

The fundamentals of Yoga Therapy

The Modern day Yoga has got distorted by either over enthusiasm of Indian Yoga Gurus or by the discrete sabotage by the western people who are having vested interests. It has gone to the extent that Yoga means Asanas (mostly the perverted difficult acrobatics, promoted by our country gurus and supported by the westerners having commercial interests) and Pranayamas (Breathing exercises in the western style). When it comes to Yoga therapy, the same asanas & breathing exercises are predominantly used.

As I have mentioned earlier, the seeds of Yoga is there in the first Rig of Rigveda. Today we talk of many Yoga disciplines/ branches, such as Hatha Yoga, Raja Yoga, Laya Yoga, Nadha Yoga, Swara Yoga, Kriya Yoga etc. We should understand that Yoga is a state of our being, a way of life wherein we have to maintain that state for all practical purposes. All the above mentioned Yogas are the paths by which one can reach the state of YOGA.

In Yoga therapy we use techniques available in all the paths of yoga. Unfortunately, we are failing to promote this holistic approach, where as others are promoting their therapies, which are derived from our Yoga paths. To mention a few, Rekhi, Acupressure, EFT, Kinesiology, Chakra activation, Reflexology etc., are some of the therapies derived from our Yoga Paths.

The fundamental Principle to be remembered in Yoga therapy is that we, human beings are made up of the Pancha Mahabhutaas. If we could maintain the equilibrium of the five Mahabhutaas, we can be disease free. By manipulating the Thanmathraas of the five Mahabhutaas, we can cure any disease. For this purpose, we can use the relevant Yoga path and cure the disease.

For invoking the Thanmathraas, we can use asanaas, mudhraas, bhandhaas, pranayamaas, kriyaas, Bijaas, Manthraas etc.

Find out the root cause of the ailment, treat there, not the symptoms.
Shivoham.

- Ramachandra Raju kalidindi