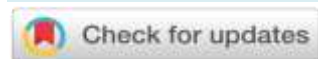


**ASHTANGA YOGA'S IMPORTANCE AND IMPACT ON HEALTH PROMOTION****Jyoti Prajapati¹, Pramod Kumar Mishra², Brahmanand Sharma³**¹MD Scholar, PG Department of Swasthavritta, Dr. S.R. Raj. Ayurved University, Jodhpur, Rajasthan.²Professor, PG Department of Swasthavritta, Dr S.R. Raj. Ayurved University, Jodhpur, Rajasthan.³Assistant Professor and HOD, PG Department of Swasthavritta, Dr. S.R. Raj. Ayurved University, Jodhpur, Rajasthan**Corresponding Author:** flameprajapati@gmail.com<https://doi.org/10.46607/iamj0311062023>**(Published Online: June 2023)****Open Access**

© International Ayurvedic Medical Journal, India 2023

Article Received: 26/04/2023 - **Peer Reviewed:** 08/05/2023 - **Accepted for Publication:** 09/06/2023.**ABSTRACT**

According to the World Health Organisation, "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" is what is meant by "health." In reality, Ashtanga means "eight limbs." There is an overarching concept behind Ashtanga Yoga that has been simplified down into eight components and is intended to be a way of maintaining both physical and spiritual wellness. Both Raja yoga and Hathyoga include them. These two-go hand in hand with one another. In the present day, Ashtanga yoga is particularly beneficial for all-around personality development. As a trait of behaviour, cognition, and emotional pattern, personality must be created on a multidimensional basis. According to Bhagvadgeeta, it is mentioned that Yoga is a condition of harmony between mind and body i.e., Yoga Samatwamuchyate. It is described as Yoga Chitavrittinirodha, or the cessation of mental changes, in the Patanjali Yoga Sutra. It includes several elements that are important for enhancing social health as well. We shall attempt to analyse Ashtanga Yoga's involvement in the three dimensions of health in the following article. It is also important for women's health.

Keywords: WHO Heath Definition, Ashtang Yoga, Physical and Social Health, Women Health.

INTRODUCTION

The eight limbs of yoga, or Ashtanga Yoga, are how Patanjali categorised traditional yoga in his Yoga Sutras. Yama (abstinences), Niyama (observances), Asana (postures), Pranayama (breathing), Pratyahara (withdrawal), Dharana (concentration), Dhyana (meditation), and Samadhi (absorption) are the eight limbs that he described. Yoga has eight limbs.

Ashtanga Yoga's Eight Limbs

1. Yama (Principles or moral code)

Ahimsa - A principle of non-violence

Satya - A principle of Truthfulness

Asteya - A principle of non-stealing

Brahmacharya - Continence / Celibacy

Aparigraha - A principle of non-hoarding or non-possessiveness

2. Niyama (Personal Disciplines)

Shoucha - Purity

Santosh - Contentment

Tapa - Endurance

Swadhyaya - Self-study

Eshwar Pranidhana - Dedication

3. Asana (Yoga Positions or Yogic Postures) - A stable and comfortable posture that helps attain mental equilibrium.

4. Pranayama (Yogic Breathing) - Extension and control of breath.

5. Pratyahara (Withdrawal of Senses) - A mental preparation to increase the power of the mind.

6. Dharana (Concentration on Object) - Concentration of mind on one object and its field.

7. Dhyana (Meditation) - Withdrawing the mind from all external objects and focusing it on one point and meditating on it.

8. Samadhi (Salvation) - State of Super bliss, joy, and merging individual consciousness into universal consciousness. The union between Jivatman and Paramatman. Union of Shiva and Shakti in Sahasra Chakra (the top of the head). Realizing the Brahman (pure consciousness) or Realization of God is the ultimate achievement of Human Birth.

History of Ashtanga Yoga - According to Tantras and Vedic philosophy, yoga extends to a time of roughly 5000 BC. The great scholar Patanjali turned

this way into philosophy in his book, the Patanjali Yoga Sutra. In which he describes the path of yoga as having eight limbs or folds.

Physical Advantages of Ashtanga Yoga - Ashtanga yoga poses work every part of your body, which can have enormous physical advantages. By introducing a powerful breathing flow into your practise, you are enhancing cardiovascular strength and reducing your blood pressure in addition to increasing flexibility and growing muscle. As many of the Asana include difficult poses requiring arm strength to maintain balance, building muscle will likely be the first advantage you see with Ashtanga Yoga. Your upper body strength and core stability are particularly highlighted in these poses since you must maintain them while holding them. Another great benefit is more flexibility. You are forcing your body to extend in new directions by putting it in these demanding situations. The flexibility of the body is pushed by yoga, but Ashtanga poses provide unique difficulties. You will notice an improvement in your flexibility in a couple of weeks because every class offers a physically rigorous session at least a few times each week. Ashtanga yoga may be the most effective and healthful technique to enhance flexibility if you've always felt it was missing. In yoga, breathing plays an important role because it links the physical and mental activities that take place throughout a session. Consistent breathing not only provides you with a centering point for meditation but also supplies your body with the oxygen required to carry out each pose. Yoga is an excellent cardiovascular activity since your lungs are working hard the entire time to maintain a steady breathing pattern. You may educate your body to properly pump blood to all of your extremities by using vigorous breathing techniques. This helps your heart operate better, strengthens your blood vessels, and lowers your blood pressure, among other health advantages. These are important aspects of our health that we could overlook unless our doctor has already mentioned that they require improvement. An excellent strategy to preventively enhance and maintain your health is to incorporate yoga into your daily life.

Benefits of Ashtanga Yoga for the Mind - Although it could take a little longer to see changes in your mental strength, Ashtanga yoga has another great advantage. You may begin to concentrate on the mental parts of the practise once you have mastered the postures used in your Ashtanga class and have identified how your body feels in each pose. This is when you really start to reflect on yourself and profit mentally. Your Ashtanga practises will benefit from the perseverance, focus, and dedication you acquire in the classroom, but other areas of your life can also be improved. Stilling the mind is what meditation is all about. You may concentrate on yourself by separating yourself from the outside forces that are already at work. You may acquire a variety of excellent mental skills with meditation, from controlling stress and anxiety to enhancing your ability to make decisions. We rarely set aside time to ponder and concentrate on ourselves because of how quickly we move through our hectic lives. You may easily include time for introspection into your life through Ashtanga Yoga, an activity where it is not only acceptable but also encouraged. Unbeknownst to us, stress and worry have a greater impact on our lives. Your mental and physical health may be negatively impacted if you allow stress and worry to rule your life. The relationship we have with stress and anxiety is something we should spend more time understanding, whether they limit your capacity to function in your own life or they have a detrimental impact on people around you.

Yoga for Women - The body of a woman is special since it goes through phases like adolescence, the reproductive years, menopause, and post-menopause. A woman may maintain a healthy, balanced reproductive system with yoga, which may also increase vigour and promote radiant healthiness. Through these organic cycles, a yoga practise may be able to facilitate beneficial transformation. Regular practise of a few certain postures gives the body the power it needs to deal with contractions, easing labour, accelerating recuperation, and reviving energy levels. Yoga postpartum practise aids in regaining muscular firmness. Regular yoga practise has several advantages for ladies.

Numerous advantages of yoga for women include enhancement of the reproductive system, assistance with natural childbirth, and whole-body conditioning.

Benefits of Yoga for Women

- Provides comprehensive exercise for the body.
- Improves metabolism.
- Aids in the adjustment of reproductive organs
- Aids in the treatment of various illnesses
- Aids in the reduction of stress Help with natural childbirth.
- Exercise and weight control

Starting young is important since adolescence is the best age to start practising yoga. Other benefits include stress reduction and weight control, pain treatment, and pregnancy. It will assist in dealing with psychological changes as well as establishing a healthy and regular menstrual cycle. Be cautious as you approach middle age. A woman's middle years are complicated. For a fresh set of bodily changes in women, yoga acts as a healer. Helps to maintain a healthy digestive system, regulate weight, avoid medical problems, and maintain hormonal balance throughout the menopausal era. Daily practise of yoga may be tweaked and customised to meet a woman's changing demands at each stage of life, assisting her. A daily yoga regimen may be modified and altered to fit a woman's changing demands at each stage of life, assisting her in achieving mental tranquilly and physical balance.

CONCLUSION

Ashtanga yoga teaches patience and perseverance since mastering the Primary Series poses might take years. The Intermediate Series is taught one posture at a time once the Primary Series has been mastered. Except for Saturday, six days a week are dedicated to doing Ashtanga Yoga. On the day of the New Moon, Full Moon, and the first three days of a woman's menstrual cycle, practise is also prohibited. A great method to start practising yoga is with ashtanga poses. Anyone may do Ashtanga, and there are several advantages to doing so regularly. It is a physically and mentally transformative experience to practise

this powerful type of yoga. Yoga is practised by a lot of individuals for health reasons. Yoga is a way of life, though.

However, Yoga is a way of life. It is about the union of body, soul, spirit, and mind. If you want to reap all the benefits and achieve that balance, consider practicing one of the oldest forms of Yoga, Ashtanga Yoga in Poway or neighbouring areas.

Ashtanga yoga focused on building physical stamina and strengthening muscles. Your body becomes renewed by Ashtanga practise; it becomes more regulated, toned, flexible, and powerful. Many of the positions in the first series resemble movements and need strong arms and core muscles. You'll progressively gain more stamina and endurance as well as stronger abdomen muscles. You may progress through the Ashtanga practise at your own rate and level, which is another benefit.

REFERENCES

1. Feuerstein G. The Yoga Tradition. 3rd edition. Prescott, Ariz, USA: Hohm Press; 2002. [Google Scholar]
2. Barnes PM, Bloom B, Nahin RL. National Health Statistics Reports. 12. Hyattsville, Md, USA: National Center for Health Statistics; 2008. Complementary and alternative medicine use among adults and children: United States, 2007. [PubMed] [Google Scholar].
3. <https://www.yogapoint.com/info/ashtanga-Yoga.htm>.
4. The Yoga Philosophy T. R. Taty (Translator), with Bhojaraja commentary; Harvard University Archives, page 80.
5. Yoga and women's health, Dr. Parmila <https://www.parashospitals.com/parasbliss/blogs/Yoga-women's-health/>

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Jyoti Prajapati et al: Ashtanga Yoga's Importance and Impact on Health Promotion. International Ayurvedic Medical Journal {online} 2023 {cited June 2023} Available from: http://www.iamj.in/posts/images/upload/1238_1241.pdf