

YOGA : THE ORIGINAL MIND BODY MEDICINE

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The Mind –Body connections, interactions and miracles in onset of disease, its progression, in healing and rehabilitation is a recent phenomenon in modern medicine. Experts in the fields of immunology, neuroscience, psychology, psychiatry and epidemiology have recognized that 70-80% of problems or sufferings that human encounter lies at the mind body interactions and the solution is also dictated by the same interplay of psycho physiological systems.

Emergence of the terms like- holistic medicine, caring, healing rather than curing, patient doctor communication, faith, spirituality, alternative therapies and complementary medicine are testimony to the role of mind body medicine as the field that is defining the strategies of health promotion, maintenance and management These trends are of very recent origin dating back to the pioneer work in the field of stress, researches in yoga more specifically in meditation and also contribution of psycho-neuro-immunology.

The origin and roots of the mind body link, its interactions and implication for medicine can be traced to the Indian cultural heritage ie Veda-s and particularly the philosophy and practice of yoga. Sage patanjali has profounder this knowledge in the form of “sutra-s” (Brief aphorisms), and is accepted as the most authoritative text. Yoga sutra presents the concept of mind, senses, consciousness and the interplay of these entities.-thus represents the psychology that originated in India.

How Yoga of Patanjali facilitates the knowledge of mind and body and its implication for therapy? This is clearly delineated in the concept of Mind as a Matter, which is different from Consciousness and thus gives scope to regulate and control mind.

Mind which is characterized by the three guna-s, can be agitated and consequences of this can be felt at body, breath, thought level. The suggestions of different mental afflictions and the body breath oriented methods to pacify the mind is solutions which covers the holistic perspective in providing therapy

Somatic oriented practices, life styles, attitudes and its consequence on the mind and mind oriented practices and its impact on the body is extensively presented in yoga sutra and related scriptures. The great masters of the century have been models who demonstrated the practice of yoga as mind body medicine and kept these traditions alive. Today science is trying to explore this connection and is able to demonstrate its benefits.

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