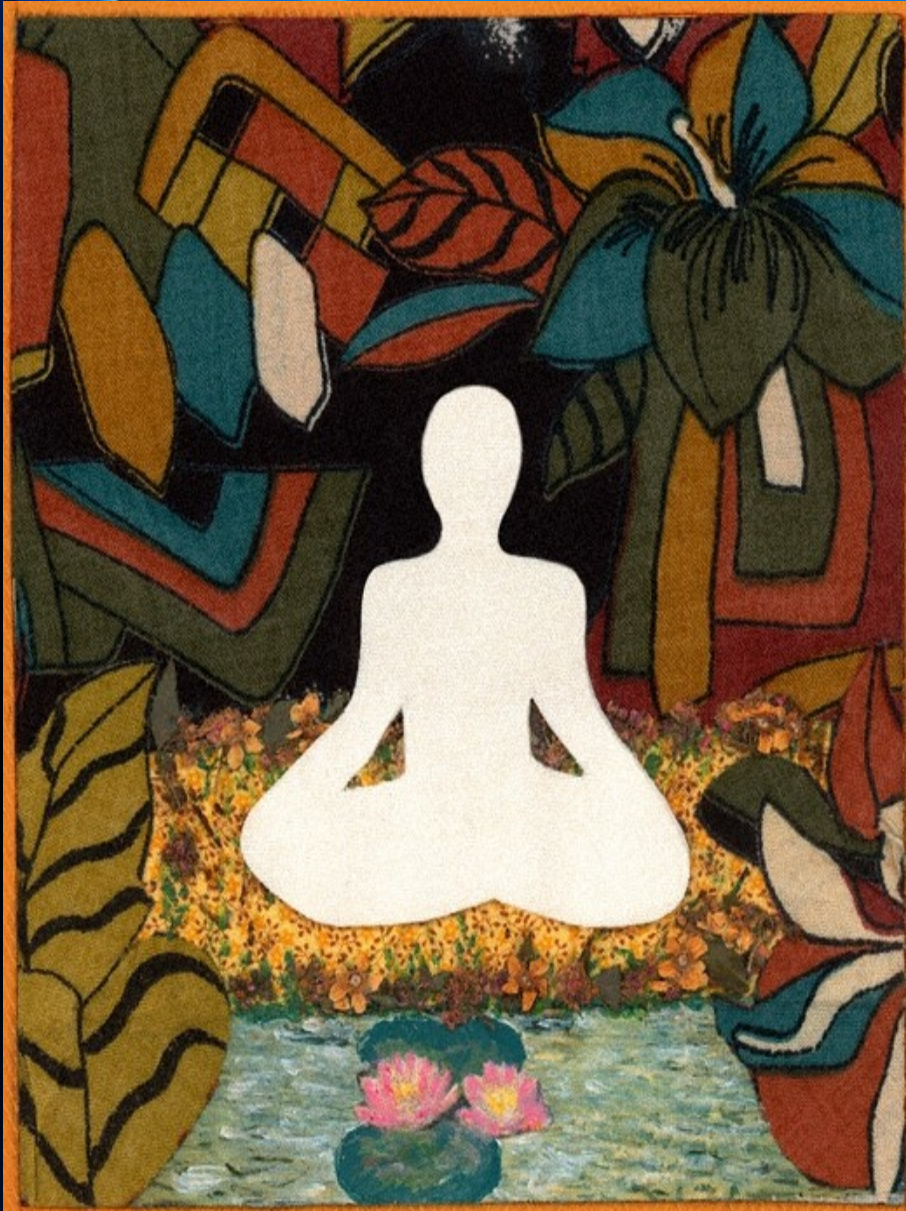


**Paramhansa Swami Satyanand Saraswati
mentioned**

**“ Yoga Is Our
Heritage Of Yesterday,
Need Of Today And
Culture Of Tomorrow”**

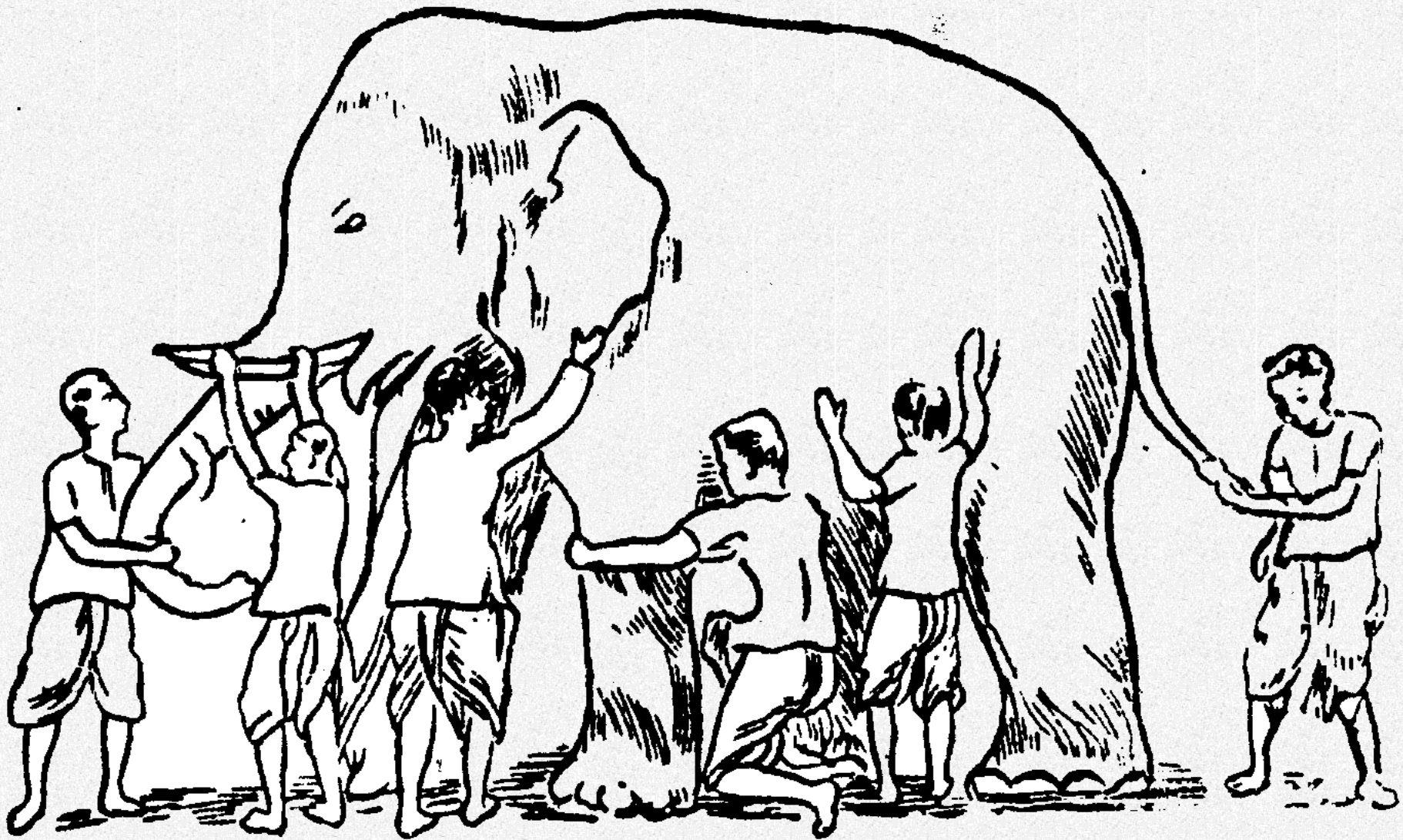
I

Yoga for Health



Yoga, as the yoga lovers and practitioners believe is an integration and harmony between thoughts, words and deeds or an integration between head, heart and hands.

Yoga Is Perceived & Interpreted As...





Is Yoga A Pure Science?

It is journey from Information to transformation.

Journey from Knowledge to Wisdom.

Journey from Gross To Subtle.

Yogen Yogah Jnatavyam



Yoga

[In Scientific Language]

- Methodology

- End point

[Union/Dissociation]

Science

**Human Resources
Development**

Physiology

Yoga Encompasses

Spirituality

Psychiatry

**Information
Technology**

It is a value added enriched life style.

II

Yoga for Healing

Need of today

Yoga as therapy

Alternative ?

Complementary ?

Supplementary ?

**What is now wanted is a
combination of greatest
heart with highest
intellectuality, of infinite
love with infinite knowledge
– Swami Vivekananda**

**“Today man is sick because
he thinks he is sick.”**

**Paramahansa Satyananda
Sarswati.”**

Limitations Of Modern Medicines

Incidence of psychosomatic diseases is increasing day by day. Prevailing System of medicine doesn't take mental behavioral, environmental factors into account 'The organ specific approach' of modern medicine may not be useful.

Side effects of drugs, escalating cost of medicines, problems of multiple drug resistance have become major problems of modern medicine.

Need Of An Integrated Approach

“It is truly an integrated approach treating man as a whole, should be expected to yeild better result than any other system.

Yogic therapy is not mere lavages & exercise but lays great stress on control of diet, social attitudes & personal habits so as to bring about beneficial changes in the whole of the metabolic process. – Swami Kuvalayananda.

Role Of Doctors

Editorial of yoga sudha 2002 – Dr. H.R.

Nagendra says-

‘From mechanistic medicine to mind body medicine then to non local medicine and now towards spiritual medicine.

This has been move over last four to five decades in the historical evolution in the field of medicine from a matter based approach to consciousness based approach.

Dr.Lorry Dossey Says

“Most medical schools in use today have courses emphasizing role of spirituality in health which attests to the growing scientific stature I this field.”

Dr. R.L. Bijlani of AIIMS says

“How much role yoga has in health & disease depends upon what one understands by yoga and what one expects.

If yoga is viewed comprehensively as a foundation of peace and joy, it has extensive, and potentially all pervasive applications in medicine ranging from primary prevention to the care of terminally ill.”

**Dr. Elmer Green Head Psycho
Physiology Research Laboratory
Department Of Meninger Foundation
states-**

**“As many as 80% of diseases have a
psychosomatic component in their
cause.”**

Role of Yoga – few examples.

- A) Bernie Siegel – cancer surgeon – Realized importance of psychoneuro immunology to treat minimize residual disease.**
- B) Dr. Dean Ornish – Open your heart programme based on yoga to reverse coronary heart disease.**
- C) Norman Cousins – Role of endorphins for relief of pain.**
- D) Dr. Deepak Chopra – Endogenous endorphins is a part of an orchestra and sings a melodious tune to the receptive audience, the drug shouts at all cells of the body.’ Best pharmacy resides within the body.**

**Yoga is not a part time
activity.**

It is a full time spiritual quest.

Yogic Approach for Healing

Concept of S-E-M-H-P-O-AXIS

Effect of stress on H-P-O axis

Spirituality



Emotions



Mental Status



Hypothalamus



Pituitary Gland



UNEXPRESSED

EXPRESSED

Target Organs

FSH
Ovaries

LH

TSH
Thyroid

Adreno/ACTH
Adrenal Glands

Anti/DH
Kidneys

Oxytocin
Breast & Uterus

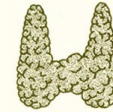
Growth Hormone
Generalised effect



Ovary FSH



Ovary LH



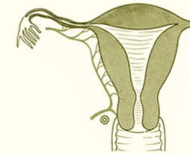
TSH



ACTH



ADH



OXYTOCIN



GROWTH HORMONE

Concept of Panchakosha

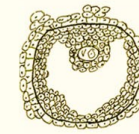
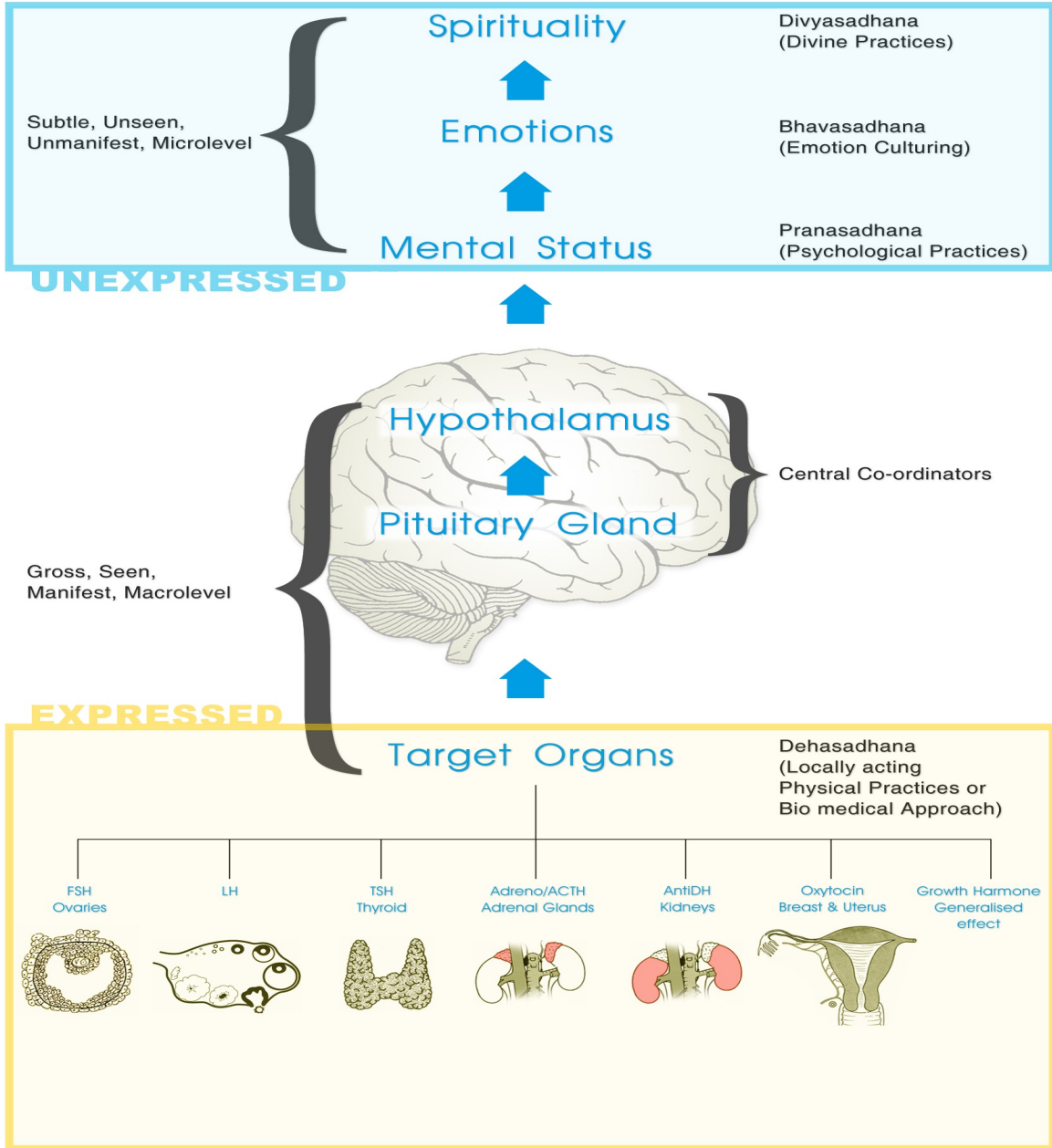


1. Annamaya kosha
2. Pranamaya kosha
3. Manomaya kosha
4. Vijnanamaya kosha
5. Anandamaya kosha

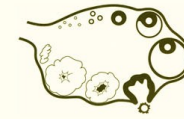
•Yoga effectively works at

- Physical
- Mental
- Emotional
- Spiritual levels

Effect of Yogic Practices



Ovary FSH



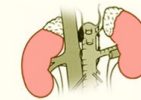
Ovary LH



TSH



ACTH



ADH



OXYTOCIN



GROWTH HORMONE

III

Yoga for Harmony





- “Yoga is not only to be adopted as a tool of man making but also for nation building” ...
Swami Vivekananda
- “Material science can only give worldly prosperity while spiritual science is for eternal life. Materialism and all its miseries can never be conquered by materialism”

Yoga should not remain only a thought movement but should be made socially relevant.

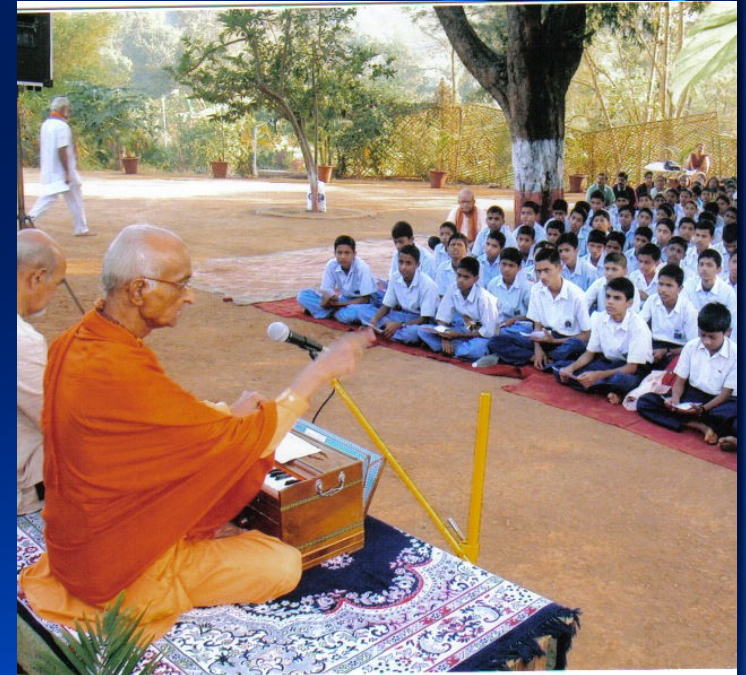
Yoga can bring world together as it can be a common binding factor. It just teaches you to be a better person.

- A doctor converted to a better doctor**
- A teacher converted to a better teacher**
- An artist converted to a better artist**

Yoga is not a part time activity. It is a lifestyle. It is a methodized effort towards self perfection.

Application of Yoga

To School Children
& Adolescents



Pregnant Ladies



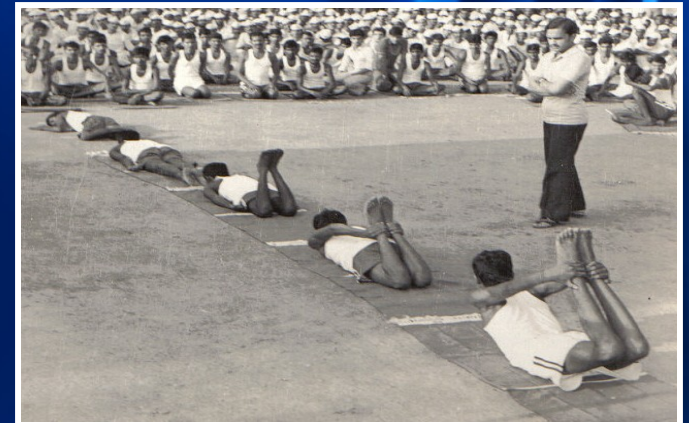
Corporate World



CVS and Yoga

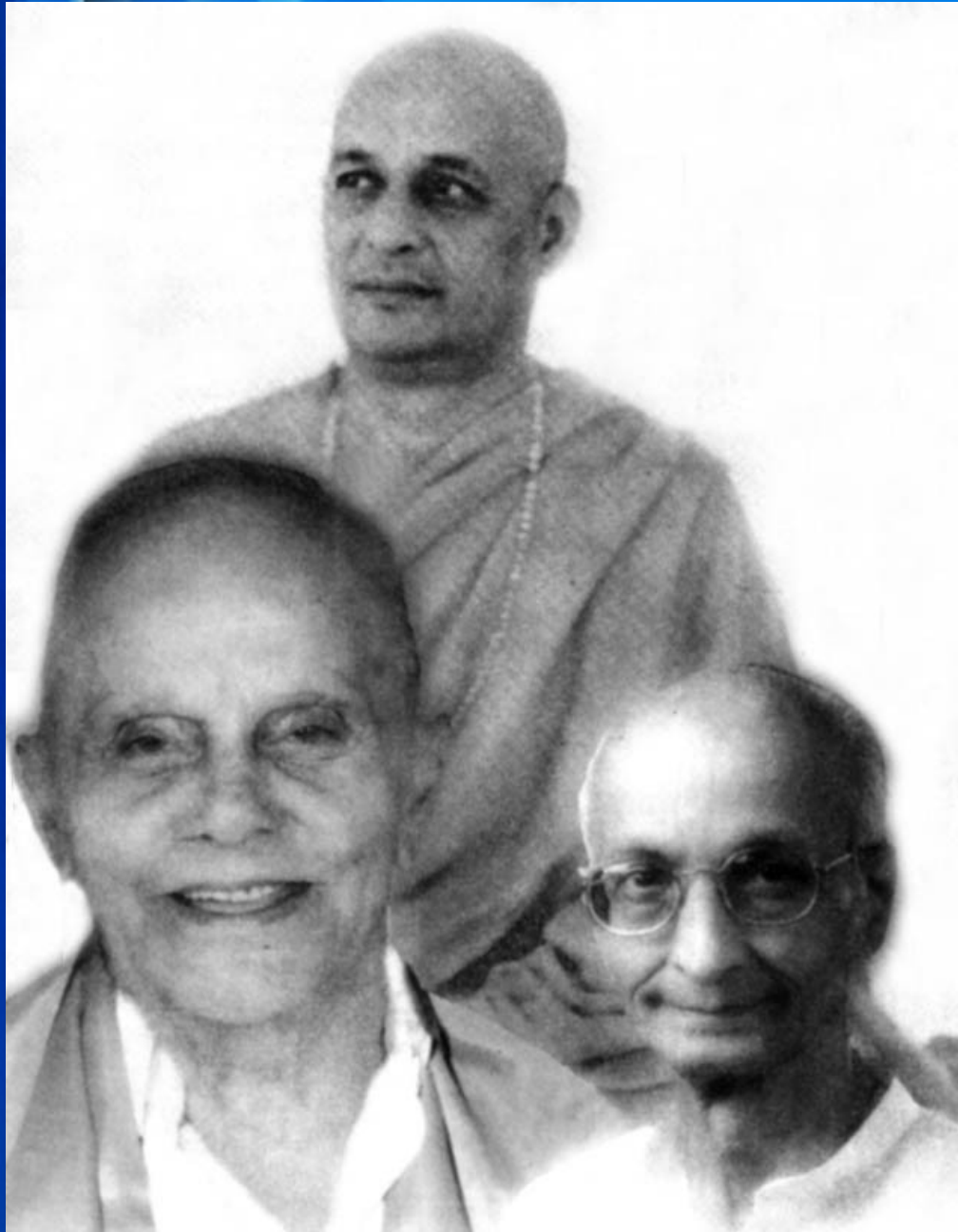
Activities of GMM

- Yoga for Doctors
- Yoga for Senior Citizens
- Yoga for Diseased
- Yoga for Common People
- Yoga for Criminals
- Yoga for Anxiety
- Yoga for Obesity



- Yoga can provide a beautiful synergy model combining materialism and spirituality.
- Yoga is a system of living with sense and science.

Yoga is culture of tomorrow



It is the combination of Sahaj Yoga (Simplified Yogic Practices), Satatya Yoga (Consistency in Yogic Practices) and SamaajYoga (Socially Relevant Yoga) which is the need and culture of tomorrow.

-Swami
Satyakarmananda



**NO YOGA – NO PEACE
KNOW YOGA – KNOW PEACE
NOW YOGA – NOW PEACE**

Thank You

