



Research perspectives in hathyoga praipika and gherand samhita

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Abstract

Department of Swasthivritta Evum Yoga (health, hygiene and Yoga) deals with preventive, promotive, curative and rehabilitative measures of a disease. Non communicable diseases (NCD's), fungal and bacterial infections, psychosomatic disorders, diseases related to enzyme and hormonal Disbalance, metabolic diseases related to Agni, diseases related to the wear and tear of Dhatus (tissues or organs) forms the major part of Out Patient Department (OPD). Most of the disease Develop due to non-observance of hygienic measures like improper oral hygiene (teeth, gums, tongue and oral cavity), hygiene related to nose, trachea, lungs, eye, stomach, alimentary canal, anus (colon), skin and external orifices of the body. Hathayoga Pradipika and Gherand Samhita deals with preventive and promotive cleansing techniques for upper body that includes Dantadhauti, Jivhamoola Shodhana, Kapal Randhra Dhauti, Neti, Vaman Dhauti and techniques for lower body like Vasti and Nauli. There are different Pranayam's, Moola and Bandha for increasing vital capacity. Further, Asanas claims results having anti-aging effect and prevents death. Some techniques are organ specific like Trataka (eye gazing). Shatkarma (six cleansing techniques) are related with Shodhana (purification), whereas, Asanas, Moola and Bandha deals with balancing Agni.

Effects claimed needs to be explored and tested on modern parameters. Scope of research in daily purification/ hygienic procedures is identified in this paper. Direct and indirect references for preventive, promotive and curative medicines/ methods/ procedures in the form of Asana, Pranayama, Moola, Bandha etc. are located, extracted, analyzed and projected.

Keywords: hathyoga pradiipika, gherand samhita, research, references, ayurveda

1. Introduction

Hatha yoga pradiipika is a classic fifteen- century Sanskrit Manual on Hatha Yoga, written by Yogendra Swami Swat marama. Swami Swat marama belongs to Nath Sam pradaya, following Aadinath (The first Lord or Shiva), Matsyen dranatha, Gorakhnath etc. (A total of 35 earlier Hatha Yoga masters) [1]. It consists of four Upadesha (chapters) that includes Asana (postures), Pranayama, Kundali and Samadhi [2].

Gherand Samhita is a seventeenth- century Sanskrit text of Yoga, book is presented as a dialogue between the sage Gherand and his disciple 'king Chandakapali' [3]. It consists of seven Updesha (chapters) that includes Shatkarma, Asana, Mudra, Pratyahara, Pranayama, Dhyana and Samadhi. It includes Shatkarma (six cleansing techniques), thirty-two Asanas, twenty-five Mudras and ten Pranayams [4].

Besides attaining Moksha (salvation), there are number of health (physical and mental) benefits which are mentioned for Asana, Pranayama, Moola bandha, Shatkarma and other procedures. Examples are, Asana is the first step of Hathayoga, which produces lightness of the body, enhances strength and health [5]. Shavasana relives tiredness and relaxes mind [6]. 'Vyadivinashkari,' 'Sarvavyadhi Vinashnam' and 'Sarvarogavinashnam' for Padmasana, Bhadrasana and Bhujangasana all means destroys diseases for 'Padmasana' and means destroys all diseases for Bhadrasana [7]. If 'Pranayama' is practiced in a proper way, it is capable of curing all the diseases [8]. Suryabhedana

Pranayama does the purification of vitiation of Kapha (sinuses), alleviation of Vata and destruction of Krimi (worms/ infections) [9]. Trataka destroys all eye diseases and give good vision [10]. Kapalbhati dries off Kapha Dosha [11]. The most important branch of Ayurveda i.e. Kayachikitsa has been known as Agni Chikitsa. Kaya and Agni have been informed to be synonyms to each other. Jatharagani (digestive capacity) is of four types viz., Manda, Tikshana, Vishama, and Sama, first three are due to the predominance of Kapha, Pitta and Vata respectively and the fourth one i.e. Samagni is due to the normalcy of all the three [12]. Acharya Charaka has particularly stated that almost all the diseases are caused due to Mandagni. Many of the techniques/ procedures balances Agni and prevents almost all the metabolic disorders. Psychosomatic disorders and disorders related to enzyme and hormone dysfunction are also prevented. Immune system is further strengthened. Hygienic measures (Shodhana procedures) mentioned have Anti-ageing effects. Preventive and Promotive aspects of procedures mentioned in both Samhitas

2. Need of the study

1. Scope of research in daily purification/ hygienic procedures is to be identified in Hathayoga Pradiipika and Gherand Samhita. Reference based study protocols are easily accepted for clinical trials.
2. Procedures/ methods mentioned in Hathayoga Pradiipika and Gherand Samhita were done daily for healthy living. Research and evidence-based studies put faith in traditional

practices/ hygienic measures. Research would help to readopt such measures to ensure healthy living. It will also helpful to reject any false believe, if persist.

3. Material and Methods

1. Study is literary review based on material available in Hathiyoga Pradipika and Gherand Samhita.
2. Direct and indirect references for preventive, promotive and curative medicines/ methods/ procedures in the form of Asana, Pranayama, Moola, Bandha etc. are

located, extracted, analyzed and projected.

4. Aims and Objectives

1. To locate and extract the research references mentioned in Hathiyoga Pradipika and Gherand Samhita.
2. To analyze and project the research topics mentioned in Hathiyoga Pradipika and Gherand Samhita in the field of preventive and curative medicine for upcoming scholars.

5. Conceptual Study and Observations

Table 1: References for Gherand Samhita

S.No.	Quotation	Kriya/Asana/Procedure	Reference
1.	Jaramarnam (prevents ageing and death)	Jivha Shodhana (Tongue cleansing)	1/29
2.	Kapha Dosh Nivaryete (expels Kapha humor)	Jivha moola Dhauti (cleaning base of the Tongue)	1/30
3.	Kapha Dosh Nivaryete (expels Kapha humor)	Kapal randhra Dhauti (cleansing external ear)	1/35
4.	Kapha Pitta tatha Kleda Rechyeda urdhava Vartmana (expels phlegm, bile and moistness form upper body)	Danda Dhauti (cleansing through stick)	1/38
5.	Kapha Pitta Nivaryete (expels phlegm and bile)	Vaman Dhauti (purification of upper GI tract through water emesis)	1/40
6.	Gulma Jwara Pliha Kushta Kapha Pitta Vinashyati (Destroys abdominal lump, fever, splenic diseases, skin diseases, phlegm and bile)	Vasa Dhauti (purification of upper GI tract using cloth)	1/42
7.	Apana Krurta Tawa danmoolam na Shodhyete (diseases related with Apana Vayu)	Moola Shodhana (cleaning anal canal and rectum)	1/43
8.	Koshtha Kathinya Amajirna Nivaryete Kanti pushti Vahnimandal Deepanam (relieves constipation and indigestion, improves skin texture/ quality and increases digestive power)	Moola Shodhana (cleaning anal canal)	1/45
9.	Pramehacha Udavarta Krura Vayu Nivaryete (relieves diabetes/ diseases related to urinary system, abdominal distension and constipation)	Jala Basti (water enema)	1/48
10.	Koshtha Dosha Na Vidhte, Vivardhyete Jatharagni, Amavata Vinashyet (Doshas present in abdominal regions are pacified, increases digestive fire, destroys arthritis)	Sthala Basti (air enema)	1/50
11.	Kapha Dosh Vinashyanti, Divya Drishti Prajayate (destroys phlegm, brings divine sight/ improves eyesight)	Neti (Nasal cleansing)	1/52
12.	Netraroga Vinashyanti, Divyadrishti Prajayate (destroys diseases related to eye, brings divine sight)	Trataka (eye gazing)	1/55
13.	Kaphadosha Nivaryete (pacify phelgm)	Kapalbhati Karma (Vatakarma, Vyutkarma, Sheetakarma) (Yogic breathing technique)	1/56
14.	Bhavet Sarva Vyadhi Vinashkam (destroys all upcoming diseases- a preventive aspect)	Bhadrasana (The Gracious pose)	2/10
15.	Bhavet Sarva Vyadhi Vinashkam (destroys all upcoming diseases- a preventive aspect)	Sinhasana (The loin pose)	2/15
16.	Deha Agnikaram (maintains digestive fire)	Makarasana (The crocodile pose)	2/39
17.	Deha Agni Vardhyate Nityam Sarvaroga Vinashnam	Bhujangasan (The snake pose)	2/42
18.	Ksheyaj Kasa, Udavarta Pliha Jirna Jwara (destroys emaciation, cough, obstruction of the bowels, splenomegaly, indigestion and fever)	Mahamudra (The Great Yoga gesture)	3/8
19.	Jaravinashni Mudra (wards off old age)	Moola Bandha Root/base locking technique)	3/15
20.	Jaramarannashna (prevents ageing and death)	Maha Bandha (The great lock)	3/20
21.	Na Mrityuto Bhayam Tasya Na Jara (No fear of death nor does he become old)	Mahavedha (The Great piercing attitude)	3/24
22.	Na cha Murcha kshudha Trishna Naevalasya, Na cha rogo Jara Mrityu (one neither suffers from loss of consciousness, nor he feels hungry, thirsty or lazy, disease, old age and death are overcome)	Khechari mudra (The tongue lock gesture)	3/28 G.S
23.	Jara Mrityuscha Nashyeta (old age and death can be over powered)	Vipritakarni (The reverse/ inverted doing gesture)	3/36
24.	Chirjivnaya (long lived)	Vajroni mudra (The thunder bolt attitude)	3/45
25.	Jara Mrityu Vinashini (destroys old age and death)	Tadagi Mudra (the raised lotus gesture)	3/61
26.	Valitam Palitam Naeva Jayte Nitya Yauvanm, Na Kesho Jayte Paako (no wrinkles, graying of hairs and old age occurs and enjoys perennial youth)	Manduki Mudra (The frog gesture)	3/63
27.	Guhyaroga Vinashini, Balapushtikari Chaeva Akaalamarnam (destroys diseases related anal and rectum, provides strength and nourishes body, prevents early death)	Ashvini Mudra (The horse gesture)	3/83
28.	Bal Pushti (provides strength and nourishes body)	Pashini Mudra (The noose like gesture)	3/86
29.	Sarva Roga Vinashini (destroys all diseases)	Kaki Mudra (crows beak gesture)	3/86
30.	Jara Mrityu Vinashini (destroy old age and death)	Matangini Mudra (elephant gesture)	3/89
31.	Jara Mrityu Vinashini (destroy old age and death)	Bhujangini Mudra (cobra gesture)	3/92
32.	Udara Roga Ajirradi Visheshata (destroys diseases of stomach particularly indigestion)	Bhujangini Mudra (cobra gesture)	3/93
33.	Sarva Vyadhi Vinashkam, Jatharagni Vivardhnam (destroys all diseases, potentiates digestive fire)	Mudra (gesture)	3/97

34.	Kasa, Shavasa, Pliha Kushtha, Shleshma Vikara Nashaka (destroys cough, respiratory problems, twenty diseases of phlegm)	Mudra (gesture)	3/99
35.	Deha Anila Vivardhyet, Jara Mrityu Vinashaka (Increases bodily fire and destroys old age and death)	Surya Bhedhak Kumbhaka	5/67
36.	Amavata Ksheya Kaso Jwara Pliha Na Vidhyte, Jara Mrityu Vinashaya (destroys arthritis, emaciation, cough, fever, prevents splenomegaly and destroys old age and death)	Ujjayi Pranayama (Ocean breath technique)	5/71
37.	Ajirna Kapha Pittacha Naeva Tasya Prajayate (cures indigestion, disorders due to phlegm and bile)	Sheetali Pranayama (Hissing breath respiration technique)	5/73

Table 2: References for Hatha Yoga Pradipika

S. No.	Quotation	Kriya/Asana/Procedure	Reference
1.	Jatharapradeepti (increases digestive fire)	Matsyendrasana (The lord of fish pose)	1/27
2.	Rogan Ashu Gulma Udarahenam, Jatharagni Jaryete	Mayurasana (The peacock pose)	1/31
3.	Kayasya krishta Kantistada Jayet Nishchitam (cures emaciation, glow, improves psychosomatic disorders)	Nadi Shudhi (Alternate nostril breathing technique)	2/19
4.	Vayuranasya Pradeepanam (increases digestive fire/ good for metabolic disorders)	Nadi Shudhi (Alternate nostril breathing technique)	2/20
5.	Meda Shleshmadhika Purvaam Shatkarmani Samacharet (purifies body and cures excessive fat and phlegm)	Shatkarma (six yogic cleansing technique)	2/21
6.	Pliha Kushtha Kasa Shavasa Kapha Rogashch Vinshati (cures diseases related to spleen, skin, cough, asthma and phlegm)	Dhauti Karma (purification through water)	2/25
7.	Gulma Plihodaram Chapi Vatapitta kapha Udhabhavam, Kanti Dahan Pradeeptim (abdominal distention, diseases related to spleen, pacifies Vata, Pitta and Kapha disorders, improves glow, increases digestive fire)	Vasti karma (enema)	2/27
8.	Kapala Shodhani, Divya drishti Pradayani, jatru Urdhavajata Rogadham (promotes eye sight)	Neti Karma (Nasal cleansing)	2/30
9.	Mochanam Netra Roganam Tandradinam Kapatkam (cures eye disorders, overcome laziness and excessive sleep)	Tratak (eye gazing)	2/32
10.	Mandagni Sandipan Pachan, Ashesh Doshamaya Shoshani (increases digestive fire, relieves factors hindering digestion)	Nauli Karma (yogic cleansing involving rolling of abdominal muscles)	2/34
11.	Kapha Dosha Vishoshini (dries up phlegm)	Kapal Bhati (Yogic breathing technique)	2/35
12.	Sthaulya Kapha Dosha Maladikam (Cures obesity, phlegm, expulsion of body wastes)	Shat Karma (Six Yogic cleansing technique)	2/36
13.	Kapal Shodhanam Vatadoshahnam Krimidosahat (purifies head/cranial cavity pacifying Vata Dosha and infections)	Kumbhaka pranayama (retention of breath during yogic exercise)	2/50
14.	Shaleshmadoshaharam Kanthe Dehanal Vivardhanam (pacifies phlegm and increase digestive fire)	Ujjayi Pranayam (Ocean breath technique)	2/52
15.	Nadi Jalodar Dhatugat doshavinashnam	Ujjayi Pranayam (Ocean breath)	2/53
16.	Na Kshudha Na Trisha Nidra Naeva Alasyam Prajayate (overcome excessive thirst, hunger, sleep and tiredness)	Sheetkari Pranayam (Hissing breath respiration technique)	2/55
17.	Gulma Plihadikaan Rogan Jwaram Kshudam Trisham Vishani ()	Shitali Kumbhak (Breath cooling respiration technique)	2/58

6. Discussion

The above projected references can be taken for clinical trials to check their significance as hygienic measures for preventive, promotive and curative effects. For an example, a research work entitled "A Clinical Study to evaluate the effect of Jal Basti or Sheetkari Pranayam in Prediabetes" can be taken to study their effects on diabetes by intervention at pre diabetic stage or "To study the effect of Jala Basti in chronic constipation" could be considered.

Similarly, clinical studies for Neti and Trataka in improving eye sight can be studied. Procedures / techniques like Jivha Shodhana/ Jivha Moola Dhauti, Moola Bandha, Khechari Mudra, Vipritkarni, Vajroni Mudra, Tadagi Mudra, Matangini Mudra, Bhujangini Mudra, Suryabhedaka Kumbhaka and Ujjayi Pranayama could be studied as anti-ageing or for longevity in life or improving the quality of life. Promotive cosmetological effects of Moola Shodhana or Nadi Shudhi Pranayama or Neti Karma on skin can be studied. Effect of Vasa Dhauti or Jala Dhauti in skin disorders or in Respiratory diseases (COPD, asthma, Chronic bronchitis etc.) could be studied. Effect of 'Shatkarma' can be studied in Obesity or Kapha Roga.

One can study the effects of Matsyendrasana, Makarasana, Bhujangasana, Nauli Karma on Jatharagni. According to Ayurveda, Agni is a very important factor, regulating the

whole process of digestion. It is considered as a factor in keeping oneself healthy or diseased i.e. Samagni has been accepted as of the criterion of the positive health & its balance is the basic factor of the disease condition. All metabolic disorders are considered due to Agni deficit. Effects of postural correction through yogic postures or psychosomatic disorders can be studied in relation to Nadi Shodana Pranayama, Neti, Kapal bhati etc. Endless research possibilities could be done referencing Hath Yoga Pradika and Gherand Samhita.

7. Conclusion

1. Procedures explained in Hatha Yoga Pradipika and Gherand Samhita provides highest level of hygiene preventing infectious diseases as well as non-communicable diseases. These hygienic habits must be incorporated in an individual during early child hood as their daily routine.
2. Research possibilities ranges from digestive problems, hormonal and enzymatic disbalances, hygienic measures to prevent fungal and bacterial infections up to psychosomatic disorders could be studied referencing Hatha Yoga Pradipika and Gherand Samhita.
3. Yoga and Ayurveda had same emergence; hence it is advised to observe the studies on Ayurvedic parameters

for better understanding. However, observing the parameters on modern science will help acceptance of these hygienic procedures worldwide.

4. Yogic procedures provide and fulfill preventive, promotive and curative aspects of health.

8. References

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