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Submission date: 07-Sep-2021 12:58PM (UTC+0700)

Submission ID: 1642878278

File name: yoga_healing.pdf (720.86K)

Word count: 4055

Character count: 20473

YOGA AND HEALING

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Abstract

Yoga is currently considered capable of preventing and treating various types of diseases. Each asana and pranayama is found to be able to overcome certain types of diseases. This work will attempt to describe the relationship between Yoga (especially asana and pranayama) and its healing power. The reason why Yoga has a healing function, how the process takes place and some examples of Asana and Pranayama able to cure disease is the scope of the discussion. Problems are narratively described by trying to describe in detail the reasons, processes and movements of Yoga that come into direct contact with the healing of illness. The discussion will try to find the philosophy behind the Yoga asana and pranayama so that it has a tendency for healing. Whether the posture itself is directly in contact with the disease so that there is a healing process or there are other aspects that work when the practice of yoga is implemented are the main points that will be the cornerstone of this article. As for the process of posture and pranayama as well as some of the healed illnesses are described on the basis of the philosophical foundation and then celebrated by the results of various studies by the growing Yoga institutions around the world.

Keywords: Yoga, Healing, Asana, Pranayama

INTRODUCTION

Several centuries after Patanjali, the evolution of Yoga is more interesting. Now, some great experts are beginning to disguise the hidden potential of the body. The previous generation of yogis and yoginists did not pay special attention to the body. They are more interested in contemplation, to the transcendental point consciously. The goal, they merge and join the reality without form, the soul. The new generation of yoga masters creates systems designed to rejuvenate the body and prolong life. The body is regarded as an immortal soul shrine, not just a discarded container at the first opportunity. This gave birth to Hatha Yoga, an amateur version that is now practiced all over the world. This is also why various branches of yoga are present (Windratie, 2014: <http://www.cnnindonesia.com>).

Yoga branches are born lately is the diversity of approaches and methods in achieving the desired goals respectively. Because it must be admitted, everyone has their own goals in doing yoga. Some branches of yoga such as: AcroYoga, Anusara Yoga, Ashtanga Yoga, Baptiste Power Yoga, Bikram Yoga, Forrest Yoga, Integral Yoga, Ishta Yoga, Yoga Iyengar, Jivamukti Yoga, Kapha

Yoga, Kripalu Yoga, Kundalini Yoga, Nirvikalpa Yoga, OM Yoga, Organic Yoga, Yoga, prana flow yoga, purna yoga, Sivananda Yoga, Svaroopo Yoga, Tri Yoga, Viniyoga, Krishnamacharya Yoga and others (Akhlis 2016: <http://www.akhlis.net>). All of these branches are more emphasis on posture or hatha yoga which in principle emphasizes on health and healing. Currently hatha yoga is the most popular yoga branches than any other yoga. The focus of practice in the hatha yoga includes the following activities (in Kinasih, 2010: 2-3):

1. Pranayama technique (breathing technique). Respiratory technique is a very important support in yoga practice. Breathing is done by pulling and exhaling from the nose deeply. When pulling - breathing in the air enter the body carry oxygen that serves as a "fuel" to activate every cell in the body. In hatha yoga, breathing exercises are very important because in accordance with the principles of hatha yoga that is union of body and breath.
2. Mudra (gesture). Mudra can be analogy as a veil / seal. Mudra is a technique that aims to hold the energy of the body remain stable and help generate sensation to the mind and feelings. One example of mudras is the chin mudra (ghuyan), which sits with both hands above the knee, palms facing up with the thumb touching the tip of the left and right index finger. Chin mudra can help improve feelings of calm and broaden the horizons.
3. Bandha (lock). Bandha is a special posture aimed at holding prana not out of the body and expedite the "prana" energy in the body transforms into spiritual energy. One example of bandha is Jalandhara bandha, inhale, while holding the breath press chin to the chest. The practice of uddiyana bandha, done after jalandhara bandha, ie after breathing and then held back while pulling the abdominal muscles toward the spine and upward toward the pit of the stomach.
4. Asana (posture or body movement). Asana is a comfortable posture, done slowly, meditatively and with deep breathing. Asanas are designed to strengthen every part of the body and enable one to manage the thoughts and feelings as well as aspects of the spiritual. Somvir (2008) and Widyantoro (2004) mention that some asanas are designed to honor the universe that has been considered to help human activity, naming the asanas with names of parts of the universe such as mountains, trees (vrksasana) Sun solutation (suryanamaskar), gomukhasana (cow face), gajakarni (elephant), sarpasana (snake), chicken (cukuta-sana), adho mukha svanasana (dog), etc. There is a literature that states that asana yoga amounted to 840,000 (Sindhu, 2007).

Based on the results of research conducted by Kinasih (2010: 6) yoga exercises have influence for physical, psychological and spiritual. Physically, respondents feel a healthier body, improved immune system, eliminating insomnia and reducing complaints of physical pain commonly experienced. Psychologically, yoga practice causes the respondent to be more calm and not easy to feel anxious. Spiritually, respondents feel that life is a blessing. The life of the respondent becomes more meaningful because of doing every activity with total heart. This work will outline the reasons why yoga is able to cure diseases of both physical, psychic and spiritual as the Kinasih mentioned above. Likewise, this work will express briefly the process of asanas and pranayama as well as some of the findings of some diseases can be cured by yoga itself.

DISCUSSION

How Yoga Works for Healing

The human body is composed of a number of different organ systems that work together to perform certain bodily functions and keep the organisms in one unified whole. All vital systems are a balanced interaction of various interdependent organ systems. Failure in one of the organ systems or functions will be detrimental to the entire system of the body and disease can not be avoided anymore.

From the perspective of Yoga, poor health is caused by an imbalance in the body's energy system. No matter how intelligent a person or however good and lawful a person is, if the energy system is not functioning properly, the person will suffer from the disease. The disease will attack without warning, but unwittingly the disease has settled for years on our bodies. Hidden in the genetic structure of the body or tucked in our subconscious. But if the balance of energy is awake, all diseases will get out of us (Sumantra, tt: <https://yogahealingbali.wordpress.com>).

Nadhi is unbalanced, resulting in illness. In the normal life Ida Nadhi and Pinggala are unbalanced, causing fluctuations of energy, emotions, healthy and illness periods, up down events in life. This is a normal process because as a continuous replacement of energy from Ida to Pinggala and back from Pinggala to Ida Nadhi in a cycle. In normal individuals there is always a dominance of energy in one of his nadis, or ida or Pinggala, rarely having this in balance. A disease will arise, if there is a dominance of energy in One nadhi in a long time.

Someone more dominated by Nadhi Pinggala, this man will be very extrovert, have very little inner experience, seek fulfillment with outer pleasures, insight and ambition. Continually will pursue happiness from the outside, and so unfulfilled and unsatisfying his ambition will lead to frustration and inner pressure. Anatomically, the Pinggala dominant person tends to activate his sympathetic nervous system, releases too much acid that causes injury, increases blood pressure beyond normal limits. Removing adrenaline too much because always being striving in the competition of life and sports will be a little time. Finally, endocrine and unbalanced metabolism will result in this person being always restless and very sensitive, no tranquility in the heart (Sumantra, tt: <https://yogahealingbali.wordpress.com>).

Someone dominated by Ida Nadhi, this person will be introverted, happy daydreaming, thinking more than doing, very sensitive to all external and interpersonal events, he is looking for happiness inside. This energy is very weak, the disease that occurs usually such as constipation, depression, anxiety, inflammation of the colon, eczema, and psychosomatic conditions.

Research conducted by ⁸ the Spiritual Science Research Foundation (<http://www.spiritualresearchfoundation.org>) has revealed that if one practices asanas and Pranayama, he may face certain limitations from the point of view of spiritual growth. The following chart shows the average spiritual purification that occurs across the various bodies of our existence after practicing yoga asanas and pranayama.

**Purifikasi* dari berbagai tubuh yang dicapai dengan
Yogic āsanas (yogasānanas) dan Prāṇāyām**

Berbagai macam Tubuh (Maks. purifikasi yang bisa dicapai)	Yogic āsanas (yogasānanas)		Prāṇāyām	
	Purifikasi maksimum yang bisa dicapai	Tahun yang dibutuhkan	Purifikasi maksimum yang bisa dicapai	Tahun yang dibutuhkan
Tubuh fisik (20%)	20%	10	20%	6
Tubuh vital (30%)	7%	10	30%	8
Tubuh mental(100%)	5%	10	10%	8
Tubuh kausal (100%) (Akali budi)	2%	10	2%	8
Tubuh suprakausal (100%) (Ego halus)	1%	10	1%	8

* Maksud kami dengan purifikasi adalah meningkatnya komponen Sāttva di dalam tubuh tertentu itu

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From this table you can see that the asana and pranayama can purify the physical body and the vital body to a maximum of 20% within 10 years. While other more subtle bodies, Yoga asanas and Pranayama are not able to purify them to the fullest, so more subtle spiritual practice is required. But the Spiritual Science Research Foundation (SSRF) concludes that Yoga asanas and Pranayama are very useful in worldly life to make the physical body and the vital body healthy (SSRF, <http://www.spiritualresearchfoundation.org>).

Meanwhile Katrina Love Senn (2014 in: <https://www.mindbodygreen.com>) mentions there are at least 20 reasons why yoga can heal. He found this based on his personal experience when he had to sleep a few months in a state of illness. She does yoga exercises regularly while doing research. As for the 20 reasons he described as follows:

1. Yoga brings attention to your breathing, which is the single most important thing that you do every day.
2. Yoga is a spiritual practice that allows your mind to soften and your heart to open.
3. Yoga can help you stay connected to yourself, so that you can put your own needs first.
4. Yoga can help you to gain clarity about things you're working through each day.
5. Yoga is a great way to say, "yes!" to yourself and everything that is important to you.
6. Yoga can help you move beyond a negative inner-dialogue.
7. Balance poses in yoga invite you to get out of your head and into your body.
8. Yoga gives you healing tools to better cope with stressful events and trauma.

(I Gede Suwantana, ³ Ni Ketut Ayu Juliasih, I Nyoman Arsana)

9. Yoga rebalances your body and can help with weight loss, Premenstrual Syndrome (PMS), inflammation and other chronic ailments.
10. Yoga can bring your awareness to the tension being held in your body, so that you can let it go.
11. Yoga classes are a great way to meet new, interesting and like-minded people.
12. Yoga opens up a whole world of travel opportunities, with amazing yoga retreats held all over the world.
13. There are lots of different styles and levels of yoga allowing you to find the best 'fit' for you.
14. Doing yoga regularly can help you to discover what makes you really happy.
15. Creating a regular yoga practice can bring more flexibility and strength to your body.
16. Yoga twists can help you feel stronger and better able to cope with life's unexpected turns.
17. Yoga supports you to consciously make better and healthier food choices.
18. Yoga opens you up to new feelings like inspiration, joy and gratitude.
19. Relaxing at the end of a class awakens the healing wisdom that lives within your body.
20. Yoga heals by helping you to reconnect with your inner-knowing, your heart and your dreams.

⁴ From the description can be said that Yoga for Healing is a holistic practice that addresses the mind, body and the soul. We allow our bodies to build strength gently while working to heal our nervous system and mental space. In short, with Yoga for Healing will: build strength, enhance joint movement, gain flexibility and relax, modify and take things at the pace (Bucasas, 2015: <http://yoga-for-healing.com/>).

Some Asanas That Have Healing Properties

In principle every asana in Yoga has its healing effect. As long as we train it appropriately, the healing aspect of each asana will work automatically. Therefore, the most important thing in practicing yoga is how to make the posture is not wrong. The accuracy of the movement itself that will deliver the energy in the body flowing balanced and healthy. It's just that it takes perseverance and time to do it. Many people complain because they do not have enough time to do the exercises regularly. But Zain Saraswati Jamal, as though the yoga teacher says, even though one does not have time, they can still do certain poses of yoga that have the healing aspect. Asanas can be done anywhere and anytime. According Jamal (2013: <http://bahasa.aquila-style.com>), there are at least four simple asana that can be put into practice.

1. Standing Forward Bend (Uttanasana)

How to do it is as follows: Keep your arms, legs, body and chest straight. Exhale as you lean forward from the hip joint, place your hands on the ground or against the shin. Bend the knee as far as it takes to keep the ribs above your thighs. Insert the tail bone down by pulling the pubis into the abdomen.

In each breath, let the tail bone rise, pull the belly in, and stretch the torso. In each breath, fold the body deeper. While taking 10 to 15 breaths in this pose, with your hands and feet steady, grab the healing energy from the earth from below.



Source: CNY Healing Arts

It helps calm the mind and can help cure mild depression. This pose stimulates the liver and kidneys, reduces fatigue, improves digestion, and stretches the hamstrings and hips. This pose also helps clean up the chakra blockage down and generate energy to forgive and resignation (2013: <http://bahasa.aquila-style.com>).

2. Warrior II Pose (Virabhadrasana II)

Stand with both legs open about 1 to 1.5 meters with the toes pointed straight and the rear legs form a 45-degree angle. Bend your front knee until your legs reach a 90 degree angle and straighten your shoulder-level arms. Spread the spine by pulling the tail bone down or pulling the pubis toward the navel. Make sure the front knee spins outwards externally rotates. Shift gently and look at the middle finger of the front hand. Breathe 20 to 25 breaths here, pull the energy and vitality of the Earth.



Source: <https://www.123rf.com>

This asana strengthens and stretches the legs, knees, and joints of the ankles and groin, lungs, and shoulders. This pose helps build stamina and stimulates all the abdominal organs. This pose is also useful for increasing strength at the center of your self, helping to boost confidence.

3. Triangle Pose (Trikonasana)

Stand with both legs spanned 1 m, right toes pointing forward, left toe in 45 degree angle, straight legs, parallel heels. Raise your arms up to shoulder height, take a deep breath and as you exhale, lift your right fingertips aloft. Bend your torso and hold your right toe, ankle, or shin, lift your left hand to the sky and look at the fingertips of your left hand. As you exhale, stretch through your side as if you are standing between two sheets of glass. Hold for 10 to 20 breaths and repeat on the opposite side.



Source: <https://www.123rf.com>

It helps stimulate the digestive system, relieves stress and anxiety symptoms and can strengthen and stretch the hamstrings, thighs, knees, ankles, shoulders, and spine. This pose also serves to enlarge the heart chakra and throat and increase energy in your body.

4. Tree Pose (Vriksasana)

Move weight to one leg and raise other legs resting on the outside of the knee. Hold your ankle and manually move your legs, place your feet against the calf, thigh, or half the lotus. Make sure that your feet are above or below the knee joint. Raise your arms above your head, palms facing inwards and gaze gently forward or up fingertips. Extend the tail bone by pulling the pubis towards the navel so that the lower back is free. Breathe 10 to 15 times the breath. Feel your roots grip deep inside the earth like a giant banyan tree.



Source: aboutyoga.in

This asana improves balance in the body and in your life. If you experience a lot of imbalance in life, tree pose is a great way to foster stability and stability. In energy, this pose opens the heartburn, heart, and throat chakra, strengthening the intuition and connection to Earth.

Yoga and Conditions

Yoga excellence that is not in other exercise, is yoga gives a positive impact not only to the physical aspects but also to the mental and emotional aspects. Everything is driven in a 'dance' that harmoniously combined. Harmony and balance all these aspects that produce positive effects in taking care of body health and is therapeutic in dealing with the weakness of the body due to human negligence. Another yoga excellence is the gentle but firm movement of yoga. If the muscles contract, the sugar stores in the body will turn into lactic acid and arise additional power. In hard, fast, and sporadic sports like aerobics, the lungs work faster to get enough oxygen to meet the muscle's needs, but if done too Hard, the long and fast breath is not able to meet the body's need for oxygen, consequently lactic acid will increase and accumulate in the muscle. Muscles experience fatigue that can lead to muscle spasms (cramps). The opposite occurs in yoga. Though refined, the gradual yoga movement provides the same benefits as the hard and fast movements of other forms of body work but is not followed by the buildup of lactic acid in muscle which can lead to fatigue. In addition, yoga does not exert excessive pressure on the heart and nervous system as evoked by the exercise of other bodies (Annunaki: 2010: <https://annunaki.me>).

Yoga can be therapeutic for many types of diseases if practiced in accordance with the following principles:

1. Performed regularly. Practicing yoga on a regular basis helps to stretch and strengthen muscles, flex joints and strengthen bones and stimulate hormone release regularly.
2. Breathe deeply. Yogic breathing techniques increase the lung capacity to make the respiratory process optimal. Yogic breathing techniques also help strengthen internal organs and increase the body's ability to relax.
3. A balanced diet. A balanced diet and meet the nutritional intake for the body will improve health holistically.
4. Get enough rest. It is important to maintain a balance between working and resting so that the health of the body is always in top condition.
5. Think positive. The mind / heart must also always be given positive input so that mental and emotional aspects are maintained health. There is a correlation between mind and body. Positive thoughts help the body's recovery from disease (Annunaki 2010: <https://annunaki.me>).

In addition, there are other provisions that must be followed if we want to exercise yoga is useful to the fullest.

1. Yoga needs to be done in the morning at sunrise (best time is 06.00 until 07.00 am) and afternoon (05.00 pm - 07.00 pm).
2. Yoga needs to be done when the stomach is empty. Do not eat before doing yoga exercises. We can only eat half an hour after completion of yoga.
3. Yoga needs to be done in a clean environment and fresh air.
4. While doing yoga, draw and exhale always through the nose. Yoga needs to be done on a mat or carpet.
5. When doing yoga should not talk for an hour, so it will help the mental development and make the mind calm.
6. Yoga can be done by everyone regardless of age, race, religion and belief. Similarly, prayers spoken during meditation can be adapted to their respective religions and beliefs.
7. To start a yoga practice if anyone is sick, or has a particular disease, had an operation, it should be told yoga teachers to avoid things or movements that yoga participants may not do.
8. In training certain asanas (poses), if a position is difficult to do then do not force the movement. Asanas need to be done slowly and carefully.
9. People who do Yoga should try to stop the habit, smoke, consume liquor, steal, hurt others, and say harshly. Saying the subtle and true, helping and not harming others and thinking positive and consider all the people as friends.

10. Asanas and pranayama (breathing) should be done under the guidance of a teacher. When learning yoga only through books, a possibility of misunderstanding the meaning of every asana or pranayama because some people who learn from the book will misunderstand and do yoga in a way that is not true (Chan, 2010: <http://sitaerobic.blogspot.co.id>).

CONCLUSION

Based on the description can be taken some conclusions. First, yoga is an old-fashioned method that is currently popular all over the world because of its health benefits. For that reason, there is an enormous branches of yoga that springs up with a variety of techniques and emphasis on certain aspects of health and fitness. By doing asana and pranayama exercises regularly, one's life will be healthier both physically and mentally. As for those who suffer from illness, yoga will gradually be able to heal it, because each posture has a healing effect.

Second, in the healing process, yoga is more emphasis on energy balance. Yoga believes that the emergence of various types of diseases caused by the flow of energy in the body that is not balanced. The more unbalanced the body energy, the more likely the person is suffering from a particular disease. Through regular yoga practice, the body's energy flow will be maintained to keep it balanced so that the body can cope with various types of disorders or attacks coming from outside, whether it is viruses, bacteria, fungi and others.

Third, yoga will work best if done under certain conditions. In addition to requirements such as must be done in an empty stomach condition, the importance of teachers, and others, should also be followed by certain lifestyle such as way of thinking, eating patterns, resting patterns and others. A good way to live and practice yoga regularly is the key to healthy living.

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