

# Yojna Summary

**June Month**

# Sociology Optional Course

For UPSC 2020 & State Pcs

Starting from 15<sup>th</sup> August, 2019



## Queries??

Contact us:

[onlysocio@gmail.com](mailto:onlysocio@gmail.com)



# Sociology Optional Course (2 in 1)



*for*

- ✓ UPSC 2020
- ✓ State PCS Exams



Extra lectures for state oriented syllabus.



## Suggestions

- Feel free to write us your requirements
- Further suggestions regarding the lecture course are most welcomed.
- Test Series for sociology optional is also planned as per the demand or after the completion of the series.



# YOGA: THE ART OF BEING AND SCIENCE OF WELL-BEING

## Chapter - 1







# YOGA: THE ART OF BEING AND SCIENCE OF WELL-BEING

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.



# Yoga

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 roots of Yoga are in ancient India; its universal origin is the burning desire in the heart of the philosophers – the yearning to be happy and free of suffering.





# Traditional Schools of Yoga

These include Jnana Yoga, Bhakti Yoga, Karma Yoga, Patanjala 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

**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.





# Yogic Practices for Well-Being

**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.

**Satkarmas** are detoxification procedures that are clinical in nature and help to remove the toxins accumulated in the body.

**Yuktahara** advocates appropriate food and food habits for healthy living.




# How Yoga Works



Cleanses the accumulated toxins and generates a sense of relaxed lightness.



Creates **positive antioxidant** enhancement thus **neutralizing free radicals** while **enabling a rejuvenative storehouse** of nutrients packed with life energy to work on anabolic, reparative and healing processes.



**Physical balance** and a sense of ease with oneself enhance mental/emotional balance and enable all physiological processes to occur in a healthy manner.



Improves control over **autonomic respiratory mechanisms** through breathing patterns that generate energy and enhance **emotional stability**.



# How Yoga Works

**Focuses the mind positively** on activities being done, **enhances energy flow** and results in healthy circulation to the different body parts and internal organs.

Enhance our pain threshold and **copng ability** in responding to external and **internal stressors**.

**Enhances self-confidence and internal capacities** through the cultivation of right attitudes towards life and moral-ethical living.



# PROMOTION OF YOGA



UNESCO inscribed Yoga in the representative list of **Intangible Cultural Heritage of Humanity** during the 11 th session of the held in **Addis Ababa, Ethiopia** in December 2016.



Inclusion of Yoga in **National Health Policy 2017**

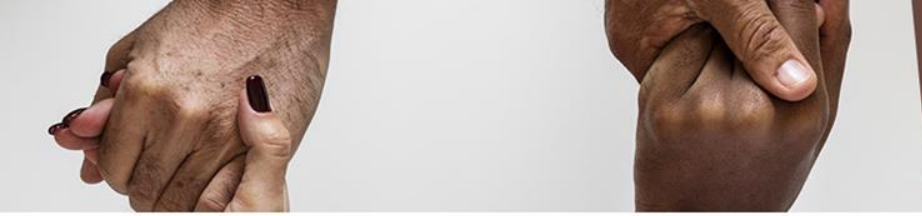


**Yoga in School Curriculum:** Yoga Education was made compulsory by National Council for Teachers Education (NCTE).



**Yoga Certification Board:** Established by Ministry of AYUSH.





Ministry of External Affairs (MEA) under auspices of **Indian Council for Cultural Relations (ICCR)** also deputes Yoga teachers to Indian Missions for **imparting training to local students and teachers.**



**Yoga Olympiad:** NCERT has taken the initiative of “**YOGA OLYMPIAD**” for School Children.

# YOGA AND MENTAL HEALTH

## Chapter - 2





# 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 sole treatment for patients with mild to moderate depression in several recent studies in India and abroad.

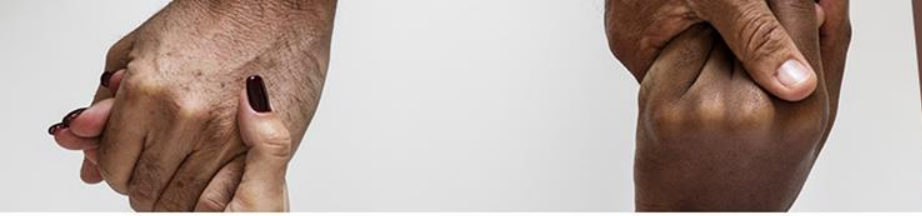
**Yoga as a stress and anxiety reliever**

Mental health statistics in the UK states, 1 in 7 people (14.7%) are experiencing mental health problems in the workplace which leads to 12.7% of all sickness absence days in the UK due to mental health conditions.

**Yoga Benefits**

- Lowers blood pressure
- Tires out thoughts stuck in your head
- Mental clarity and calmness
- Sharpens concentration
- Reduces stress
- Helps improve sleep

The infographic features a central silhouette of a person in a yoga pose, with arrows pointing to various benefits. It also includes icons for a blood pressure monitor, a lightbulb, a pill bottle, a person at a desk, a stack of stones, and a person sleeping.



**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.**

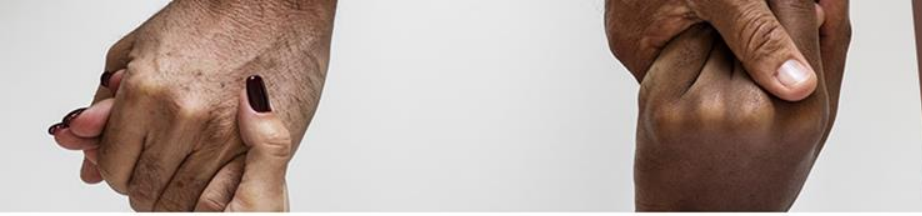
**The systematic methods of concentration taught in yoga practice have been thought to potentially help reduce attention deficits.**



# YOGA FOR LIFESTYLE CHANGES

## Chapter - 3





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**.


# Evolution of Medicine Since Antiquity

## Chapter - 4





# Indian Medicine



Medicine in India originated around 3000BC, when the practice of Ayurveda is considered to have started. In addition, the **Siddha system of medicine** is also Indian in origin.



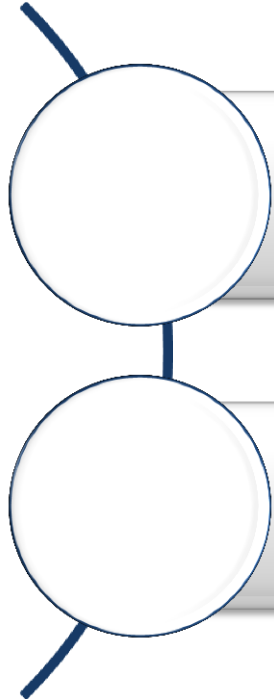
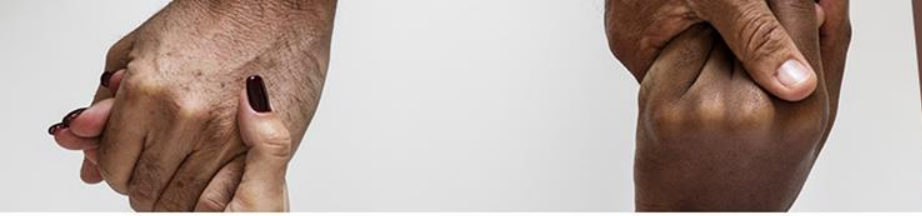
**Atreya, Charaka and Sushruta** are the famous name in the field of early medicine in India.



**Atreya** (about 800 BC) is considered as the **first great Indian physician** and teacher.



**Charaka (200 AD)** wrote **Charaka Samhita** and was the most popular physician of the time.



**Sushruta** is referred to as the **father of India surgery**. He wrote Sushruta Samhita, a treatise on surgery.

- Around 800 AD, the Charaka and Sushruta Sahmitas were translated into Persian and Arabic and Indian medicine had spread to Indo-China, Indonesia, Tibet, central Asia and Japan.





# Foreign Medicines

**Mesopotamian Medicine:** The codes of Hammurabi, in name of King of Baby Lone, were formulated around 200BC.

- **Greek Medicine:** Greek medicine was most evolved between 460 BC – 136 BC and Aesculapius (around 1200 BC) and **Hippocrates** (460-370BC) were amongst the leaders in Greek Medicine. Hippocrates is often termed as ‘**Father of Medicine**’.

- **Roman Medicine:** Roman Medicine emerged from Greek Medicine. Galen (130-205AD) was a famous Roam medical Teacher.

# SIDDHA SYSTEM OF MEDICINE IN A NUTSHELL

## Chapter - 5





The term '*Siddha*' is derived from the root word '*Siddhi*' which means '**an object to be attained**' or '**perfection**'.

The *Siddha* system of medicine owes its **origin** to medicinal ideas and practices of a class of **Tamil sages** called the *Siddhars* – '**perfected**' or '**holy immortals**'

They had firm faith in the '**deathless**' **physical body** being in tune with the spiritual immortal '**soul**',





## A. Five Elements

The primordial elements are called *panchamaha bootham*, namely *mann* (earth), *neer* (water), *thee* (fire), *kattru* (air) and *aagayam* (space)





## B. Three Humours

To regulate the living body easily the five primordial elements were concised into three humours namely *vazhi* (vadham or air), *azhal* (pittam or heat) and *Iyyam* (kapha or cold), When humours are in natural equilibrium and harmony, a person enjoys the best of health.







## C. Five Sheaths (Kosham)

The *kosham* system refers to different aspects as layers of subjective experience.

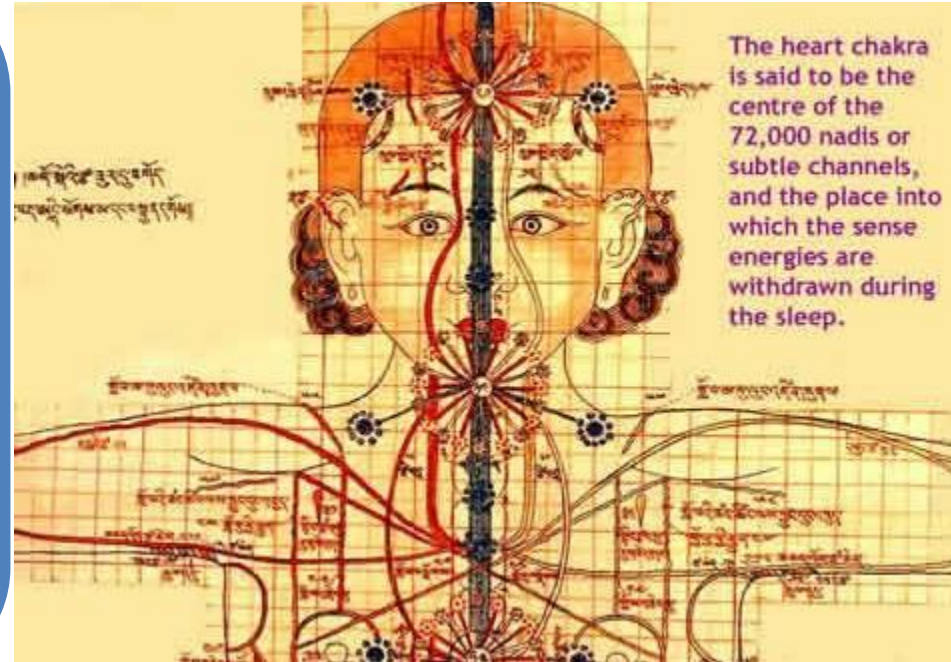
They are *paruva udambu* – *annamaya kaosham* (food- apparent-physical sheath), *vali udmambu* pranaamaya kosham (air-apparent-sheath), *mana udambu*- manomaya kosham (mind-apparent sheath), *arivudambu* – *vijnanamaya kosham* (wisdom-apparent-Intellectual sheath) and *inba udambu* – *anandamaya kosham* (bliss-aparent sheath).





## D. Ten Pranic Air (Vayus)

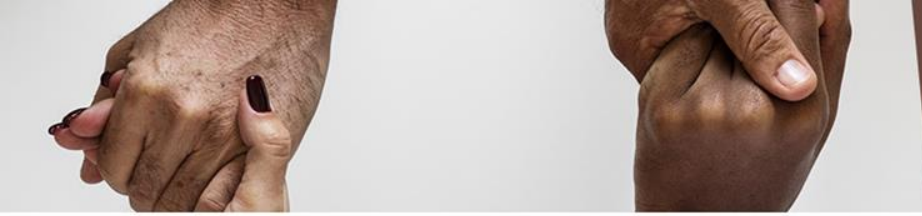
These ancillary vayus are not just responsible for physiological function but also contribute to the psychological and spiritual component.



# HOMEOPATHY IN INDIA – AN OVERVIEW

## Chapter - 6





Homeopathy is an age-old system of healing, with its discovery dating back to 1796. It was discovered by a German doctor, **Dr. Samuel Hahnemann**, in his discontentment with the then medical practices and lack of cures.



Homeopathy is a nature-based system that treats holistically as well as individually, by way of stimulating one's own immunity capable to fight an illness.



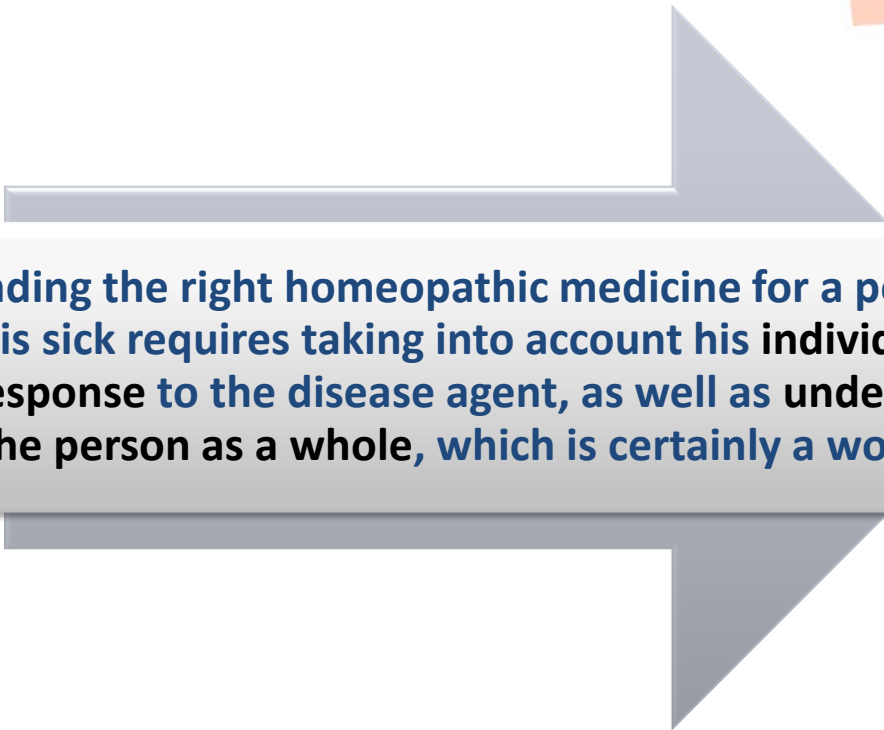
# Why Choose Homeopathy ?

The principles that Homeopathy works on include such **nature-based, pragmatic facts**, like treating a person *holistically*, through a *single, simple medicine*, prepared in a *dynamic manner*, and prescribed in a *dosage that is just enough* to stir up the self-healing mechanism of your own body.





# Homeopathy is A Science as well as Art



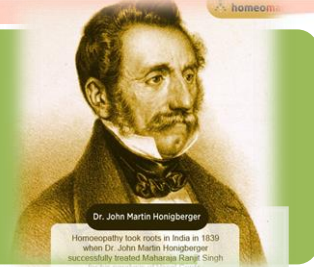
**Finding the right homeopathic medicine for a person who is sick requires taking into account his individualistic response to the disease agent, as well as understanding the person as a whole, which is certainly a work of art.**





# Homeopathy in India

Homeopathy came to India in 1810 when Dr. John Martin Honigberger, a French traveler who learnt homeopathy from Dr. Hahnemann, visited India and treated patients.



He treated Maharaja Ranjit Singh, the-then-ruler-of Punjab, with a homeopathic remedy Dulcamara while he suffered from paralysis of the vocal cords.



Babu Rajendra Lal Dutt (1818-1889) may be called the Father of Indian Homeopathy.





# NATUROPATHY: THE SCIENCE OF HEALTH AND WELLNESS

## Chapter - 7



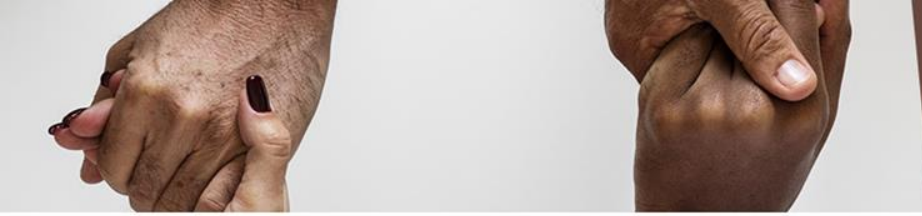


# Concept of Health and Wellness in Naturopathy

Naturopathy is a traditional system of healing based upon **natural principles that govern life, living and health.**

The **references** of such principles can be found in the scriptures like **Vedas, Upanishads and Epics like Ramayana and Mahabharata.**

Naturopathy is called a **drugless system of healthcare** based on well-founded philosophy and practices.



Its main emphasis is on **holistic approach** to health, covering not only **physical** but also the **mental, moral** and **spiritual aspects**.

It **educates the patient** in health matters. Naturopathic practices are easy to follow and can be integrated systematically in the **daily routine of people**.

Naturopathy believes that all living beings in nature **stay healthy as long as they are tuned with the natural laws**.



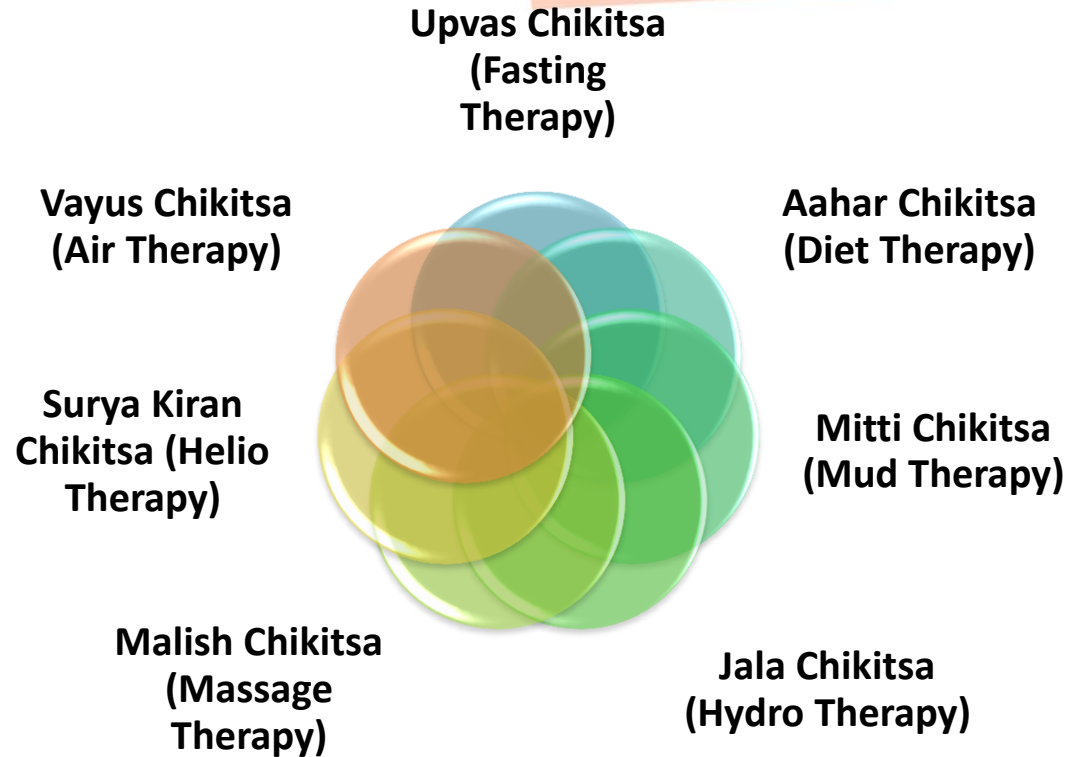
Naturopathy believes that entire universe is composed of five basic elements **Panchamahabhutas** viz. Eather (akasha), Air (vayu), Fire (Agni), water (jala) and Earth (prithvi) and so is the human body.



Imbalance of these elements creates disease. The diseases can, therefore be treated by the appropriate use of these elements and such treatments are called **Prakritik Chikitsa** or Naturopathy.



# Therapeutic Modalities Used in Naturopathy



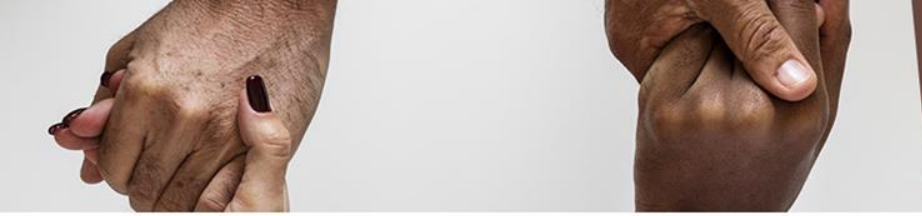


# AYURVEDA – FIFTY YEARS OFF TRANSFORMING RESEARCH & DEVELOPMENT IN INDIA

## Chapter - 8







**Ayurveda, the science of life, is one of the oldest and comprehensive systems of healthcare.**

**After Independent in 1947, the movement for revival of Indigenous Systems of Medicine gained momentum.**



# Different Committees

The **Chopra Committee** in 1948 identified the objectives and areas for research in the Indian Systems of Medicines.



Based on its recommendations the **Central Research Institute for Ayurveda** was established at Jamnagar in 1953. A Post Graduate Training Course was also started there in 1956.



The **Udapa Committee** in 1958. The Udapa further streamlined the research priorities with establishment of the Post Graduate Institute of Indian Medicine at Banaras Hindu University Varanasi in 1963.



# National AYUSH Morbidity and Standardized Terminology E-Portal (NAMASTE Portal)

The **National Ayurveda Morbidity Codes (NAMC)** is an important part of this document which is also being used for **morbidity data collection** under NAMASTE Portal.

This portal has the potential to **revolutionize morbidity statistics data collection.**

The screenshot displays the NAMASTE Portal website. The main heading is "NATIONAL AYUSH MORBIDITY AND STANDARDIZED TERMINOLOGIES ELECTRONIC PORTAL (NAMASTE - PORTAL)". The page features a navigation menu with "About Us", "Morbidity Codes", "Standard Terms", "Dashboards", "NAMASTE Launch", and "Name Change Notification". A central section titled "CENTRALIZED COLLECTION OF MORBIDITY STATISTICS" lists various AYUSH systems: YOGA & NATUROPATHY, UNANI, SIDHA, AYURVEDA, and HOMOEOPATHY. Below this, it lists "AYUSH National Institutes", "AYUSH Research Councils", "AYUSH Services Under CBS, CENS, ESI Etc.", "NHM & Central Sponsored Programmes", "State Govt. AYUSH Teaching Hospitals & other Clinical Units", and "Private Teaching Hospitals, NGOs & Others". On the right side, there are links for "NATIONAL AYURVEDA MORBIDITY CODES", "NATIONAL SIDHA MORBIDITY CODES", "NATIONAL UNANI MORBIDITY CODES", and "WHO-ICD-10/11 For: DUAL CODING, HOMOEOPATHY, YOGA & NATUROPATHY". The footer includes logos for "gov web directory", "Digital India", "myGov", "data.gov.in", "india.gov.in", "PMNRF", and "AYUSH MoHFW Contact Us". The page is designed, developed, and maintained by CCRAS, Ministry of AYUSH, Government of India.