

## **Yoga Poses to balance Panch Maha Bhuta & to cure Diseases**

**Meena Jain**

Mohanlal Sukhadia University, Udaipur, Rajasthan, India

### **Abstract**

The purpose of this study, is to create awareness, that Yoga Poses (Postures) can be beneficial in Balancing & Purifying -- The Five Great Elements (Panch Maha Bhutas), in human body, as Preventive & Curative therapy, for many a Diseases.

Yoga Practices, includes physical exercises, Yoga Asanas (Poses), Breathing Regulations (Pranayama), Deep Relaxations (Shavasana), Meditation (Dhayan) & Yoga Life Style Modifications, including Food & Eating Habits. The main object of Yoga Practices is to maintain Balance between these Panch maha Bhutas, using Yoga Poses as remedy, to become Healthy.

**Keywords:** yoga poses, panch maha bhutas, balance, human body, diseases

### **Introduction**

“Yogen Chittasya Paden Vacha Malam  
Sharirasya Cha Vaidya Kena  
Yopakartham Pravaram Muninam  
Patanjalim Pranjali Ranatosmi”

Yoga asanas, Pranayamas, Meditations and Kriyas helps us: to purify & balance all these Panch Maha Bhutas, in proper distribution of energy into these Bhutas within, & to unfold the Inner Powers & Abilities of every Maha Bhutas to restore the balance for good health.

According to Hindu Mythology, every living thing is made up of the Five Basic Elements; in Sanskrit, we call them Panch Maha Bhutas. These are:

Earth Element (Prithvi Maha Bhuta)

Water Element (Jala Maha Bhuta)

Fire Element (Agni Maha Bhuta)

Air Element (Vayu Maha Bhuta)

Space Element (Aakash Maha Bhuta)

The Human Body is made up of these Panch Maha Bhutas. Shape & Structure of human body is decided by the composition ratio of these Panch Maha Bhutas. Purity & Balance between these Maha Bhutas is required to keep human body healthy. Stressed lifestyle, Improper food & eating habits results in an imbalance and pollute the Panch Maha Bhutas, which leads to health disorders, i.e., diseases. That's why knowledge of Panch Maha Bhutas is very essential to understand the laws of nature and to use the Yoga Poses to purify & to create proper balance within to attain greater Health, Energy, Wisdom, and Knowledge & Happiness.

Some of the Pranayamas may be used to identify the imbalance of Maha bhutas (Elements) in the body. Maintaining awareness of these, during Yoga Practices - Asanas, Meditation provides proper distribution of the energy into the elements.

### **Panch Maha Bhutas**

**Earth Element (Prithvi):** It is solid, comprehensive, dense & hard. It provides physical shape, structure & strength to the bones, muscles, tissues, teeth, nails etc. It can be heard, smell, taste, feel & sight.

**Water Element (Jala):** It is liquid. It has qualities of liquidity, binding, adhesion, cooling, etc. Blood, urine, saliva belongs to Water Element. It can be heard, Taste, Feel & Sight, but not smelled.

**Fire Element (Agni):** It is a force, which can transform the substances to different stages. Penetration, digestion of food, conversion of thoughts, belongs to Fire Element. It can be Heard, Felt & Sight.

**Air Element (Vayu):** It is in Gaseous state & provides movement, motion, sensitivity, cooling, etc. Oxygen in lungs, etc. & carbon dioxide, bloating belongs to Air Element. It can be Heard & Felt.

**Space/Ether Element (Aakash):** It represents the hollow areas, which provides freedom to movement & is immeasurable & subtle. Skull cavity, which holds brain, abdominal cavity, which holds many organs, Ear, belongs to Space Element. Physical Attraction, Fear are the examples. It can be felt only.

The Natural order of these Panch Maha Bhutas, in our body is as follows:

Earth & Water -- The Base (Below Navel)

Fire -- The Middle (Torso)

Air & Space -- The Upper Body (Chest & Throat).

Any Impurity or any Imbalance in composition ratio of these Panch Maha Bhutas may cause Diseases or Illnesses.

### **Benefits of Yoga Poses**

#### **To balance & purify the Panch Maha Bhutas**

Yoga is one of the most powerful remedy / therapy, which can provide the harmony to those Bhutas which are natural enemies.

Hatha Yoga Pradipika states in Chapter 1, sutra 17, that “Asanas give steadiness of body & Mind, flexibility of Limbs & absence of Diseases.”

Hatha Yoga Pradipika also states that Matsyendra & Pashchimottana asanas can increase digestive fire. Static poses tend to be more cooling, stabilizing, slowing the metabolic fire.

Vayu Bhuta is the most powerful of all the bhutas, to clean toxins from our body, by focusing on our breathings, during Yoga Practices.

Yoga Poses helps, to purify these bhutas & to restore the balance & Health.

### **Yoga Poses to Balance Panch Maha Bhutas**

**Earth Element (Prithvi Maha Bhuta):** Diseases associated with Prithvi Bhutas are Skin diseases, Bone diseases, Tumors, etc. There are many ways to bring balance to Earth Element (Prithvi Bhuta), in Yoga practices some are as follows:

**Mountain Pose (Tadasana):** It may be the best asana to help to connect with earth by Body, mind & breath. It is also a great foundational pose for all these standing Poses. If practiced regularly, it may improve posture & stability.

**Tree Pose (Vrikshasana):** It is also a foundational pose that teaches to connect with earth. It may improve concentration & strengthen leg muscles.

**Childs' Pose (Balasana):** It is a comfortable pose to start or end Yoga sequence, because it allows to centring the Yogi. This asana releases stress.

**Water Element (Jala Maha Bhuta):** Diseases associated with are related to Blood, urine, Eye, etc. There are many ways to correct the Jala Maha Bhuta in Yoga Practices, some are as follows:

**Bound Angle Pose (Badhakonasana):** Also known as Butterfly asana. It is a great pose in opening of inner thighs, knees & groin area. It releases stress in lower back. Imbalance of water element can be felt in hips (tight or weak) & this pose is a remedy to it.

**Frog Pose (Mandukasana):** It is a great pose to focus on pelvis. This is very simple but is intense pose.

**Pigeon Pose (Eka Pada Rajakapotasana):** This is also an intense hip opener pose, work to release stress & unprocessed emotions.

**Air Element (Vayu Maha Bhuta):** Diseases associated with are pneumonia, cough, mucous, congestion, other respiratory infections, fainting, dizziness, etc. There are many ways to balance Air Elements, by Yoga Practises, some are as follows:

**Easy Pose (Sukhasana):** It is a seated pose. Focus on breathing is very important in this pose, to get best results.

**Cobra Pose (Bhujangasana):** it is a startup pose in Yoga Sequence to open chest. The air element embodied in the breath chest, to expand lung capacity.

**Bow Pose (Dhanurasana):** It is also a great pose to open up the chest & to connect the air element. In this pose, the torso and the legs represent the body of the bow and arm the string.

**Fire Element (Agni Maha Bhuta):** Diseases associated with are Heart & Circulatory system. There are many ways

to balance fire Element in Yoga Practices, but some are as follows:

**Sun Salutation (Surya Namaskar):** Sun Salutation is a series of 12 poses to flow through. It is a great sequence to tap into the internal fire & warm up the muscles from the poses.

**Tiger Pose (Vyagrasana):** This is a great pose to strengthen the core. It allows the body to generate heat from within.

**Chair Pose (Utkatasana):** This pose stimulates abdominal muscles. Just after a few breaths, we can feel the heat generating from within.

**Space Element (Aakash Maha Bhuta):** Diseases associated with Tissue Destruction, hearing loss, voice loss, etc are because of imbalance of Space element. There are many ways to bring balance to the Space element in Yoga Practices, some are as follows:

**Lion Pose (Simhasana):** This poses stretches the face muscles to help teeth & Jaw issues. It also brings awareness & strength to the muscles of neck to make space for sound.

**Camel Pose (Ushtrasana):** It is a more advance pose. This pose brings energy to throat area, to create space for many functions.

**Corpse Pose (Shavasana):** This is really a great pose to end all Yoga Practices. It will connect the Yogi with the expansiveness & stillness of the space element.

### **Conclusion**

The purpose of Yoga poses is to create harmony & balance in the physical, vital, mental, psychological & spiritual aspects of the Human beings, by balancing the Panch Maha Bhutas.

According to Taittiriya Upnishad, Space comes from the Supreme Soul. Air from Space, Fire from Air, Water from Fire, Earth from Water, Vegetation from Earth, Food from Vegetation & Human beings from Food.

This is how we all are connected, to get balanced.

Imbalance of any will create problems (Diseases).

And the same is within the human body, where Panch Maha Bhutas are playing their role as an individual or in combination with one or more.

By balancing these Panch Maha Bhutas, in Yoga Practices (Poses), human body may be able to connect with inner selves, environment & the Universe. Yoga Practices (Poses) will be beneficial in the treatment of many diseases, such as, respiratory disorders, cardiovascular diseases, Endocrinal, Musculoskeletal, depression, Anxiety, Stress disorders, etc.

Thus, we may conclude that Yoga Practice (Poses) is not merely a practice, it is the most scientific way of living, to restore balance & harmony in Panch Maha Bhutas, which leads to good health.

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