

Yoga poses to balance tri doshasto cure diseases

Meena Jain

Mohan Lal Sukhadiya University, Udaipur, Rajasthan, India

Abstract

The ancient science of Ayurveda, originated in India, some 5000 or more years ago, is the oldest known form of health care in the world. According to Vedic scholar David Frawley “Yoga is the practical side of the Vedic Teachings, while Ayurveda is the healing side”.

Yogic Sage Patanjali’s words “Yoga is the settling of mind into silence. When mind has settled, we are established in our essential nature, which is unbounded consciousness”.

The ultimate goal of Yoga is to connect people to their true Divine essences & expand their consciousness. Stay focused on your intension to stay present & take the Yoga Practice to a deeper level.

Yoga Poses awakens grace restore your sense of balance & wholeness. It is important to personalized your Yoga practice for your unique mind – body constitution or Dosha.

Our body is constituted with five basic elements, Panch Maha Bhutas & all the Yoga Practices work on the Panch Maha Bhutas. Knowledge of these Maha Bhutas is the basis of Yoga Therapy & Ayurveda.

These Panch Maha Bhutas are the building blocks of the human body. 72% Water, 12% Earth, 6% Air, 4% Fire, 6% Space comprises Human body. This percentage of Panch Maha Bhutas may differ in every individual. These Maha Bhutas combine to form specific Bio-Energies called Doshas, existing in the whole nature & existing in us.

The term “Dosha” arises from Ayurveda & is translated to mean a persons’ physical & emotional constitutional nature. We have all the Tri Doshas within us – they make up our individual Prakritis. Combination of Panch Maha Bhutas into 3 energies is called “Tri Doshas”. The tri Doshas cater to the metabolic functions & structural composition of our body. The balance of these Tri Doshas indicates good health & imbalance indicates Diseases or ill health. We all have a different balance of Tri Doshas. These tri Doshas are known as Vata, Pitta & Kapha. The doshas, known as mind – body types, express particular patterns of energy – each a blend of physical, emotional & mental characteristics. Both the systems of Ayurveda & Yoga help to balance each dosha for optimal health.

These Tri Doshas are

Vata Dosha: Space & Air (Governs Mind & Body)

Pitta Dosha: Fire (Governs Metabolic Activities)

Kapha Dosha: Water & Earth (Governs structural integrity & imparts vita).

Keywords: yoga poses, tri Doshas, Vata, pitta, Kapha, diseases

Introduction

Every Human body is a well adjusted combination of these Tri Doshas. The proportion of these Tri Doshas remains almost the same, throughout the life cycle of the person.

The Tri Doshas fluctuate constantly. As they move out of balance, they affect particular area of the human body, creating illness.

Vata: The Vata Dosha is made up of Air & Space Maha Bhutas. It has the qualities of both these Maha Bhutas, like light, Cool, dry & mobile. Light body, thin bones, dry skin & dry hair, talk & move quickly are the qualities of Vata nature people. Imbalance may create Diseases of Large Intestine, e.g., constipation, gas & diseases of Nervous system & Immune system & Joints.

Pitta: The Pitta Dosha is made up of Fire Maha Bhuta & having its qualities of hotness, sharpness, penetrating. People with a Pitta nature tend to feel warm, having oily skin. Imbalance may create diseases of Small Testine, e.g., diarrhea & diseases of Liver, Spleen, Thyroid, and Skin & Eyes.

Kapha: The Kapha Dosha is made up of Water & Earth & having their qualities, such as, heavy bones, dense structure, lustrous & supple skin, moist, cool & stable, having low metabolism. Imbalance may create stomach & lung diseases, e.g., mucous conditions & swellings.

Yoga Practise is the foremost natural system for the prevention of diseases & health promotion. Yoga Practices are beneficial as a therapeutic adjustment instrument, to balance these Tri Doshas.

Yoga is the ancient science of preparing the mind & body for the eventual liberation & enlightenment of the soul.

For Vata dosha balancing: As Vata dosha is prone to constipation poses that compress the Pelvis are healing, Including all forms of forward bend, either in standing or setting. Also, focus on Poses that put pressure on the lower back & thighs, as these are the major areas of Vata Dosha. The Yoga Poses which are calming, quieting, warming & grounding can create balance to Vata Dosha. For example:

Uttanasana: (Standing Forward Bending) is the best yoga pose for Vata balancing. All standing Poses tend to be grounding if awareness is placed on the feet.

Paschimattanasana: (Seated Forward Bending) is the seated version of Uttanasana & give grounding effect.

Balāsana: (Child Pose) is another good pose for compressing the pelvis & the Vata region. Compression poses are good for constipation & chronic gas.

Supta Virāsana: (Reclining Hero Pose) is also a good pose as it increases the pressure in the pelvis, alleviating Vata. This pose is useful particularly as a part of treatment of Vata type Asthmatic conditions.

Tadasana: (Mountain Pose) is again a standing pose to balance Vata.

Vata imbalance people should avoid those Yoga Poses, which overly stimulate to the nervous system, as Sun Salutation (Surya Namaskar Pose). To make a Vinyasa more Vata favoured, extend the length of time that you hold each pose. Also focus on the transitions between the poses, perform them with conscious awareness, and avoid rushing to the next pose.

For Pitta dosha balancing: The Yoga Poses which are calming, cooling & quieting will support to create balance in Pitta Doshas. Pitta dosha benefit from cultivating a calm, relaxed attitude toward their practice & avoid the competitive tendency. Resist the urge to compare yourself with others, in Yoga class be gentle & patient with yourself. Pitta natured people tend to be more assertive & intense.

As Pitta is caused from excess heat, so avoid Yoga Poses that causes heat. Practice relaxing, cooling poses. Avoid holding long inverted poses, because they create a lot of heat in the head. Also, schedule Yoga sessions during cooler times of the day, in early morning or in evening. Focus on Yoga Poses that help to release excess heat from body, including those that compress the solar plexus or open the chest, especially the Pigeon, Camel, Cobra, Bow, Fish & Bridge Poses, in setting & Tree, Warrior & Half Moon poses in standing.

Ustrasana: (Camel Pose) is very beneficial in easy movement of energy, through abdomen, solar plexus & chest.

Bhujangāsana: (Cobra Pose) & Dhanurasana (Bow Pose) also good poses to balance Pitta. These poses can be used in the treatment of Ulcers & Hepatitis.

Standing Poses like Trikonāsana (Triangle Pose) which has a side bend & Parivartta Trikonāsana (Rotating Triangle Pose), which has a twist, will help release energy from Torso.

Ardh Matsyendrasana (half seated spinal Twist), Setu Bandhasana (Bridge Pose) & Supta Virāsana (reclining Hero Pose) are also good poses to alleviate Pitta.

These Yoga Poses create pressure on the naval & solar Plexus region, in the small intestine, the home of pitta, to balance it. These poses directly affect the liver & spleen & help to regulate the digestive fire. By alleviating pitta, these poses are used in the treatment of Ulcers, Hyperacidity, liver diseases & acne.

People of pitta imbalance should avoid the Headstand Pose (Sheersāsana), as it heat the body & much of the heat accumulate in head & eyes.

For Kapha dosha balancing: The Yoga Poses which are more stimulating & warming will create balancing in Kapha

Doshas. To balance the heavy, slow, cold & sedative nature of kapha, use Yoga Poses which are more stimulating & heating. Stomach & chest are the areas of kapha.

For kapha dosha, standing poses are excellent, as they make us feel strong, healthy & full of energy, if hold them for longer times. Back bands are also generate heat & help open chest & circulate the Oxygen throughout the body, which will dissipate the lethargy. Kapha types have the most stamina & strength of all the doshas, but on imbalance, they suffer from lethargy & excess weight. Stimulating & energizing Yoga Poses are ideal. Move consciously, through your flow sequences to lighten & warm the body. Early morning hours will help keep people more energized & motivated. At the beginning or ending of Yoga session, practice BHASTRIKA Pranayam, to cleanse the body & energized the Digestive system. s

Sun Salutation: (Surya Namaskar) is an ideal Yoga practice for kapha imbalance. This, combination of 12 Poses, creates heat & opens the chest. Practice it with many repetitions & with good speed.

Ustrasana: (Camel Pose) & Setu Bandhasana (Bridge Pose) are good for kapha imbalance. These poses also affect the flow of energy. These Yoga Poses are good for the treatment of congestive conditions like bronchitis, pneumonia, asthma & emphysema.

People of Kapha imbalance should avoid Yoga Poses which creates excessive pressure on the lower abdomen, such as Bow Pose.

Conclusion

According to Ayurveda, Panch Maha Bhutas, Earth, Air, Fire, Water & Space are the building blocks of our life. The Tri Doshas – Vata, Pitta & Kapha – are derived from these Panch Maha Bhutas. The Doshas express particular patterns of energy – each a blend of Physical, Emotional & Mental characteristics.

We all are a combination of these Tri Doshas. Kapha is our structure, Pitta is our metabolism, Vata is our mobility. The physical, emotional & spiritual evaluation identifies the balance of Doshas in a person's body & in the area of imbalance. Some people have one dominant dosha, some have two & some have three in balance.

Yoga is an extraordinary practice, which awakens grace & restores sense of balance & wholeness. The ultimate goal of Yoga is to connect people to their true Divine essences & expand their consciousness. Stay focused on your intension to stay present & take the Yoga Practice to a deeper level.

While preparing the Yoga Sequence that which Yoga poses benefits the person, the most important factor to take care is imbalance of tri dosha. Other factors as age, season & the time of the day are also important, to decide the Yoga Poses. Many a things influence doshas – the age, the season, the food you eat, the lifestyle, the exercise, the nature of work and so on.

At different times of our life span, different doshas play greater roles.

From Birth to Puberty – Kapha affected body.

From Puberty to retirement age – Pitta affected body.

Post Retirement – Vata will affect the Body.

Weather & Climate will also affect the selection of Yoga Practices.

Cold weather increases Kapha.

Hot weather increases Pitta.

Dry weather increases Vata.

Time of the day also affect the balancing of Doshas.

Kapha increases between 6.00 to 10.00 AM & PM

Pitta increases between 10.00 AM to 2.00 PM

Vata increases between 2.00 to 6.00 PM & AM.

Long inhalations calms Vata Dosha, Long exhalation cools Pitta Dosha, so focus on breath. Try to make your breath in & breath out -- of the same length. Some Meditation & Pranayam will also beneficial.

Practice the Yoga Poses Slowly, focusing on stability, grounding, short holds and fluidity. Stay in body, not in mind. Not to worry about perfection and aware of breath.

Different foods, seasons, exercise even Yoga poses cause specific dosha to either increase or decrease. Balancing the doshas is the only way to achieve health, wellness & happiness.

Also different people require very different Yoga Practices. To get the maximum benefits, it is important to personalize individuals Yoga Practice for his /her unique mind-body constitution or dosha.

According to these changing phases, weather, timings & geography of that area, Yoga Practices & postures, asanas, diet, behavior – a balanced Yoga sequence is to be decided to get benefits accordingly.

This is a short research guide to Yoga Poses that will help to balance your doshas for maximum health & happiness...

References

1. Ayurveda Siddhant Rahasya by Acharya Balkrishna.
2. The yoga sutras of Patanjali by Swami Satchidananda.