

YOGA AS AN EMERGING PSYCHOTHERAPY IN PRESENT SCENARIO

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ABSTRACT

This paper is an attempt to focus the light on the trendy field of yoga in respect to psychotherapy. The union of yoga and psychotherapy is considered natural. Yoga and psychology are interrelated disciplines. Both the disciplines focus on an individual's physical, spiritual, psychological dimensions. Yoga has an ability to deal simultaneously with body and mind. It was considered as ancient hidden knowledge which was only used by saints and sages but as time passes, it's worth is revealed in society and in present era, it is commonly practiced by people with multiple aims as per their choice which includes benefit to physical, psychological, spiritual and social level. The benefits of yoga to health and wellbeing are of increasing interest to psychologists, psychotherapist and counselors.

Keywords: Yoga, Psychotherapy

INTRODUCTION

Yoga in itself is a well developed system of psychology. Yoga psychotherapy plays a vital role in the successful treatment and management of physical, psychological and spiritual conditions. This combination provides holistic path, self healing and spiritual awakening. Yoga and psychotherapy are described as two therapeutic techniques which are beautifully complementary to one another. Though yoga is itself a science, still if we study Yoga at its basic level, it deals with the physical strength and flexibility of one's body by asanas whereas psychology can be defined as the science of individual's overt and covert behavior, scientific study of mind and mental processes.

YOGA

Yoga is an ancient science, art and philosophy. Yoga is a potent tool of mental health promotion (Singh, 1986). Yoga is an essentially a spiritual discipline based on an extremely subtle science which focus on bringing harmony between mind and body. Yoga is most common practice these

days which impacts overall well being of an individual. Yoga was developed as a way to achieve harmony between heart and soul on path to divine enlightenment. Yoga is considered as a very appealing way to manage the individual's physical, psychological, social and spiritual dimension. The holistic focus of yoga integrates mind, body and spirit. Yoga is actually a state of mind. Achieving the goal of stilling the mind is a tall order, so practices have been developed that allows one to move towards this state. Yoga is considered as life training. Its practice is a fabulous tool for transformation.

BRIEF HISTORY OF YOGA

Yoga's long rich history is not easy to describe in few words. The science of yoga has its origin thousands of years ago, long before the first religion or belief systems were born. It is difficult to exactly say about the origin of yoga. The presence of yoga is available in folk traditions, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, epic of Mahabharata including Bhagwadgita and Ramayana, theistic traditions of Shiva, Vaishnavas and Tantric traditions. Though yoga was practiced in pre-vedic period, the great sage Maharishi Patanjali systematized and codified the then existing yoga practices. Research evidences shows that first systematized form of yoga could have been written by Patanjali in yoga sutras (Eliade, 1975). As per one of the classical texts of yoga called Hatha Yoga Pradipika, it mentions lord Shiva as the first yoga teacher. Maharishi Patanjali defined yoga as "yoaschitta-vritti-nirodha". It means yoga is the cessation of the turnings of mind. The available evidences show that yoga originates in India. Yoga was first mentioned in the oldest sacred texts, the Rigveda. Yoga is derived from a Sanskrit word "yug". It is derived from the root "yuj" which have multiple meanings. Its basic meaning is to add or to join. It is concerned with the Union of the individual soul with the divine soul, to join mind and body of oneself. The sacred texts also define yoga as the association of atma and parmatma, union of purusha (man) and prakriti (nature).

YOGA IN PRESENT SCENARIO

In past, it was considered as a practice for saints and yogis and is considered as only beneficial for the spiritualistic approach has now take a tremendous change and is recognized as important for every individual and is become mainstream instead of only few. Yoga was slowly refined and popularized by sages and made it easily available to the general population. 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. It focuses on our actions, where service is given without expectation of any reward. The action is dedicated to god. Bhakti yoga is concerned with the utilization of the emotions. It is a devotional part with worship and service to god. Gyana yoga, it is where we utilize the mind and wisdom. It can be understand as the yoga of true knowledge and kriya yoga, where we utilize the energy. Karma yoga, bhakti yoga and gyana

yoga are described in Bhagwadgeeta narrated by Lord Shree Krishna. Kriya Yoga was popularized by Paramhans Yoganand.

One of the major types of yoga is hatha yoga which has a philosophically rooted in the tantric movement. It uses the body as a tool for inner exploration. Maharishi Patanjali has discussed "Astanga Yoga" or eight limbs of the yoga, which are the aspects of hatha yoga practice that include codes of moral conduct, physical exercises, breath control, concentration and meditation. The asthanga yoga removes the obstacles to realize our true self. The eight 'angas' of yoga are- yama (abstinence), niyam (personal observances), asana (body postures), pranayama (breath exercises), pratyahar (sense withdrawal), dhaarna (concentration), dhyana (meditation) and Samadhi (union with divine energy). These eight angas describe the working of yoga on body, soul, mind, emotions. Yama describes the way to deal with other people, niyam discusses to deal with oneself whereas other angas works from strength of body to union with divine soul.

Now a days, there are various Institutions, Universities, colleges, trusts & societies, Clinics, hospitals, training centres etc. which are imparting yoga education for the benefit of an individual while keeping his/her learning purpose in their mind. Yoga practices helps one access one's natural healing capacity.

PSYCHOTHERAPY

Basically it can be defines as a "conversation with therapeutic purpose". Psychotherapy is also known as "talking therapy" because instead of using medicines it uses talking to assess and cure the problem. Psychotherapy describes any intentional application of psychological techniques by a clinician to the end of effecting sought-after personality or behavioral changes. Its aim is to solve psychological problems, improve coping and functioning, prevention of future problems and increasing life satisfaction. Psychotherapy is a form of treatment for problems of an emotional nature in which a trained person deliberately establishes a professional relationship with a patient with the object of removing, modifying or retarding existing symptom of mediating disturbed pattern of behavior and of promoting positive personality growth and development. It can be defined as a planned, emotionally charged, confiding interaction between a trained, socially sanctioned healer and a sufferer. It also includes helping the client to accept and endure suffering as an inevitable aspect of life that can be used as an opportunity for personal growth. It is sometimes a lengthy process, often involving years of treatment. It demands much from a client.

RELEVANCE OF PSYCHOTHERAPY

Treatment for emotional problem has been traced back to centuries. Psychotherapy has been used through ages in its different forms as individual received psychological counsel, assurance from

other people of the society. With the progress, such psychological counsels, assurances took professional figure to work in this regard. As a result clinical psychotherapies came into existence. There are various kinds of psychotherapy to treat specific psychological disorders with being minor variation to different techniques. Many psychotherapeutic approaches focus on creating cognitive change—in other words, helping people think differently. This includes how clients think about themselves. Some types of therapy may focus on unresolved issues, including automatic ways of negatively perceiving, interpreting, or reacting to events. Many clients seek therapy in order to change behaviors that are not working for them. When a client is engaged in life-threatening self injurious behavior, treatment must initially focus on decreasing the behavior and promoting safety.

In recent years, therapy research has become more subtle and sophisticated in design and conception. There is tremendous increasing concern with the more complex interactions of therapist, patients and situations. Over the years, the field has greatly expanded- not only in number of approaches and theories, but also the range of people treated, variety of professionals involved and amount of research devoted to the study of its processes and efforts. Over the past twenty years or so, clinical psychologists have become increasingly involved in the practice of psychotherapy to the point here it is today their most common professional activity. The relationship of client and therapist plays a major role in effectiveness of psychotherapy.

YOGA AS PSYCHOTHERAPY

Modern psychology is just over a century old, there is an interdisciplinary approach that bridges this field with yoga (Chung and Hyland, 2011). Though with time the field of yoga has shown its importance in various aspects of the life whether it is spiritual or physiological dimensions, it also showed its worth in psychological domain but it was limited with healthy people, but as time is moving, it makes greater place as psychotherapy too. It is recognized as a major tool in treating psychological disorders. Yoga can be a powerful tool when combined with psychotherapy. It can be a way to work with clients who have more difficulty expressing themselves and healing through traditional (talk) therapy. Yoga Psychotherapy presents a paradigm shift towards spirituality-inspired counseling. Yoga may help one learn to be present and cope with anxiety, tension, anger, negative memories, and conflicts. In a world where stress is so prevalent, yoga practices can help reduce physical and mental tension (Ware, 2007). Yoga psychotherapy is scientific and clinical in nature. It can be complementary or stand-alone treatment for various psychological conditions such as eating disorder, stress, depression, anxiety, phobia etc. Research also shows the benefits of yoga in creating an experience of mindfulness for both the clinician and the client (Davis et al, 2011).

CONCLUSION

As in present scenario, the world full of competition shows the maladaptive ways of living in most of the individuals, so the physical as well as psychological health deterioration issues can be seen more commonly in the society. Various research evidences proved the greater impact of yoga in physical diseases. Yoga worked as ,standing-alone treatment in various major diseases such as heart problems, migraine, spinal issues, arthritis, diabetes, blood pressure etc. and have shown successful and miracle results. The use of yoga as psychotherapy is also showing its miracles. Various researches are going on this regard and yoga never fails to show the positive results. Yoga psychotherapy worked effectively in various psychological disorders such as stress, depression, anxiety, phobia, bipolar, adjustment disorder, alcohol dependence, insomnia etc along with the combination of other psychological therapies.

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