

Certificate in Integrative Palliative Care – 3
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Week-03
Lecture 19: Introduction

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Hello friends, Namaskar. So, we have made some progress. Now, we are in week number three. The first week pertains to Integrative palliative care that is basically we spoke about complementary therapies. Then second naturopathy and now week three yoga therapy very important.

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What is Yoga?

- Yoga is essentially a **spiritual discipline based on an extremely subtle Science** which focuses on bringing harmony between mind and body.
- It is an art and science for healthy living. **The word "Yoga" is derived from the Sanskrit root yuj meaning "to join", "to yoke" or "to unite".**

What is yoga? Yoga is essentially a spiritual discipline based on an extremely subtle science.

Actually, it is a spiritual discipline. Ashtang yoga, we will come to know later, because lot of people do not know. They generally think that yoga is nothing but an exercise. No.

It started with an aim that you reach nearer to God after Dhyana, after meditation. Yoga is essentially a spiritual discipline based on extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word yoga is derived from the Sanskrit root yuj meaning to join, to yoke or to unite.

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INDEX WEEK THREE

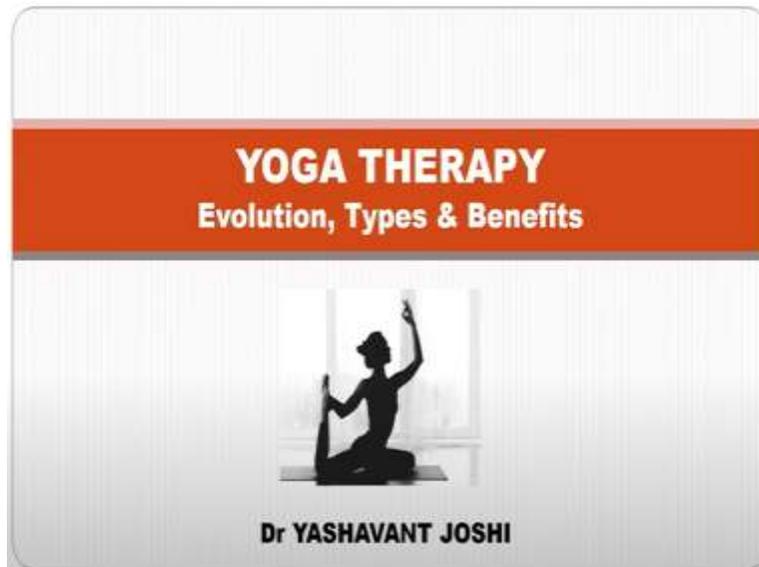
- **Yoga Therapy: Evolution, Types & Benefits**
- **Healing Power of Yoga: Mental Health**
- **Yam & Niyam: Moral & Social Training**
- **Yogasans: Creating Physical Health!**
- **Pranayam: Calming The Nervous System!**
- **Pratyahar: Strengthening The Mind Power!**
- **Dharana: Focus And Quieten The Mind!**
- **Dhyan (Meditation): Improves The Quality Of Life!**

Here basically we will be talking about yoga therapy, healing power of yoga, mental health.

Then Ashtang Yoga, we have got eight limbs of Ashtang Yoga. Yam and Niyam, these are the two limbs. Yam and Niyam basically pertains to moral and social training. Then comes Yogasana, that is little bit of physical exercise creating physical health. Pranayama, because of Pranayama you can calm your nervous system, Pratyahara strengthening the mind power, Dharana you focus and quieten the mind and then comes Dhyana meditation, meditation improves the quality of life.

Week number 3 yoga therapy will be taken by Miss Neha, she is a yoga trainer from Haridwar. She will give you lots of demonstration also.

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Yoga therapy, evolution, types and benefits.

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What is Yoga?

- "Yoga" refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realisation.
- The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

Yoga refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and mind to attain self-realization. That is what we call moksha.

The aim of yoga practice, sadhana is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

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ASHTHANGA YOGA

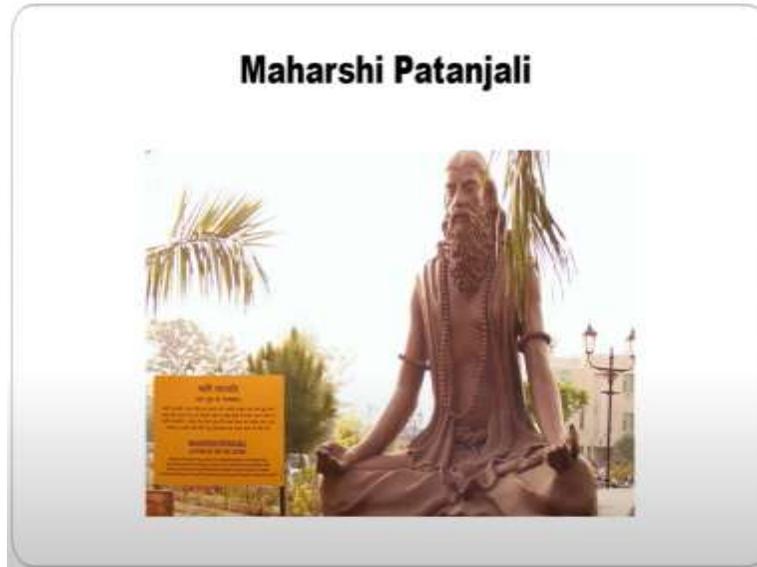
THE 8 LIMBS OF YOGA

Limbs	Description	Components
SAMADHI	Contemplation (State of superior consciousness)	Samadhi - non-dualism Dhyana - dualism Dharana - non-dualism Pratyahara - sensual restraint Asana - posture
YAMAS	Virtues or Universal Morality (External Discipline)	Ahimsa - Non-violence Satya - Truthfulness Asteya - Non-stealing Brahmacharya - sexual restraint Aparigraha - non-attachment
NIYAMAS	Personal Observances (Internal Discipline)	Saukhya - Purification Santosha - Contentment Tapas - Discipline self-discipline Svadhyaya - (Self-study) Ishvara Pranidhana - (Surrender)
ASANAS	Physical postures	
PRANAYAMA	Breath work	
DHYANA	Meditation Absorption	
DHARANA	Concentration	
PRATYAHARA	Withdrawal of the senses	

I was referring to about eight links of yoga that is Yama, Niyam, Asanas, Pranayam, Pratyahara, Dharana, Dhyana and Samadhi, that is the final. Therefore, the actual aim of

Yoga was to unite with God, that is in Samadhi. After meditation, you reach to a particular stage where you self-realize yourself.

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Maharshi Patanjali, he was a Rishi who combined all those disciplines and wrote a book about yoga shastra.

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Eight Disciplines

These disciplines may be classified into five groups:

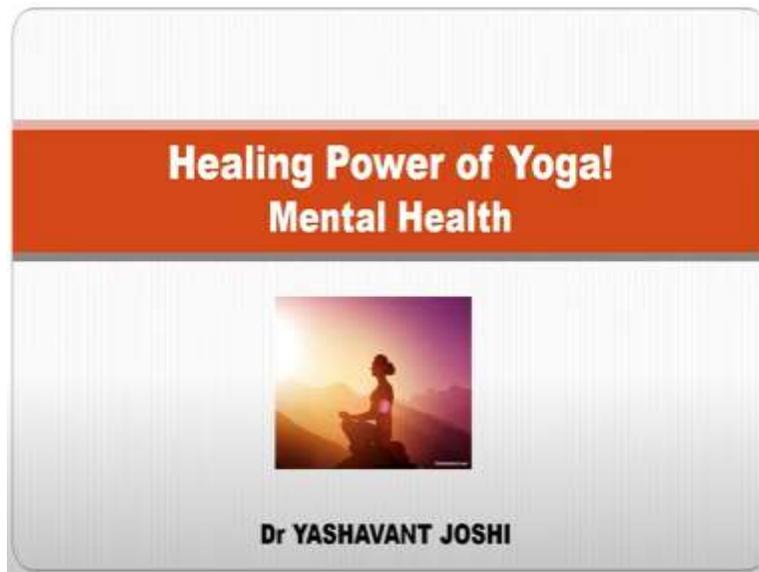
- **Moral Training:** Yama, Niyama. Purification and harmonization of the mind.
- **Physical Training:** Asana, Pranayama. Regulation of vital energy and blood circulation; regulation of nervous and muscle functions.
- **Mental Training:** Pratyahara, Dharana. Breaking through the shell of the self through introversion and the control of consciousness.
- **Spiritual Training:** Dhyana. Attaining superconsciousness and contact with spiritual beings.
- **Samadhi:** Oneness with the Divine, the highest stage of spiritual development

There are eight disciplines. Moral training you get from yama and niyama, that is a purification and harmonization of the mind. Physical training you get from asana,

pranayama, regulation of vital energy and blood circulation, regulation of nervous and muscle functions. Mental training you get from pratyahara, dharana, breaking through the shell of the self through introversion, introspection and the control of consciousness. spiritual training, Dhyana that is we call it meditation, attaining super consciousness and contact with spiritual being.

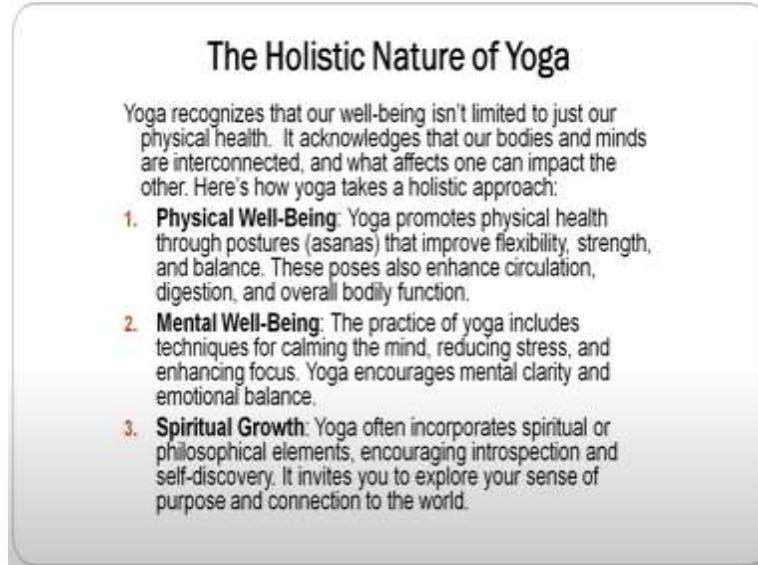
And samadhi that is ultimate aim of yoga, samadhi, self-realization, oneness with the divine, the highest stage of spiritual development.

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Healing power of yoga.

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The Holistic Nature of Yoga

Yoga recognizes that our well-being isn't limited to just our physical health. It acknowledges that our bodies and minds are interconnected, and what affects one can impact the other. Here's how yoga takes a holistic approach:

- 1. Physical Well-Being:** Yoga promotes physical health through postures (asanas) that improve flexibility, strength, and balance. These poses also enhance circulation, digestion, and overall bodily function.
- 2. Mental Well-Being:** The practice of yoga includes techniques for calming the mind, reducing stress, and enhancing focus. Yoga encourages mental clarity and emotional balance.
- 3. Spiritual Growth:** Yoga often incorporates spiritual or philosophical elements, encouraging introspection and self-discovery. It invites you to explore your sense of purpose and connection to the world.

Yoga recognizes that our well-being is not limited to just our physical health. It acknowledges that our bodies and minds are interconnected and what affects one can impact the other. Here is how yoga takes a holistic approach. Holistic approach, let us see physical well-being.

Yoga promotes physical health through postures, asanas that improve flexibility, strength and balance. This poses also enhance circulation, digestion and overall bodily functions. Second is mental well-being. The practice of yoga includes techniques for calming the mind, reducing stress and enhancing focus. Yoga encourages mental clarity and emotional balance.

Spiritual growth. Yoga often incorporates spiritual or philosophical elements encouraging introspection and self-discovery. It invites you to explore your sense of purpose and connection to the world. So all the three things combine physical well-being, mental well-being and spiritual growth that holistic approach to yoga.

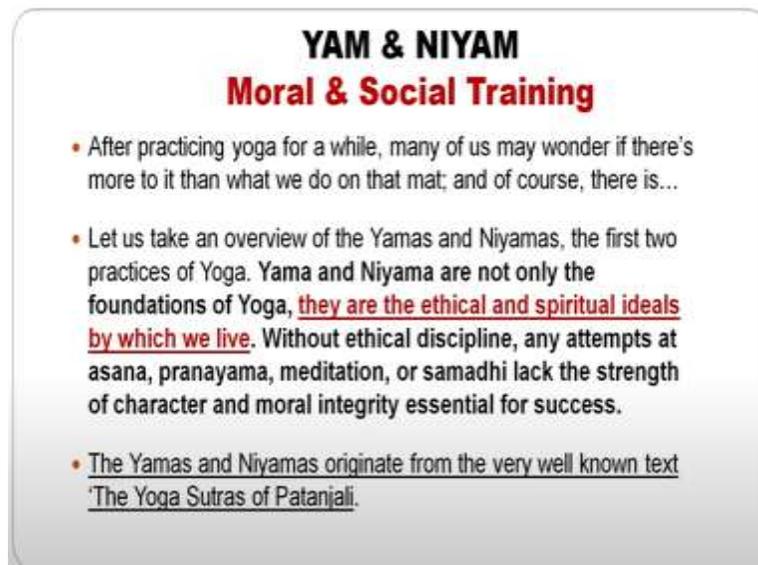
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Yam and Niyam, moral and social training.

In Yam we have got Ahinsa, Satya, Asteya, Brahmacharya and Aparigraha. In Niyam we have got Savucha, Santosh, Tapah, Swadhyay and Ishwar Pranidhan. Let us see one by one all these things.

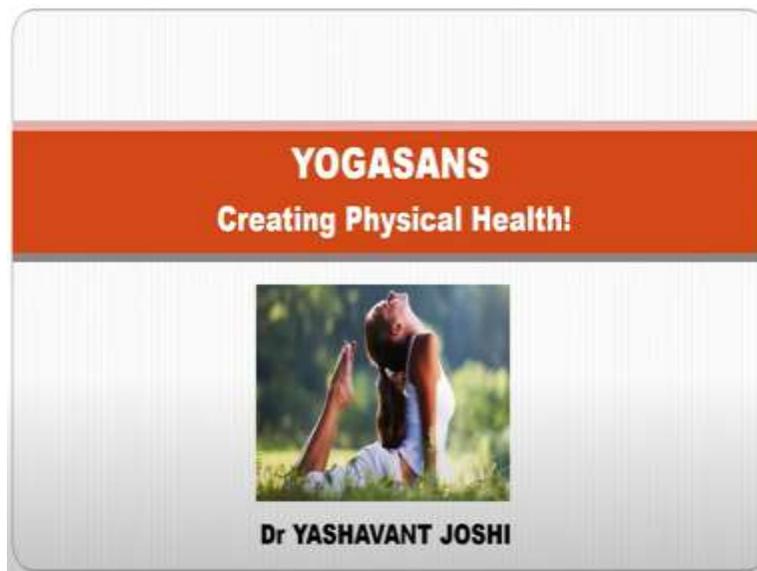
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Yam and Niyam, they are moral and social training. After practicing yoga for a while many of us may wonder if there is more to it than what we do on the mat, yes of course there is.

Nowadays people generally on the mat they just go down and do asanas, that is just one part of Ashtang yoga, eight limbs yoga, one limb only. In fact the Ashtang yoga starts with yama and niyama, first and second limb. Let us take an overview of Yamaha and Niyama, the first two practices of yoga. Yamaha and Niyama are not only the foundation of yoga, they are the ethical and spiritual ideals by which we live. Without ethical discipline, any attempts at asana, pranayama, meditation or samadhi lacks the strength of character and moral integrity, essential for success.

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Yogasan: Creating physical health.

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The image shows a presentation slide with a white background and rounded corners. At the top, the title 'Benefits of Yoga Asana' is centered in a bold, black, sans-serif font. Below the title, there are four bullet points, each starting with a red circular marker. The text in the bullet points is in a black, sans-serif font. The first bullet point discusses physical benefits: 'flexibility, strength, and balance' and 'posture and alignment'. The second bullet point discusses mental benefits: 'concentration and focus' and 'calm and relaxation'. The third bullet point discusses spiritual benefits: 'connection with the divine and a deeper understanding of the self'. The fourth bullet point notes that practicing yoga a minimum of 5 days a week will bring all the benefits, even for beginners.

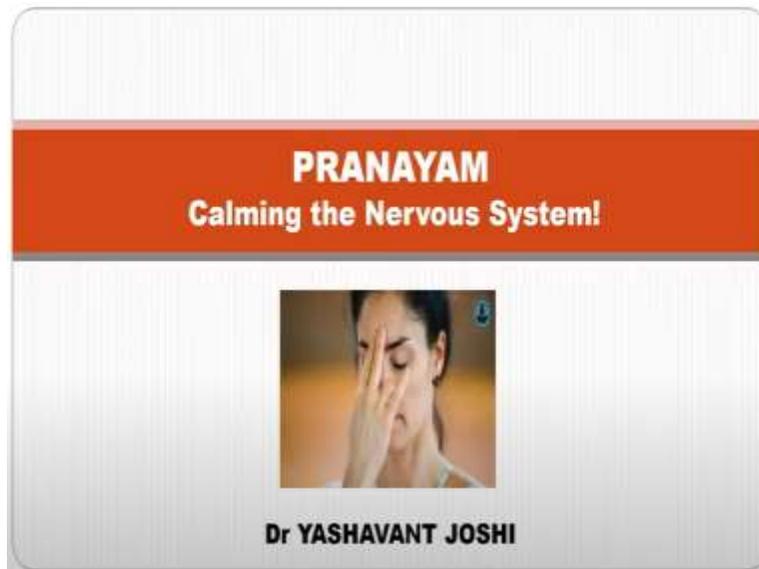
Benefits of Yoga Asana

- There are many benefits to practicing Yoga Asana, including improved flexibility, strength, and balance. Asanas can also help to improve posture and alignment.
- Mental benefits include increased concentration and focus, as well as a sense of calm and relaxation. Asanas can also help to reduce stress and anxiety.
- Apart from that, spiritual benefits give a sense of connection with the divine and a deeper understanding of the self. Asanas can also help to promote self-awareness and enlightenment.
- It's worth noting that, practicing yoga a minimum of 5 days a week will bring all the benefits, even if you're a beginner.

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Pranayam, calming the nervous system.

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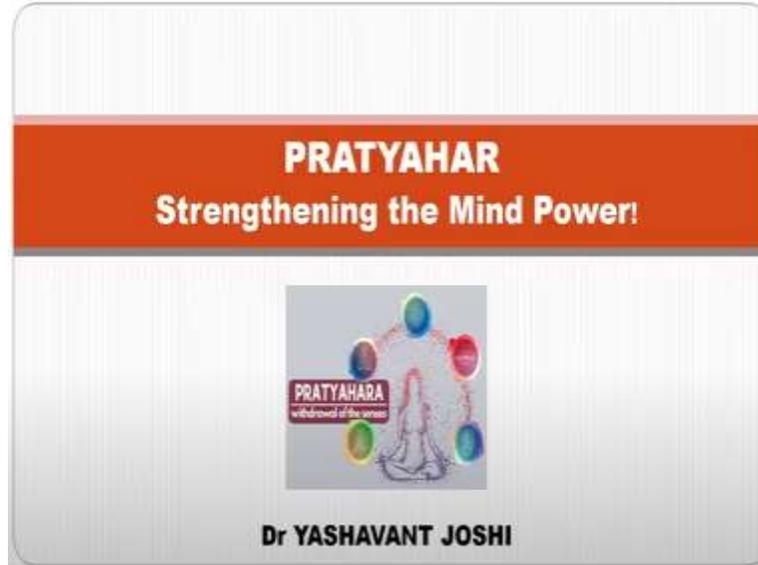
What is Pranayama?

- Pranayama is a powerful yogic practice that involves controlling and regulating the breath.
- Derived from the Sanskrit words 'prana' meaning life force and 'ayama' meaning extension or expansion. Pranayama aims to expand and enhance the vital energy within the body.
- Pranayama techniques vary in complexity and intensity, ranging from simple deep breathing exercises to more advanced practices such as alternate nostril breathing and breath retention.
- Regular practice of Pranayama can lead to improved respiratory function, increased energy levels, reduced stress, and a heightened sense of self-awareness.

What is pranayama? Prana, in normal sense we can say breathing.

Ayam means control. Control of breathing that is pranayama. Pranayama is a powerful yogic practice that involves controlling and regulating the breath derived from the Sanskrit word prana meaning the life force and ayam meaning extension or expansion. Pranayama aims to expand and enhance the vital energy within the body. Pranayama techniques vary in complexity and intensity ranging from simple deep breathing exercises to more advanced practices such as alternate nostril breathing and breath retention. Regular practice of Pranayama can lead to improved respiratory function, increase energy levels, reduce stress and a heightened sense of self-awareness.

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Pratyahara, strengthening the mind power.

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What is Pratyahara?

- *Pratyahara means literally "control of ahara," or "gaining mastery over external influences."* It is compared to a **turtle** withdrawing its limbs into its shell; the turtle's shell is the mind and the senses are the limbs. The term is usually translated as "**withdrawal from the senses,**" but much more is implied.
- **In yogic thought there are three levels of ahara, or food:**
 - The first is **physical food** that brings in the five elements necessary to nourish the body.
 - The second is **impressions**, which bring in the subtle substances necessary to nourish the mind: the sensations of sound, touch, sight, taste, and smell.
 - The third level of ahara is our **associations**, the people we hold at heart level who serve to nourish the soul and affect us with the gunas of sattva, rajas, and tamas.

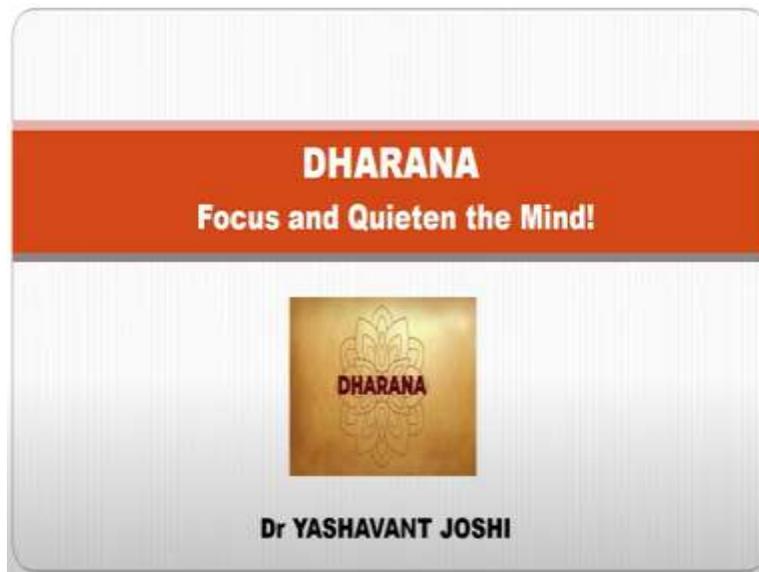
What is Pratyahara? Pratyahara means literally control of ahara. Ahara means food or gaining mastery over external influences. It is compared to a turtle withdrawing its limbs into its shell. The turtle shell is the mind and the senses are the limbs.

The term is usually translated as withdrawal from the senses that is called Pratyahara, but much more is implied. In yogic thought, there are three levels of ahara or food, physical food, second is the impressions what we have in mind with your Impressions are formed

how? With your eyes, with your ears, so these impressions they are also the food to the mind. And third is association, how are you associating with your friends and others, so from those associations you get some sort of thought process running in your mind, so that is also food of mind. The first is physical food that brings in the five elements necessary to nourish the body, those five elements earth, water, sky all those five elements. What we eat is the physical food.

The second is impression which bring in the subtle substance is necessary to nourish the mind, the sensation of sound, touch, sight, taste and smell means whatever you get from all this sensory organs it goes into your mind and that becomes the food for the mind. We are listening to this lecture, it is getting inside, your mind is thinking about it, so that becomes the food for your mind. Third level of ahar is our associations, the people we hold at heart, level who serve to nourish the soul and affect us with the guna of sattva, rajas and tamas.

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Dharana, Focus, dharana means what do you aspire, what do you want to achieve, dharana.

Focus and quieten the mind.

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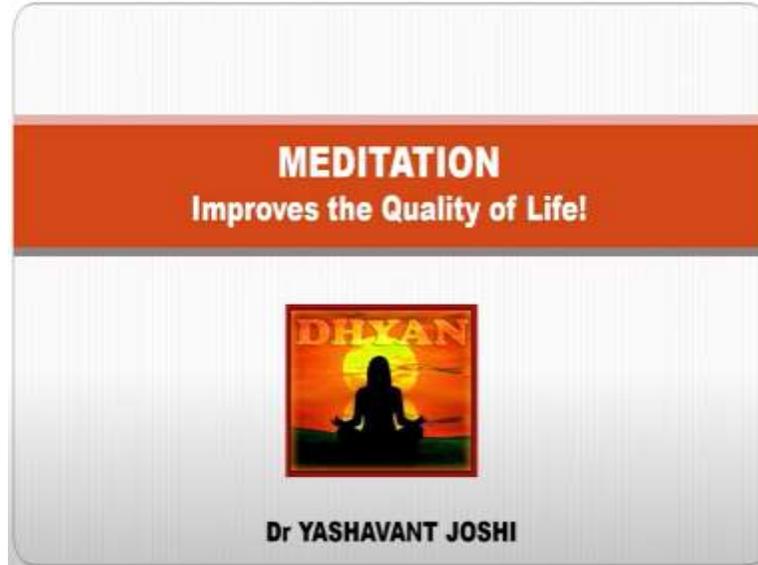
What is Dharana?

- When we focus the mind intensely into one point, the rest of the mind tends to quiet down. When we practice concentration like this, there is less room for other thoughts, memories, and planning that the mind tends to otherwise be busy with.
- Dharana is an important step on our way to the next step, Dhyana, meditation. We need to be able to concentrate the mind before we can move further. Although the last three steps on the eightfold path, Dharana, Dhyana and Samadhi are all very interconnected. These three last steps represent the internal yoga, the activities of the mind, and they are independent from the physical senses.
- We first will have the deep concentration of Dharana, through which we can move towards Dhyana (meditation) and finally Samadhi, union with the Whole.

What is dharna? When you focus the mind intensely into one point, the rest of the mind tends to quieten down because our whole mind, the mind power is concentrated on that point, point only, it is focused over there. So, there are no other thoughts coming in or going out from mind. When we practice concentration like this, there is less room for other thoughts, memories and planning that the mind tends to otherwise be busy with. Dhana is an important step on our way to the next step, Dhyana, meditation. We need to be able to concentrate the mind before we can move further.

Although the last three steps on the eightfold path, dharana, dhyana and samadhi are all very interconnected, these three last steps represent the internal yoga, the activities of the mind and they are independent from the physical senses. We first will have the deep concentration of dharana through which we can move towards dhyana, meditation and finally samadhi, that is the union with the whole.

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Meditation, dhyana improves the quality of life, understanding meditation.

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A presentation slide with a white background and rounded corners. The title "Understanding Meditation" is centered at the top in a bold, black font. Below the title is a bulleted list of four points. The first point is underlined and reads: "It is a way of connecting with own self as it invigorates 'awareness' in our lives." The other three points describe the effects of disconnection from oneself and how meditation helps rebuild that connection, leading to the release of unnecessary baggage. The text is in a standard black font.

It is a way of connecting with own self as it invigorates that is awareness in our lives. It gives that you know sensation of awareness.

When we start connecting with ourselves, who am I? Why have I come here? What is the purpose of coming here to this universe? All those questions will come to your mind. And that is the purpose of meditation. We see that all the sufferings and darkness, non-acceptance and inability to forgive self and others is because we are disconnected from

ourselves. We try to fill the space inside with the external world, but this extrovertedness only drift us apart from who we are. Through practice of meditation, we again build that shaded rapport with the self.

When this rapport is strengthened, we begin to let go of the unnecessary baggage which we had been which had been causing us anxiety, stress, insomnia, hypertension, asthma, arthritis, diabetes and what not to name a few.

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Ultimate Aim of Yoga
SAMADHI!

- As described by **Swami Sivananda** this is "The state of consciousness where Absoluteness is experienced attended with all-knowledge and joy; Oneness; here the mind becomes identified with the object of meditation; the meditator and the meditated, thinker and thought become one in perfect absorption of the mind."
- **Much practice is necessary to attain this stage. Regular (daily practice) of all these eight limbs is absolutely necessary.**

Samadhi that is the ultimate aim of yoga, samadhi to get united. The self gets united with the higher self, that is the God, the total power, absolute power of the universe. As described by Swami Sivananda, Samadhi is the state of consciousness where absoluteness is experience attended with all knowledge and joy. Oneness with the God, you become one entity, oneness with the God, here the mind becomes identified with the object of meditation, the meditator and the meditated thinker and thought become one in perfect absorption of the mind.

Much practice is necessary to attain this stage. Regular daily practice of all these eight limbs is absolutely necessary. Thank you. Thanks dear friends.