

SCIENCE BEHIND YOGA THERAPY

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Abstract

Therapeutic yoga is designed for people with ailment, which can be treated with yoga therapy. The duration would depend upon the ailment. Yoga therapy with other alternate therapies is practiced to give permanent relief. It is scientifically tested and proved as highly effective for certain ailments. An integrated and systematic approach to yoga has a positive effect on holistic health. Holistic health includes physiological, mental, emotional, social as well as spiritual wellbeing. Health Yoga is very effective in dealing with psychosomatic problems. If practiced thoroughly on long-terms, it can give a significant effect on a person's health both as preventive measure and curative measure with added side benefits. Research on Yoga Therapy: Scientific Research has proved that various diseases can be treated through yoga therapy. According to research done by CCRYN, Ayush Department, Government of India the following diseases are amenable with application of yoga and natural means: Bronchial Asthma, Nasal allergy, Chronic Bronchitis, Diabetes, Thyroid problem, Obesity, High and Low Blood Pressure, Heart diseases (HD), Migraine, Tension, headache, Anxiety neurosis, Depressive Neurosis, Rheumatism, Back pain, Arthritis, Gastritis and Peptic Ulcer, Chronic Diarrhea and Dysentery, Irritable Bowel Syndrome (IBS), Ophthalmic disorders (short sight, long site, astigmatism, squint eyes, initial stages of cataract and glaucoma) and Mental retardation etc. Principal of Yoga Therapy: Yoga therapy is a systematic practice which includes proper exercise, proper relaxation (body, breath, and mind), proper diet, positive thinking and sufficient sleep. There are mainly seven tools that can be used as effective tools of yoga therapy. 1. Yogic Vyayam 2. Shatkarma, 3. Asana, 4. Mudra, 5. Pranayama, 6. Bandha and 7. Meditation.

Biography

Yogaguru Mohan is a multiple therapist with the base of yoga and naturopathy to treat all diseases with no medicine, no injection and no surgery. It is treatment with no side effects; rather it has added advantages of side benefits. Yogaguru Mohan's program of lecture cum demonstration to teach and learn the whole process of attaining holistic health is making many patients his/her own half doctor. He has funded to The Yogaguru Institute (2007) to take it forward. He has conducted hundreds of yoga seminars and workshops nationally and internationally, trained hundreds of yoga teachers and treated thousands of patients with chronic ailments. He is the visiting faculty in some of the prestigious institution viz. Reserve Bank of India, Indian Oil Corporation and Delhi Development Authority to name a few. He is lead examiner of Yoga Certification Board, Government of India. He is regional Coordinator of JVBI (Deemed University).

Publication:

1. TYG Publication (2010) Seven Secrets of Yoga Science Book (Pages 450).
2. TYG Publication (2017) Science of Holistic Health (368)
3. Saheli Magazine (8 Nov. 2018) Application of Yoga for Improving Child Immunity (Page.7)
4. Yogaguru Publication (2018) Diet Therapy (Page 78)
5. ImageImpact (2016) Path Breaking Success Stories (Pages 102)
6. Yogagur Publication (2013) Bhakti Geetanjali (Pages 28)

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