YOGA : AS A REHABILITATION FOR THE VICTIMS OF ENVIRONMENTAL DISASTERS

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ABSTRACT

Participation in physical activity such as sports inevitably generates a certain amount of body consciousness. However over indulgence and pre-occupation with bodily needs e.g. Heightened concern about diet, nutrition, injuries etc. coupled with a lesson concern about hard work and performance enhancement acts as a major psychological block on the path to an athlete’s progress towards excellence in sports. Yoga teaches an ordinary individual and the sports person to “grow beyond” and rise above bodily concern through a strict discipline of the mind.

Yogasanas not only work to bring fitness and vigor to physical body, but also harness our will and emotions to improve our power of analysis, insight and vision as well as rehabilitate those who are suffering from natural disasters. They calm the mind and steadily the emotions, still not loosing the sharpness of intellect, which is the key to human progress. The science of Yoga is dedicated to helping people to change their personalities and lifestyles.

Yoga, which has become an integral part of life, plays an important role in maintaining this physical fitness. Signifying Yoga as a great source of health and fitness. Dr. Salk, Nobel Prize winner, rightly says, “Medicine is science of disease, Yoga is the science of health.

Key Words : Yogasanas, Disaster, Physical Fitness, Indulgence, Rehabilitation.

INTRODUCTION

Emergencies and disaster do not only affect health and well being of people; frequently, large number of people are displaced, killed or injured, or subjected to greater risk of epidemics.

There are many types of disasters such as earthquakes, cyclones, floods, tidal waves, land-slides, volcanic eruptions, tornados, fires, hurricanes, snow storms, nuclear accidents and warfare etc.

A disaster can be defined as any occurrence that causes damage, ecological disruption, loss of human life or deterioration of health and health services on a scale sufficient to warrant an extraordinary response from outside the affected community or area.

A hazard can be defined as any phenomenon that has the potential to cause disruption or damage to people and their environment.

With a wide range of topographic and climatic conditions, India is the highly disaster-prone country in Asia-pacific region with an average of 8 major natural calamities a year, while floods, cyclones, draughts, earthquakes, and epidemics are frequent from time to time, major accidents happen in railways, mines and
factories causing damage to human life and property.

Tsunamis are a threat to life and property to all coastal residents living near the ocean. For example, in 1992 and 1993 over 2,000 people were killed by tsunamis occurring in Nicaragua, Indonesia and Japan. Property damage was nearly one billion dollars.

On 26 December 2005, the tsunami affected a total of 50 countries, of which 11 were directly affected. An additional 39 developed countries were indirectly affected by losing nationals who were present in the region, either tourists or expatriates.

While disasters often tend to be localized, affecting a specific region or community (e.g. Bam earthquake), we must remember that disasters do not recognize borders and can affect entire regions (e.g. 2003 hurricane season in the Caribbean).

Many children, old and young people are facing lots of problems at their places in the form of social, psychological as well as physical and they are struggling to find help for their special needs. So, I thought that YOGA is the best way to rehabilitate the peoples who were suffered from Tsunami.

In this world of competition, sports have become highly competitive. Physical fitness is basic for achieving good performance in sports. Achieving physical fitness as well as maintenance of it is the key concern of every sportsman. Yoga, which has become an integral part of life, plays an important role in maintaining this physical fitness. Signifying Yoga as a great source of health and fitness. Dr. Salk, Nobel Prize winner, rightly says, “Medicine is science of disease, Yoga is the science of health.

Yoga is increasingly popular these days and offers an abundance of benefits! While yoga may be the big buzzword in the air as the “trendy” form of exercise, those who begin practicing become hooked after they see and feel for themselves how it differs from other forms of exercise.

Yoga is a physical and psychological practice that strengthens your body, develops flexibility and defines muscle tone, but also allows you to clear your mind to release stress and alleviate tension. Yoga leaves you feeling recharged and energized, not worn out! Yoga is an ancient science. It is one of the prominent systems of Indian Philosophy. Nobody knows its exact origins. Legends say it begin with God Shiva. Over the time many wise men walked the great path of Yoga. They modified all form of Yoga asans in a scientific way. Like great sage Maharishi Patanjali was responsible for modern Yoga and named according to movement related with natural forms. When we do Yogic exercise or activities, we can get a lot of changes in our body.

Performing Yogic exercises regularly, help the body in removing impurities thus enhancing physical and mental health together with increasing life span.

Most of people well known that Yoga are the discipline of mind and body. It is a right way of living in the society. Healthy mind in the healthy body is a well-known maxim. Yoga keeps us away from all diseases and deformities and gives strength to all parts of our body. It purifies the blood and avoid constipation. Yoga is a perfection of mind, body and soul.

Yoga maintains that a healthy body is essential for mental and spiritual development and whether you understand or acknowledge the ultimate aims of Yoga, you can, at any rate, derive immense benefit from its rational system of exercises and breathing.

MAIN-TEXT

Yoga is a timeless pragmatic science evolved over thousands of years dealing with the physical, moral being and man as a whole. Yogic practices provide emotional control. They increase power of concentration at work providing poisonous and tranquility. They lead from ignorance to wisdom. They take one from weakness to strength. They bring one from disharmony to harmony. They lead one from hated to love. They bring one from diversity to unity and imperfection to perfection.
U.S. Tripathi (2004) study on the effect of 12 weeks physical education and yogic program on selected physiological variables on mentally retarded students. This study was conducted on selected physiological variables on 60 subjects with the purpose to determine the effect of physical education and Yogic program on selected physiological variables on mentally retarded students. The variables selected for the study were systolic blood pressure, diastolic blood pressure, pulse pressure, resting heart rate and maximum breath holding time. In order to study the comparative effect of physical education, yoga and combination of both physical education and yoga programme on selected physiological variables, the analysis of co-variance was applied at 0.05 level of significance. To find out the difference between the adjusted means for four groups, critical differences for adjusted final mean was applied to find out which of the differences between the paired adjusted final means were not significant. On the basis of the results, the following conclusions were drawn: In case of SBP (1.42), DBP (0.14), PP (0.08) and MBHC (0.21), the experimental treatment groups did not prove to be superior to the control group. In case of RHR (21.90), experimental treatments prove to be superior than the control group and sequence of the training effect of the experimental groups was physical education > yoga > physical education and yoga.

Yogasanas not only work to bring fitness and vigour to physical body, but also harness our will and emotions to improve our power of analysis, insight and vision. They calm the mind and steadily the emotions, still not loosing the sharpness of intellect, which is the key to human progress. The science of Yoga is dedicated to helping people to change their personalities and lifestyles.

The most important point to realize before starting the practice of yoga is that, the Asanas are not just simple exercise but sustained scientific patterns of posture.

The proper Yogic process of treatment comprises three steps:

1. **Proper diet**: The diet is recommended according to the nature of the disease and the condition of the patient. Some basic principles of eating which means: to eat slowly, to eat only 85% of the capacity, to eat at least two hours before their retiring time at night, to avoid drinking water while eating, etc.

2. **Proper yoga practice**: The patient is asked to practice yoga according to his disease and his bodily conditions. In a majority of the cases, a regular practice of only few asana is enough for curing the diseases.

3. **Proper knowledge of things which concern the life of an individual**

**Essentials of Yoga practice**:

1. **Time**: Though the morning time, before breakfast, is regarded best for practicing yoga, one can do it also in the evening or at any time, provided the stomach is empty and not with heavy food. A practice for at least five to six days in a week should be enough to show improvement.

2. **Place**: Practice yoga on the floor. Avoid chowki or bed. Use a carpet, rug, blanket or mat on the floor. The place of practice should be neat, clean and well ventilated.

3. **Silence**: One should maintain silence while doing yoga. Any conversation, mental activity and even listening to music should be avoided. Silence helps in preserving energy as well as in being attentive during practice.

4. **Rest**: There are two types of rest in yoga:

   (i) **Short time rest**: it should be for about six to eight seconds only. This is taken in between two rounds of the asana.

   (ii) **Long time rest**: it comes at the end of all the asana, pranayamas and other kriyas, which one does at a stretch. The general principle is to devote on fourth of the actual practicing time for this rest.

5. **How much yoga**: Yoga can be practiced for a longer time in the winter season.
than in summer. Maximum time devoted for actually practicing yoga should not exceed forty-five minutes in a single day of winter. In summer, the maximum time for actual practice should be thirty minutes.

The Yogic exercises not only build up muscles, they also strengthen the bones and give positive effect on the involuntary organs of the body such as the digestive system, the endocrine glands and the nervous system. Pranayam or suspended breathing occupies a very important place in the series. According to our science there is an astral body besides the physical body, and the entire set of Yogic exercises, The Asanas and Pranayama, give full control over both. This is the essential requirement for spiritual development. The exercises can prevent and cure the diseases, but they are even more valuable in importing positive health in the form of increased energy and well being which no system of medicine can do.

Asanas are physical exercises, which enable the body to be physically fit. These exercises in physical education play an important part in helping the pupils to maintain a slim and youthful body. Several tests and experiments have been conducted to know the values and importance of asanas, like Ghorate (1962) experimented psychological effect of short-term yogic exercises on the adolescent high school boys. His evaluation was that, psychological effect of selected Yogic exercises by using winger’s Test observed, significant shifting of autonomic balance score towards increased para-sympathetic function and encouraging trends in the cardio respiratory efficiency.

Research using the Institution for Personality and Ability Testing Anxiety Scale indicates that, after starting Meditation, subjects show a significant decrease in anxiety level and exhibit significantly less anxiety than non-meditators. The reduction of anxiety is progressively greater with length of practice of meditation.

During stress or anxiety skin resistance decreases. During meditation skin resistance increases significantly, indicating deep relaxation, reduction of anxiety and reduction of emotional disturbances.

A high concentration of lactate in the blood has been associated with anxiety neurosis, anxiety attacks and high blood pressure. During meditation the concentration of blood lactate markedly decreases. During meditation breath rate decreases significantly, indicating a more relaxed and rested state of the nervous system.

In a retrospective study of 156 meditators who previously suffered from allergies, 56 per cent reported a decrease or cessation of allergies. This indicates that meditation normalizes the immune system.

**General effects of Yoga and Pranayama are:**

1. Relief from tension.
2. Improvement of complexion.
4. A trim and firm figure.
5. Cleanliness and strengthening of lungs.
6. Improved circulation.
7. Recovery from chronic fatigue.
8. Makes the person slim, flexible and elastic.
10. Helps in regulating the breathing mechanism and increases vital capacity.
11. Develops fitness by improving strength, endurance and flexibility.

It is believed that emotional effects, caused by the stress and tension of modern life, are translated into somatic disorders such as coronary heart disease, hypertension, diabetes, peptic ulcer, insomnia, and disorders of the digestive system, etc. At least 72 percent of diseases in metropolis cities are
psychosomatic or stress diseases, associated with mental or emotional disturbance.

CONCLUSION

All Yoga exercises and processes aim at purification, nervous control and co-ordination of muscles. They give gentle exercise to the body as a whole including individual organs.

Practice of Yoga should be per the disease to be treated. A good number of diseases may be cured with the help of few selected asanas performed regularly under the guidance of an expert of Yoga. In the case of certain diseases or disorders, Asanas may have to be combined with pranayama for proper effects.

Performance of selected Asanas and Pranayama can help in curing the diseases and bodily disorders namely—Acidity, Allergy, Anemia, Arthritis, Asthma, Blood pressure (Low/High), Diabetes, Exhaustion, Hemorrhoids, Heart Troubles, Depression, Fatigue and Nervousness etc.

REFERENCES