

**Note****16****APPLICATION OF YOG**

In today era of advancement knowledge for treated as power, but knowledge without action is useless. Having knowledge about yog can be useful only when are use it correctly. Application to yogic practice refers to the practical utilisation of yog principles, techniques and philosophy. Traditional yog mainly focuses on spiritual and personal development of the individuals. Application practices these principles in preventive, promotive and curative health and well-being. These practices are beneficial to people of all age groups which can help to prevent diseases and promote health Yog practice helps in the treatment of conditions like obesity and arthritis. Therefore you can say practical integration of yog practices in specific setting helps to achieve the desired outcomes.

As, in previous lessons we learned about a healthy diet as described in yogic texts. We also gained knowledge about certain yogic practices such as Shatkarma (cleansing techniques), Asanas (postures) and Pranayama (breathing techniques). Their benefits were also discussed. Continuing with our journey, in this lesson, dear learners let us apply the knowledge of yogic practices in preventive, promotive and curative health care.

**LEARNING OUTCOMES**

After completing this lesson, you will be able to:

- explain the importance of yog for holistic health.
- list yogic practices beneficial for maintaining holistic health.
- apply yogic practices for preventive healthcare.
- apply yogic practices for promotive healthcare.
- utilize yogic techniques and practices for managing sports injuries.
- apply yogic practices for curative healthcare.

16.1 YOG FOR HOLISTIC HEALTH

Yog is practiced by many people worldwide today. Its beauty lies in its ability to benefit all dimensions of the body. Modern science increasingly acknowledges that



our body consists of physical, mental, emotional, and pranic levels, all of which must be kept healthy for overall well-being. The processes of yog are holistic and comprehensive, encompassing practices such as Yogic Shatkarma, Asana, Pranayama, Meditation, Mantra Yog, Jnana Yog, and Bhakti Yog.

16.1.1 List of Yog ic Practices

Following yogic practices may be added in daily life for holistic health.

- 1 Prayer/Mantra Chanting
- 2 Jal Neti
- 3 Kapalbhati
- 4 Dandasana, Tadasana, Tiryakatadasana
- 5 Katichakrasana, Ustrasana, Vakrasana
- 6 Vrikshasana, Shavasana
- 7 Bhramari Pranayama
- 8 Uddiyanbandha, Om chanting/Shanti Mantra

These yogic practices can be incorporated into daily routines, following the principles of yog, to promote a healthy and happy life.

16.1.2 Importance of Yog

Yog offers numerous benefits, which includes-

Physical Benefits

1. Flexibility and Balance
2. Strength and tonning of muscles.
3. Improved posture

Mental and Emotional Benefits

1. Reduced stress and anxiety
2. Improve focus and concentration
3. Enhance mood

Overall Well-being

1. Holistic approach
2. Improve sleep
3. Increase self-awareness

MODULE-4

Yog



Note





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Application of Yog

Further, whenever a person adopts the practice of Yog in daily life, they can get other benefits also-

- Yog plays an important role in maintaining physical health.
- The person becomes mentally alert and sharp.
- It improves decision-making abilities, enabling quick and effective choices.
- Regular practice helps to eliminate mental conflicts.
- Such a person behaves respectfully towards himself and the society, which increases his social prestige.
- Such people have the special ability to maintain coordination.
- Practicing Yog not only brings flexibility in the body but also brings flexibility in the mind of the person which is a big factor in social behaviour.

16.2 APPLICATION OF YOG

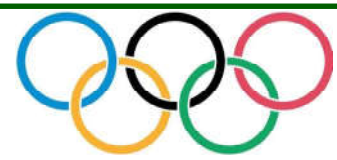
Application of Yog is helpful in Preventive, Promotive and Curative health care of individual. Learners, let us first explore **Application of Yog in Preventive Health Care** in detail.

16.2.1 Preventive health care through Yog

Preventive health care through yog involves taking measures to prevent diseases rather than treating them once they occur. The goal is to promote overall well-being and reduce the burden of illness. It is important to note that while yog can be highly beneficial for preventive health, it should complement, not replace other aspects of a healthy lifestyle including a balanced diet, regular exercise and medical checkups.

Applied yogic practices and their benefits in preventive health -

S.no	Applied yogic practices	Benefits
1	Sukshma vyayama	Increases flexibility and mobility of joints
2	Yogasanas	Enhances physical fitness
3	Shatkarma	Cleanses the body and improves the immune system
4	Pranayama	Reduces stress and improves respiratory function
5	Meditation	Reduces stress
6	Mudra	Enhances concentration and inner awareness





Note

16.2.2 Yog in Daily living

The following steps are to be followed daily to prevent diseases.

- **Mindful wakeup before sunrise** – Try to wake up before sunrise. Start your day by taking a few moments to centre yourself.
- **Bhunaman (salute to earth)** – After getting up from bed, salute the earth.
- **Ushapan** – Drink lukewarm water to cleanse the digestive system and for smooth evacuation of bowels.
- **Shouch (sitting position to evacuate bowels)** – The ideal position is *Utkatasana*, as used in Indian toilets. However, individuals with knee joint pain or obesity can sit comfortably in a position that suits their convenience.
- **Suryanamaskar** – A series of yog poses that warm up the body and energise you which include forward bends, backward bends, lung expansion etc. It involves a combination of stretching, compression, and relaxation, which stimulates and regulates the vital organs, muscles, and glands of the body. (detailed description of Suryanamaskar is given in practical book)
- **Mindful asana practice** – As per your capacity and convenience, include a short yog session focusing on poses that invigorate you.
- **Snan/ Vastra dharan** – In winter, use warm water for bathing, and in summer, use cold water. The clothes worn should be clean, comfortable, and hygienic.
- **Mindful breakfast** – Practice mindful eating by paying full attention to your breakfast. Chew slowly and savour each bite.

Throughout the day

- **Desk yog** – Incorporate short yog stretches or seated poses during work break to alleviate stiffness and improve focus.
- **Breathing exercises** – Throughout the day, practice deep breathing exercises (pranayama) to reduce stress. Simple techniques like diaphragmatic breathing or alternate nostril breathing can be done discreetly.
- **Mindful walking** – During breaks or lunch time, take a short walk and practice walking meditation. Pay attention to each step, your breath and sensations in your body.

Evening Routine

- **Sandyopasana** – After sunset, cleanse your face, hands, and legs, and offer a salute to God.
- **Evening Asana Practice and Meditation** – Engage in a gentle yog session followed by meditation.



MODULE-4

Yog



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Application of Yog

- Light Evening Meal – Consume a light, easily digestible meal in the evening or before 8 pm.
- Oral Hygiene – Clean your teeth and oral cavity.
- Yog Nidra – Consider incorporating Yog Nidra (yogic sleep) into your evening routine. This guided relaxation practice promotes deep relaxation and can improve sleep quality.



INTEXT QUESTION 16.1

Fill in the Blanks -

- _____ vyayama increases flexibility and mobility of joints.
- Take a _____ and _____ digested meal in the evening or before 8 p.m.
- A series of yog poses that warms up the body and energises you is called _____.
- Throughout the day, practice _____ breathing exercise.

16.2.3 Promotive Health Care through Yog

Promotive health often referred to as health promotion, focuses on enhancing well-being and preventing health issues before they occur. Unlike contemporary health care that primarily addresses illness and diseases, promotive health aims to optimize health at the individual and community level. Applying Yog to those in need can help reduce the risk of developing diseases.

It also helps to create a conducive environment for the development of positive health and prevents many lifestyle diseases and life-threatening disorders. Yog offers some important tools in this regard. In any phase of life—childhood, adulthood, middle age, or old age—or in professions where the risk of injuries is high, these tools should be followed.

- Become aware of your body and mind
- Improve your healthy dietary habits
- Relax your body
- Slow down the breath making it quiet and deep
- Calm down your mind and focus inwardly
- Improve the flow of healing
- Fortify against stressors
- Increase self-reliance and self confidence



- Facilitate natural elimination of wastes
- Take responsibility of one's own health



INTEXT QUESTION 16.2

Mark as True or False –

- Promotive health aims to optimize health at individual and community level. ()
- Practicing Yog does not bring flexibility in the body. ()
- Yog improves the flow of healing. ()

16.2.4 Yog for Sports Injury

Along with supporting physical, mental and emotional well-ness, injury recovery has proven to be a fundamental benefit of yog practice. Since Yog focusses on both mind and body it has the potential to address both the physical and non-physical aspects of an injury. Yog lengthens and strengthens muscles by applying healthy stress through various poses and enhances the range of motion of the skeletal system. These qualities are required for recovery from muscle fatigue and injuries. Studies have shown that yog helps to achieve mind-body balance and reduces the risk of injuries in athletes as it enhances an athlete's 'proprioception' (the awareness of body and how it moves through space). Regular yog practice helps us to know our body. We develop awareness of how our body feels from day to day or from pose to pose. We are more likely to notice stiff or injury-prone areas of the body that need attention before full-blown injuries happen.

Yog, with its combination of both active and passive stretching practices, helps to keep us injury-free. A combination of dynamic, isometric and static movements are practiced in yoga. This not only enhances physical performance but also aids in preventing injuries. Cortisol (hormones secreted by endocrine glands) and oxidative stress (when antioxidant levels are low) are linked with several adverse effects that inhibit injury recovery. Yog is tremendously helpful in combating these to aid healing.

Yog is an integrated mind-body practice which combines breath control, meditation and movements to stretch and strengthen muscles. Unlike other practices, yog places equal emphasis both on mental and physical fitness. *According to Harvard Medical School*, self-soothing/healing is stimulated through the practice of yog techniques such as meditation. Sports athletes sometimes experience mental blocks subsequent to an injury. Recovering athletes are able to combat stress and anxiety through yog practices. A few yog practices for anxiety and stress relief include Meditation, Pranayama, Kumbhaka, Bandha and mindful yog therapy.



Note





Note

Yogic *Sukshma Vyayama* (yogic practices by Swami Dharendra Brahmachari ji) helps in relaxation and eases the connective tissue between muscles promoting flexibility, injury prevention and recovery through static stretching. They activate the subtle pranic body (where prana flows) and thus Yogic Sukshma Vyayama techniques are tremendously powerful. Their benefits include enhancing memory, intellect, willpower and sharpening the senses. Additionally, it helps to activate and mobilize the joints, reducing the risk of injuries in both slow- and fast-twitch muscles and joints.

Training to get stronger or faster can lead to tight muscles with a smaller range of motion, limited power, and a tendency to get injured more easily. Active stretching, where the body is moving and stretching dynamically (for example Sun Salutations), creates warmth and suppleness in the tissues. Passive stretching, where you hold a posture for a minute or more in a way that's relaxed (as in the poses that follow), allows muscles to lengthen even more. The result is more elastic, pliable tissues that help you bounce back more easily from the stressors in your sport. Yog builds strength, flexibility and prevents injury through supporting larger muscle groups. For example -

Asanas such as 'Adhomukhaswanasana' are great for decompressing the spine and are perfect for counteracting the effects of constant running and jumping in sports like basketball. Hockey players and golfers benefit from the increased core strength and flexibility that Yog gives them; cutting down on low-back and hip injuries caused by repetitive swinging movements.

Yog is practiced barefoot and strengthens all the muscles that support walking / running as well as protects the ankle from injuries such as strains and sprains. There are around 20 different muscles within the foot that support movement, balance, and the weight of your entire body. These muscles often become underdeveloped due to being confined in tight athletic footwear day after day. Any contact-sport athlete can attest to the importance of balance and the ability to stay upright in their respective sport. Increased foot and ankle strength not only helps prevent falls and impacts but also reduces the occurrence of lower-body injuries.



INTEXT QUESTION 16.3

Fill in the blanks with appropriate words.

- Yog offers a combination of _____ and _____ stretching that is especially helpful for keeping you injury free.
- There are three types of practices in yog: one is, the second is isometric and the third is _____
- Yog can stimulate self-soothing through techniques like _____ .





Note

Recovery in Sport Injury

Athletes who are eager to get back into the game and improve their recovery process, they can practice yog as a part of their physical rehabilitation program. This not only speeds up their recovery, but also helps them to recover mentally after a sports injury.



DO YOU KNOW?

In the following table you can have idea about what kind of yogic practices can be done by different Professionals.

S.No	Needy Professions	Yogic Practices
1	Yog for IT professionals	Shatkarma practices like Neti and Dhauti are useful. Asanas such as Shavasana, Vrikshasana, and Suryanamaskar are beneficial. Regular practice of Pranayama, including Nadi Shodhana and Bhramari, is also recommended.
2	Yog for Teachers	Shatkarma practices like Neti and Dhauti are useful. Asanas such as Shavasana, Balasana, Cat-Cow Pose, and Suryanamaskar are beneficial. Regular practice of Pranayama, including Nadi Shodhana and Bhramari, is useful. Meditation is also helpful.
3	Yog for Soldiers	Shatkarma and Suryanamaskar are practiced to maintain weight and stay active. Meditation and Mudras are practiced to lead a stress-free life.
4	Yog for Sportspersons	Regular practice of various Yogic Kriyas is essential for boosting self-confidence. Yama-Niyama, Shatkarma, Suryanamaskar, Asanas, Mudras, and Bandhas are beneficial for sportspeople.
5	Yog for Children	Yogic practices should be introduced from childhood based on individual needs and abilities. Asanas such as Vrikshasana and Tadasana are helpful during the growing phase. Shatkarma is generally not required at this stage. Pranayama can be introduced from the age of 8.
6	Yog for Old Age	Depending on their capacity, elderly individuals should practice Yama-Niyama, Shatkarma, mild relaxation asanas, and light exercises regularly to maintain physical and mental well-being.





Note

16.2.5 Curative Health care through Yog

Curative healthcare, also known as therapeutic or clinical care focuses on treating and managing diseases, injuries or medical conditions after they have occurred.

List of suggested yogic practices for the management of different diseases-

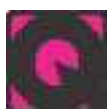
S.No	Disease	Yogic management
1.	Obesity	1. Om chanting and prayer 2. Shodhana Kriyas: Kapalabhati, Kunjal, Agnisara, Nauli 3. Suryanamaskar 4. Yogsanas: Pavanamuktasana, Sarvangasana, Matsyasana, Halasana, Bhujangasana, Dhanurasana, Mandukasana, Mayurasana, Shavasana 5. Pranayama: Nadi Shodhana, Surya Bhedana, Bhramari, Sitali, Bhastrika 6. Special Practice: Yog Nidra 7. Dhyana (Meditation)
2	Hypertension	1.Kriyas: Jal Neti, Sutra Neti, 2. Asanas: Suryanamaskar Tadasana, Katichakrasana, Konasana, Uttanapadasana, Ardha Halasana, Pavanamuktasana, Vajrasana, Ushtrasana, Bhujangasana, Dhanurasana, Gomukhasana, Vakrasana, Uttanamandukasana, Shavasana 3.Pranayama: Nadi Shuddhi, Ujjayi, Bhramari 4. Meditation: Breath Awareness, Om Chanting, Om Meditation
3	Low Back pain	1. Om chanting and prayer 2. Spinal exercise: Simple spinal movements that facilitate further Yogic techniques by loosening the joints and muscles. 3. Asanas : Enlist the asana for low back pain.
4	Bronchial Asthma	1.Kriyas: Jal Neti, Sutra Neti, Kapalabhati, Kunjal, Vastradhauti 2. Other Practices: Om Chanting and Prayer, Suryanamaskar 3. Selected Sukshma Vyayama Practices: Uccaranasthala Tatha Visuddha Chakra Shuddhi, Buddhitatha Dhriti Shakti Vikasaka, Vakshasthala Shakti Vikasaka (1 and 2) 4. Yogsanas: Tadasana, Katichakrasana, Urdhwahastottanasana, Gomukhasana, Ushtrasana, Vakrasana, Ardha Matsyendrasana, Uttanamandukasana, Bhujangasana, Dhanurasana, Sarvangasana, Matsyasana, Shavasana 5. Pranayama: Nadi Shodhana, Surya Bhedana, Bhramari, Bhastrika 6. Special Practice: Yog Nidra 7. Dhyana: Meditation





Note

5	Arthritis	1. Om Chanting and Prayer 2. Spinal Exercises: Simple spinal movements that facilitate further Yogic techniques by loosening the joints and muscles 3. Sukshma Vyayama: Griva Shakti Vikasaka (Strengthening the Neck) (1, 2 & 3), Skandha Tatha Bahu-Mula Shakti Vikasaka (Strengthening the Shoulder Blades and Joints), Purna Bhuja Shakti Vikasaka (Strengthening the Arms) (Exercises B, C, D, E, & F), Kati Shakti (Strengthening the Back) (1, 2, 3, 4 & 5) 4. Yogasanas: Tadasana, Urdhva Hastottanasana, Katichakrasana, Ardha Chakrasana, Konasana, Uttanapadasana, Pavanamuktasana, Setubandhasana, Vajrasana, Ushtrasana, Vakrasana, Ardha Matsyendrasana, Marjariasana, Gomukhasana, Uttanamandukasana, Sarala Matsyasana, Bhujangasana, Shalabhasana, Dhanurasana, Makarasana, Shavasana 5. Pranayama: Nadi Shodhana, Surya Bhedana, Ujjayi, Bhramari 6. Special Practices: Yog Nidra 7. Dhyana: Meditation
	Stress	1. Asanas: Makarasana, Shavasana 2. Pranayama: Anulom Vilom, Nadi Shodhana, Bhramari 3. Special Practices: Yog Nidra and Meditation



INTEXT QUESTION 16.4

Fill in the blanks with appropriate word(s).

- Curative healthcare is also known as _____.
- Yogic management for obesity includes _____.
- Jalneti and Suryanamaskara are part of yogic management for _____.
- Kapalabhati is the yogic management technique in _____ disease.



TERMINAL QUESTIONS

- What do you understand by Preventive health care through Yog?
- What type of evening routine should we follow to prevent health issues?
- How many types of yog practices are there?
- Discuss the yogic managements of obesity.



MODULE-4

Yog



Note

Application of Yog

5. Write about the yogic practices beneficial for sports persons.
6. Discuss two benefits of Shatkarma.
7. Enlist the importance of Yog .



ANSWERS TO INTEXT QUESTIONS

16.2

- i) Sukshma ii) Light,easily iii) Suryanamaskar iv) deep

16:2

- True and False- i) T ii) F iii)T

16.3

- i) Active and passive
- ii) dynamic, static
- iii) meditation.

16.4

- i) therapeutic care
- ii) Matsyasana, Nauli etc.
- iii Hypertension
- iv) Bronchial Asthma

Concept Map

Yog for holistic health

