



The importance of hatha yoga for health in modern lifestyle with special reference of selected aasanas

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Abstract

Yoga is the union of mind, body and spirit. It helps to establish a connection with one's inner self. Yoga practice includes stretching and balancing techniques, breathing, meditation and focusing on centering the mind and spirit. Hatha yoga is a system of physical exercise and breath control used in yoga. Asana, Pranayama, Bandha, Mudra, Trataka, Neti, Dhauti, Basti etc. in Hatha Yoga. Samadhi is attained on the basis of painstaking actions, hence it is called 'Hatha Yoga' but the texts on Hatha Yoga give a different etymology of the word 'Hatha Yoga'. Accordingly, 'H' means Suryanadi and 'Th' means Chandranadi. Suryanadi and Chandranadi are called breathing through the right and left nostrils respectively. They are also called Pingala and Ida. The union of these two is called Sushumna Nadi. This Sushumna Nadi has special importance in Hatha Yoga. Hence the yoga achieved by the union of Ha (Pingala) and Th (Ida) is Hatha Yoga. A radiant pulse called Kundalini resides in the body below the navel and above the Muladhara Chakra. The goal of Hatha Yoga is to awaken it and bring it to the Brahmarandhra in the head. This Kundalini awakening happens only through Sushumna Nadi. This is the importance of Sushumna Nadi.

Keywords: Hatha yoga, modern lifestyle, balancing techniques

Introduction

Some concepts of Hatha Yoga are found scattered in the Upanishads, Patanjala Yoga Sutras, Sridatta Mahatmya and other ancient literature. Machhindranath Matsyendranath (10th century CE) and Gorakhnath Gorakshnath (9th-10th century CE) of the Nath sect are considered to be the major masters of Hatha Yoga, but Gorakhnath has to be credited with establishing Hatha Yoga as an independent science. He wrote many books on Hatha Yoga. Among them Amaraughshasanam, Goraksha-paddhati, Goraksha Shatak and Siddhasiddhanta method are particularly famous. The next book Vasishtha Samhita must have been written after the twelfth century. In this book, like Patanjala Yoga, many subjects of Hatha Yoga are discussed. The next important treatise on hatha yoga is the 14th-15th century Hathapradipika alias Hathayogapradipika written by Swatmaram Yogindraya. This is a classic book on Hatha Yoga. The later book Gheranda Samhita of the seventeenth century is also a useful book on Hatha Yoga. The practice of Hatha Yoga is the practice of Nadi Shuddhi. Nadi is the channel through which the life force circulates in the body. It is believed in Hatha yoga that there are 72,000 such nadis in the body and a network of them is formed. The above mentioned Ida, Pingala and Sushumna are the major nadis and other nadis are purified by them in pranayama sadhana.

Hatha yoga: Meaning and concept

Hatha is a Sanskrit word meaning 'ha', meaning sun and 'the' meaning moon. The practice of hatha yoga involves physical postures and breathing techniques that help balance the cosmic forces derived from the sun and moon, making it the most popular form of yoga. In many Western countries, hatha yoga is simply referred to as "yoga" and includes

other forms of yoga. Hatha yoga is a great way to start your yoga journey. It is a slow style of yoga and is an excellent approach to techniques and exercises. Hatha yoga includes the following actions.

1. Asana or yoga posture/pose
2. Pranayama Breathing Techniques)
3. Mantra chanting or recitation)
4. Mudra hand gestures)
5. Shat Kriya Cleansing Technique)
6. Visualization

Importance of hatha yoga

If there are disorders like vata-pitta-kapha, obesity in the body, it must be removed properly. There are six remedies for this. Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati were performed. After that, the important parts of Hatha Yoga practice were Asana, Pranayama, Bandha, Mudra and Nadanusandhana. When the body and nadis are purified by the six actions, then the asana has to be proved. Asana is standing still in a particular position of the body. According to Gorakhnath, there are eighty four lakh asanas as there are vaginas of animals and Lord Shiva has mentioned 84 asanas in representative form. Swatmarama gives a detailed description of 15 asanas and gives special importance to four asanas namely Siddhasana, Sinhasana, Padmasana and Bhadrasana. These asanas help increase the strength and flexibility of the spine.

Pranayama is the core of Hatha Yoga. Prana (breath) and mind are closely related. Mind control is possible through prana control. A completely still and calm state of mind is Unmani or Manonmani. Hatha Yoga believes that this state can be achieved through the practice of Pranayama. Various types of kumbhaka (inhalation) and rechaka (exhalation) and

their benefits are explained in Hatha Yogapradipika. Keeping the body in a certain posture (bandha) or having a certain posture (mudra) while doing pranayama has special benefits. In accordance with this comes the interpretation of Bandha and Mudra. There are descriptions that through the practice of pranayama, bandha, mudra one can reach the unmani state, the kundalini is awakened, and the sound of anahata is heard. After achieving Shatkarma, Asana, Mudra, Bandha and Pranayama, the seeker turns to pratyahara, dharana, meditation, samadhi etc. While progressing in Hatha Yoga, the Yogya begins to hear a subtle sound like the chime of bells. Continually concentrating on this sound is sound research. Nadanusandhana is an important form of meditation in Hatha Yoga.

Swatmarama has made a distinction between Hatha Yoga and Raja Yoga. This is the ultimate goal of yoga. Swatmaram believes that Hatha Yoga is a tool of Raja Yoga.

The practice of Hatha Yoga is mainly practiced in the Shaivite sect. Apart from the Nath-Yogas, Buddhists also adopted the practice of Hatha Yoga. In science he considered the mind to be the truth and the meditation prescribed for its concentration is the same process as in Hatha Yoga.

The technique of Hatha Yoga is to be achieved under the guidance of a suitable Guru. Doing Hatha Yoga in the wrong way is dangerous. Possible mistakes in hatha-yoga and their remedies have also been discussed by Swatmarama in the last chapter of Hatha-Yoga Pradeepika. See: Pranayama Yoga Yogasane Samadhi.

Various asanas in hatha yoga

1. Vrikshasana

An important asana in yoga is Vrikshasana. Vrikshasana is called Tree Pose in English language. As these Asanas were designed with inspiration from the position of trees, they got the name Vrikshasana. Regular practice of this asana keeps the balance in the body. It also helps to increase endurance. Vrikshasana is a Sanskrit word. It literally means a tree, i.e. a seat like a tree. In this asana, the yogi's body takes the place of the tree, and just as the tree rests in one place on the ground, the yogi tries to imbibe the same gravity and immensity of the tree. Vrikshasana is a yoga pose that helps in providing stability, balance and endurance to your body. Do this asana at least 5 times on each leg. Vrikshasana is the primary level posture of Hatha yoga. It helps improve balance in the body, strengthens ligaments, muscles and tendons in the legs and feet, tones the glutes and hip bones and improves concentration.

Benefits of Vrikshasana

1. Vrikshasana strengthens the spine. As a result, the nervous system also becomes stronger.
2. This posture stabilizes the body. It helps to keep the body balanced.
3. The neuro-muscular junction between the neuron terminal and the muscle fiber is strengthened.
4. Vrikshasana tones the leg muscles.
5. The ligaments and tendons in the legs become inflamed.
6. Knees become flexible so movement never becomes difficult. The joints near the hip become loose.
7. Eyes, inner part of ears and shoulders become strong.
8. Helps to overcome the serious disease of sciatica.

9. Vrikshasana is also advised to get rid of the problem of flat fit.
10. Vrikshasana is practiced to make the body flexible. This asana keeps the body stable.
11. Vrikshasana improves concentration. Helps to improve mental condition.
12. This asana makes the chest firm and stretches the chest area.

2. Tadasana mountain pose

Tadasana is performed at the beginning of an asana yoga session. This is the best yoga pose for stretching and preparing the body for yoga. Although this asana is done for a warm-up, this asana has many health benefits. It can also tone your abs. Yoga scholars believe that Tadasana is the basic asana of all asanas. This asana not only works the muscles but also helps improve posture. This asana relieves body pain and also helps relieve back pain experienced by desk workers in the office. It strengthens the lower half of the body, improves posture, increases blood circulation and removes any tension in the body. This mudra is beneficial for increasing overall energy levels to increase lung capacity.

3. Uttanasana standing forward bend pose

Uttanasana is a Sanskrit word. It literally means stretching posture or stretching posture. This asana not only heals your body but also rejuvenates the body. During Uttanasana, the head is below the heart. Therefore, the blood flow starts towards the head instead of the legs. Due to this, blood and oxygen reach the brain in good quantity. Uttanasana is an asana considered moderately difficult in the Hatha yoga style. The duration of this asana should be between 15 to 30 seconds. It does not require any kind of repetition. Practicing Uttanasana strengthens the knees and thighs as well as stretches the hips, hamstrings and calves.

4. Setu bandhanasana bridge pose

A bridge is called Setu in Sanskrit. A bridge or bridge connects a remote place or river bank. This asana also helps to balance your mind and body. As the function of the bridge is to transport and bear pressure, this asana helps to reduce tension in your body. In Setu Bandhanasana, the heart comes above the head. This increases blood flow to your head. It helps us reduce anxiety, fatigue, stress insomnia, headaches and mild depression. Regular practice of Setu Bandhasana calms the mind and keeps the blood pressure normal. It also helps in clearing blockages in the chest along with increasing lung capacity. Asthma patients are also advised to do this asana daily. It helps stretch the back, spine and neck and relieves aches and pains in these regions. This asana relieves stress, calms the nerves and reduces depression and insomnia.

Benefits of setu bandhasana

1. Creates good tension in the chest, neck and spine.
2. Digestive power is increased by improving digestion.
3. Useful in ailments like anxiety, fatigue, back pain and insomnia.
4. Help to make the spine flexible.
5. Useful for calming the mind.
6. Increases lung function and beneficial in thyroid disorders
7. Improves blood flow in the body.

5. Veerabhadrasana power yoga)

In yoga, Virabhadrasana is called the warrior's pose. This asana (Power Yoga) is considered as the base of Power Yoga. Virabhadrasana is considered a beginner level asana. Virabhadrasana is also known as Warrior Pose in English language. It is also known as the seat of warriors. People who want to gain strength and energy in the body are advised to practice Virabhadrasana.

Benefits of veerbhadrasana

1. Improves The Function Of The Respiratory System
2. Improves The Circulatory System
3. Keeps The Entire Body Muscles Fit
4. Flexes The Hips, Knees And Ankles
5. Improves The Joints While Flexing Them
6. Tones the Entire Body With The Deep Stretch
7. Develop Strength with Confidence
8. Overall Flexibility Of The Body Improves

6. Adho mukha shvanasana downward dog pose)

According to yoga science, Adhomukh Shvanasana is a yoga posture derived from dogs. Dogs often stretch in this posture to relieve body fatigue. Believe me, it is the best asana for stretching the body. If the position of the body in Adhomukh Shvanasana is exactly reversed, it becomes Naukasana. We know that Naukasana not only strengthens the lower abdominal muscles in the body but also supports the spine. Yoga practitioners get many benefits from it. It helps to strengthen and stretch the muscles in the body. Practicing this asana can also reduce excess belly fat within a few days.

Benefits of adhomukh shvanasana

1. Adhomukha Shvanasana has the exact opposite of the body pose that resembles Naukasana. We all know that Navasana supports the spine along with strengthening the lower abdominal muscles in our body. A person who practices upside down breathing also gets the same benefit. It helps in strengthening and stretching the muscles in the body.
2. We usually don't pay attention to this. But in Adhomukha Shvanasana, the position of the head is below the heart. Your hips are lifted upwards. In this asana, the blood flows towards the head with the help of gravity. Hence this asana can help improve blood flow.
3. Even though the whole body is not bent during Adomukha Shvanasana, the inner muscles of the body get a good massage. Bending your legs puts pressure on your digestive system. This asana affects the internal organs of the body including the liver, kidneys and spines.
4. When you practice Adhomukh Shvanasana, your body weight rests entirely on your arms and legs. This strengthens the muscles of both the limbs and helps balance the body.
5. This asana helps us relax and calms the brain. Adhomukh Shvanasana helps fight anxiety. During the practice of this asana, the neck and cervical spine are stretched. This asana helps to reduce your stress.

7. Salabhasana locust pose)

Shalabhasana is a Sanskrit word, which is composed of two words, in which the first word means 'locust' and the second

word asan means 'mudra', i.e. Shalabhasana means having a nostril-like posture. Shalabhasana is the basic level posture of Hatha yoga. This asana is called Grasshopper Pose (Locust Pose or Grasshopper Pose) in English. Regular practice of this asana strengthens the spine. Shalabhasana may be difficult for people who are just starting yoga, but with regular practice this asana can be learned easily.

Benefits of salabhasana

1. Shalabhasana is known as a good asana for weight loss. This yoga pose helps in burning fat from your body.
2. Shalabhasana is very beneficial for strengthening the muscles in your body. Doing this asana strengthens the arms, legs, pelvis and bones of our body. Along with this, Shalabhasana works to keep your body healthy by reducing belly fat. Also, Shalabhasana is a very good yoga pose for strengthening the spine.
3. Shalabhasana can cure many types of diseases. It improves the digestive system of your stomach, thus preventing stomach related diseases and also relieves constipation. Maintains the balance of acid and alkali in our body. It also helps in improving urinary disorders and cures spinal diseases.
4. Shalabhasana keeps your entire body healthy. This mudra activates the entire body. Increases blood circulation in our body. By doing Shalabhasana, many diseases are kept away from us.

Benefits of practicing hatha yoga

Regardless of style, the goal of yoga is to improve one's strength, flexibility, and balance. Additionally, each form of yoga can also provide aerobic conditioning to the body. Some of the benefits of practicing Hatha Yoga can be mentioned as follows.

1. Hatha yoga improves sleep duration and sleep quality. For all those who experience insomnia, try Hatha Yoga to enjoy a good night's sleep and wake up refreshed every morning.
2. Yoga is a form of exercise and like any other activity, practicing hatha yoga helps reduce cortisol levels (released during stressful situations). Hatha yoga is effective for people who want to relieve their chronic stress.
3. All forms of yoga, including Hatha yoga, help improve balance and core strength, which is essential for all age groups.
4. Yoga, especially Hatha yoga, is excellent for relieving back and neck pain because it improves posture and strengthens core and back muscles. Regular practice of this style of yoga helps correct postural and spinal imbalances.
5. Practicing Hatha yoga improves the flexibility of the spine and hamstrings, especially in the elderly. Postures and combinations of postures help increase and maintain the range of motion of various joints in the body and improve muscle flexibility.
6. Apart from physical and mental strength, Hatha Yoga works to improve mindfulness. Most people who practice Hatha Yoga feel refreshed and motivated to engage in physical activity and lead a healthy life.

Conclusion

Hatha yoga is probably the most popular form of yoga today. In the 15th century, the compilation 'Hatha Yoga

Pradipika' introduced Yogi Swararma. Hatha Yoga mainly lays the foundation for physical purification of the body which prepares students for higher levels of meditation. Hatha yoga falls into two branches of yoga that focus on physical exercise, while the other is an attempt to bring balance between the mind and body through the physical points identified through raja yoga asanas, breathing exercises, body purification and meditation, and mental and physical relaxation. Asanas help to increase physical strength and improve the physical health of the body.

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