



AN INITIATIVE BY
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www.iasgateway.com

YOJANA

JUNE - 2019

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YOGA AND ALTERNATIVE SYSTEM OF MEDICINES

YOGA THE ART OF BEING AND THE SCIENCE OF WELL BEING

Introduction:

- ▶ Yoga is an inner science comprising of a variety of practices and methods through which human beings can achieve a union between the body and the mind to attain self-realisation.
- ▶ The aim of yoga practice (sadhana) is to overcome and endure all kinds of sufferings that leads to a sense of freedom in Every Walk of life with holistic health, happiness and harmony.
- ▶ Yoga is a perfect Wellness module as it is comprehensive and holistic in its nature. Yogic Principles of Wellness help to strengthen and develop positive health enabling us to withstand stress better.

Scientific Studies on Yoga:

- ▶ Modern day lifestyle has brought in many challenges to health and has become a major cause for many ailments among people across globe.
- ▶ Stress, improper dietary habits and sedentary living have led to decline in health, performance and led to diseases such as diabetes, asthma, cardiovascular diseases, metabolic disorders and cancer.
- ▶ Yoga is useful in combating these disorders and shows that science and spirituality need not always be treated as separate entities. Yoga has the potential to solve the lifestyle problems and psychosomatic diseases.
- ▶ The studies indicate improvement in physical and cognitive performance, body flexibility and distress tolerance. It also strengthens our immunity thereby preventing diseases.

Traditional Schools/Kinds of Yoga:

- ▶ These include Jnana Yoga, Bhakti Yoga, Karma Yoga, Patanjali Yoga, Dhyana Yoga, Mantra Yoga, Laya Yoga, Raja Yoga, Jain Yoga, Buddha Yoga etc.

Fundamental of Yoga:

- ▶ Yoga works on the level of one's body, mind, emotion and energy.
- ▶ This has given rise to four broad classifications of Yoga; Karma Yoga where we utilize the body; Jnana Yoga, where we utilize the mind and intellect; Bhakti Yoga where we utilize the emotion and Kriya Yoga where we utilize the energy.
- ▶ All ancient commentaries on Yoga have stressed that it is essential to work under the direction of a guru.

Yogic Practices for Well-Being:

- ▶▶ The widely practiced Yoga sadhanas are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, Bandhas and Mudras, Shat-karmas, Yukta-ahara, Mantra-japa, Yukta-karma etc.
- ▶▶ Yama's are restraints and Niyama's are observances. Asanas, capable of bringing about stability of body and mind.
- ▶▶ Pranayama consists of developing awareness of one's breathing followed by willful regulation of respiration as the functional or vital basis of one's existence.
- ▶▶ Pratyahara indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects.
- ▶▶ Dharana indicates broad based field of attention (inside the body and mind) which is usually understood as concentration.
- ▶▶ Dhyana (mediation) is contemplation (focused attention inside the body and mind) and Samadhi (integration).
- ▶▶ Bandhas and Mudras are practices associated with Pranayama. They are viewed as the higher
- ▶▶ Yogic practices that mainly adopt certain physical gestures along with control over respiration.
- ▶▶ Shat-karmas are detoxification procedures that are clinical in nature and help to remove the toxins.

Promotion of Yoga:

- ▶▶ **UNESCO** inscribed yoga in the representative list of Intangible Cultural Heritage of Humanity. Yoga was inscribed in UNESCO's list of Intangible Cultural Heritage of Humanity during the 11th
- ▶▶ session of the Intergovernmental Committee for the safeguarding of the Intangible Cultural
- ▶▶ Heritage held in Addis Ababa, Ethiopia in December 2016
- ▶▶ **Inclusion of Yoga in National Health Policy 2017:** The National Health Policy 2017 recommended introduction of Yoga in school and at work places as part of promotion of good health.
- ▶▶ In order to promote Yoga as a part of school curriculum Yoga education was made compulsory by National Council for Teacher Education (NCTE), a statutory body under Ministry of Human Resource Development, through its 15 Teacher education programmes.
- ▶▶ **Yoga Certification Board:** Established by ministry of AYUSH for certification of yoga professionals and accreditation of Yoga institutions and personnel Certification Body.
- ▶▶ **National Eligibility Test (NET)** in Yoga has been conducted for Lectureship and Research Fellowship.

- ▶ **Ministry of External Affairs (MEA)** under auspices of Indian Council for Cultural Relations (ICCR) also deputed Yoga teachers to Indian missions for imparting training to local students and teachers.
- ▶ **National AYUSH mission:** It inter-alia makes provision for the following: -
 1. Upgradation of exclusive State government AYUSH hospitals and dispensaries including Yoga.
 2. Setting up of up to 50 bedded integrated AYUSH Hospital including yoga.
 3. Under the flexible components of the scheme of NAM, provision has been made for Grant- in-aid to the yoga Wellness centres.

Conclusion:

- ▶ Yoga is a science and a way of healthy living, which helps to achieve a harmonious personality.
- ▶ Cost of medicine is going beyond the reach of poor and middle-class people. The holistic wisdom of yoga and other ancient health systems offers the necessary wisdom, experience and capabilities that are crucial for such transformational change.
- ▶ Yoga is proving to be the most desirable traditional system of health and well-being in the present

YOGA AND MENTAL HEALTH

- ▶ The Word “yoga” comes from a Sanskrit root “yuj” which means ‘union’ or ‘to yoke’ or ‘to join’.
- ▶ This union is the merger of the individual consciousness with the universal one, through the proper performance of duties in everyday life
- ▶ Yoga is described as a holistic health system in the Yoga Sutras, credited to Patanjali.
- ▶ Yoga is a life style rather than just asana/pranayama.

Difference between Yoga and Exercise:

- ▶ One of the important differences is that in yoga there is always a synchronization between body movements and breathing along with awareness of self.
- ▶ Also, in exercise, movements are dynamic, speedy and isotonic whereas in asanas it is steady, slow and isometric.
- ▶ During exercise, there is increase in heart rate, blood pressure, respiratory rate and basal metabolic rate whereas in yoga all these parameters decrease.

Yoga and Mental Health:

- ▶ Yoga practice has been reported to help depressive symptoms since a long time. It lifts the mood and improves interest in activities, attention/concentration/memory, sleep and appetite.
- ▶ It has been found to have effect on the cognitive/ behavioural aspects due to its mindfulness component.
- ▶ Yoga has been used as a sole treatment for patients with mild to moderate depression in several recent studies in India and abroad.

- ▶ In patients with psychotic disorders such as schizophrenia, yoga practices has been shown to improve socialization, motivation to do activities, occupational functioning, ability to recognize others emotions/feelings and cognitive abilities. This is probably brought about by the increase in the ‘cuddle hormone’, namely oxytocin, by yoga.
- ▶ Yoga holds promise as a complementary therapy in cases of tobacco, alcohol and opioid dependence.
- ▶ The systematic methods of concentration taught in yoga practice have been thought to potentially help reduce attention deficits.

Conclusion:

- ▶ Current research evidence suggests that yoga can be used as an add-on therapy or in some instances as a sole therapy or in some instances as a sole therapy for psychiatric disorders as well.
- ▶ It not only improves the symptoms, but brings about holistic change in an individual.

INCREASING RELEVANCE OF YOGA IN MODERN TIMES

Introduction:

- ▶ Yoga is one of the most ancient Indian philosophical system propounded by sage Patanjali (150 BCE). Yoga should become a lifestyle and people should control their food habits, entertainment, trade and commerce in order to be good citizens of the country.
- ▶ Ever Since UNO declared June 21st as International Day of Yoga (IDY), celebration of this IDY has become a global phenomenon.
- ▶ The Union Government through the ministry of AYUSH is promoting Yoga for integrated health of people, irrespective of cultural, racial and religious barriers.
- ▶ The aim of the Government is to promote and encourage the youth who have excelled and achieved in the disciplines of Yoga and sports. Hence there is a serious effort to popularize Yoga from School to University levels.

Yoga-Indian ethos:

- ▶ Yoga should become a part of our everyday life. Yoga is an ancient Indian science having a scientific background which has an antiquity of 11,500 years.
- ▶ Practice of Yoga can enhance physical, mental, emotional, intellectual and spiritual powers of people.
- ▶ India is in the frontline of information technology, biotechnology, nano-science and other types of research. The internal and external stresses of people in these fields can be relieved by practicing. Yoga and also for attaining peace and comfort. Various Yoga organisations and NGOs and several central universities have popularised Yoga worldwide with untiring efforts.

Yoga- A panacea for Modern Diseases:

- ▶▶ Yoga and meditation are very important tools in controlling Diabetes which has spread like an epidemic disease the world over and India is soon emerging as a second Diabetic capital of the world.
- ▶▶ The world-renowned scholars and research centres have accepted that Yoga can cure diseases such as Diabetes, Obesity, Cancer, Hypertension and other non-communicable diseases.
- ▶▶ The practice of Yoga would help people to live healthily, happily, harmoniously and people can be free from various ailments and diseases.

Yoga and Youth:

- ▶▶ Yoga should be imparted to children from the very young age and it should become their lifestyle.
- ▶▶ Yoga would become a powerful means for promoting ageless Indian culture and tradition.
- ▶▶ Indian youth who form more than 50% of total Indian population should practice Yoga for the overall development of their personalities.
- ▶▶ One can learn good habits, become model citizens on the country by practising Yoga ethics and this alone can bring holistic health for people
- ▶▶ Worldwide people, irrespective of caste, creed, religion etc., have been finding a fundamental solution to the problem of stress and tension through Yoga
- ▶▶ Yoga could promote the concept of 'Earth is but one Family' (Vasudhaiva Kutumbakam). India can emerge in Yogic and spiritual planes and earn the encomium of Yoga Vishwa Guru (World Yoga Preceptor) among the comity of Nations in the coming years.

YOGA FOR LIFESTYLE CHANGES

- ▶▶ Bad lifestyle can raise levels of cortisol secreted in adrenal gland which in turn affect the secretion of dopamine, the mood elevating hormone in the brain.
- ▶▶ Over secretion of cortisol trigger physiological changes such as spikes in blood pressure, heart rate and blood sugar. Yoga is a way of life and the main remedy for all sufferings.
- ▶▶ According to the 2019 edition of the Bloomberg Healthiest Country Index, India is placed at 120th rank among 169 countries related to measures such as mortality by communicable and noncommunicable diseases and life expectancy.
- ▶▶ India spends less per person in comparison to US. Sri Lanka, Bangladesh and Nepal ranked better than India.
- ▶▶ Physical inactivity is now identified as the fourth leading risk factor for global mortality.
- ▶▶ Unhealthy diet was the second biggest factor in India driving most deaths and disability combined, after malnutrition. Food borne diseases cost India \$15 billion.

ALTERNATIVE SYSTEM OF MEDICINES IN INDIA

- ▶▶ **Ayurveda:** The doctrine of Ayurveda aims to keep structural and functional entities in a functional state of equilibrium, which signifies good health. Any imbalance due to internal and external factor causes disease and restoring equilibrium through various techniques, procedures, regimes, diet and medicine constitute treatment. The philosophy of Ayurveda is based on the theory of Pancha bhootas (five element theory) of which all the objects and living bodies are composed of.
- ▶▶ **Siddha:** Siddha system of medicine emphasize that medical treatment is oriented not merely to disease, but also has to take into account the patient, environment, age, habits, physical condition. Siddha literature is in Tamil and it is largely practiced in Tamil speaking parts of India and abroad.
- ▶▶ **Unani:** Unani System of medicine is based on established knowledge and practices relating to promotion of positive health and prevention of diseases. Although Unani system originated in Greece, passed through many countries, Arabs enriched it with their aptitude and experience and the system was brought to India during Medieval period. Unani System emphasise the use of naturally occurring, most herbal medicines, though it uses ingredients of animal and marine origin.
- ▶▶ **Homeopathy:** Homeopathy is a system of medicine, which believes in a specialized method of treatment of curing diseases by administration of potency drugs, which have been experimentally proved to possess the power of producing similar artificial systems on human beings.
- ▶▶ **Yoga and Naturopathy:** Yoga is a way of life, which has the potential for improvement of social and personal behavior, improvement of physical health by encouraging better circulation of oxygenated blood in the body, restraining sense organs and thereby inducing tranquility and serenity of mind. Naturopathy is also a way of life, with drugless treatment of diseases. The system is based on the ancient practice of application of simple laws of nature. The advocates of naturopathy focus on eating and living habits, adoption of purification measures, use of hydrotherapy, baths, massage etc.
- ▶▶ **Sowa-Rigpa:** “Sowa-Rigpa” commonly known as Tibetan system of medicine is one of the oldest, living and well documented medical tradition of the world.
- ▶▶ It has been originated from Tibet and popularly practiced in India, Nepal, Bhutan, Mongolia and Russia. The majority of theory and practice of Sowa-Rigpa is similar to “Ayurveda”.
- ▶▶ Sowa-Rigpa is based on the principle that bodies of all the living beings and non-living objects of the universe are composed of five Cosmo physical elements of Jung-wa-nga (Prithvi, Jal, Agni, Vayu and Akash).

- ▶▶ When the proportion of these elements is in imbalance in our body, disorder results.
- ▶▶ It was recognized by the Government in 2011.

Ensuring safety of the indigenous systems of medicines:

- ▶▶ There are adequate provisions under the Drugs and Cosmetics Act, 1940 and Drugs and Cosmetics Rules, 1945 for the regulatory framework and for monitoring the quality, safety and efficacy of drugs belonging to Ayurveda, Siddha and Unani (ASU) systems.
- ▶▶ Licensing Authorities are appointed by the State Governments to oversee the enforcement of legal provisions for the manufacture and sale of ASU drugs.
- ▶▶ Good Manufacturing Practices and adherence to standards of drugs as prescribed in the pharmacopoeia are mandatory for the manufacturing of licensed products to ensure quality, safety and efficacy of ASU medicines. Ayurveda, Siddha, Unani Drugs Technical Advisory Board (ASUDTAB) and Ayurveda, Siddha, Unani Drugs Consultative Committee (ASUDCC) are statutory bodies under the Drugs and Cosmetics Act to advise the Central and State Governments on technical matters and for securing uniformity throughout the country in the administration of the Act.
- ▶▶ Department of AYUSH has implemented a Centrally Sponsored Scheme of Quality Control of ASU&H Drugs for strengthening of state pharmacies, Drug Testing Laboratories and Enforcement Mechanism.
- ▶▶ The proposal to set up Central Drug Controller's Office for Ayurveda, Siddha, Unani and Homeopathy drugs comprising of one Drug Controller General (AYUSH), five Deputy/Assistant Drug Controllers and seven Drug Inspectors have been agreed to. Allocation of Rs. 102.00 crore has been provided for this initiative in the 12th Plan Budget.

National Commission for Indian System of Medicine Bill, 2018:

- ▶▶ The Cabinet has approved the draft National Commission for Indian Systems of Medicine (NCIM) Bill, 2018, which seeks to replace the existing regulator Central Council for Indian Medicine (CCIM) with a new body to ensure transparency.
- ▶▶ This is on the lines of National Medical Commission Bill that is meant to regulate allopathy medicine system. The NCIM will promote availability of affordable healthcare services in all parts of the country. The Cabinet has also approved the draft National Commission for Homoeopathy Bill, 2018, aimed at replacing the Central Council for Homoeopathy, which is the current regulatory body for homoeopathy.

Salient Features:

- ▶▶ The Bill provides for the constitution of a National Commission with four autonomous boards entrusted with conducting overall education of Ayurveda, Unani, Siddha & Sowa-Rigpa under the Board of Ayurveda, Unani, Siddha and Sowa-Rigpa respectively.

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- ▶▶ In order to ensure transparency, the draft bill also proposes a common entrance exam and an exit exam that all graduates will have to clear to obtain their license to practice Indian medicine.
 - ▶▶ Further, a teacher's eligibility test has been proposed in the Bill to assess the standard of teachers before appointment and promotions.
 - ▶▶ Establishes two common boards— board of assessment and rating to assess and grant permission to educational institutions of Indian systems of medicine; and a board of ethics and registration of practitioners of Indian systems of medicine to maintain a National Register and deal with ethical issues.

