

Modification of Posture via the Practice of Sunjeevan Yoga

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Abstract

With a dynamic changing lifestyle, more sedentary, rising technology, crazy working hours, demands, deadlines, competitiveness, obligations, and finally developing stress, the twentieth century is a reason for growing physical and pathological problems. This is also the origin of the earliest pathological illnesses. Bad posture develops as a result of a boring routine, an unsuitable work environment, and a lack of exercise. We are concerned about our health and adhere to a strict workout regimen and nutrition, but understanding our bodies and its structures is as vital. We are mindful of our exterior appearance, yet we overlook our body's intrinsic beauty. Maintaining a well-balanced physique formed by the environment and our energy should be prioritised. Yoga plays a vital part in generating this awareness, posture practise to keep us physically fit, meditation to keep our mind healthy and raj yoga helps us to have insight to know the aim of our soul which is 'peace'.

The focus of this essay is on posture awareness and posture adjustment. It focuses on what posture modification is and how posture correction may help you accomplish it. It highlights the significance of posture correction and the relevance of body awareness in relation to the influence of gravitational force on our bodies, in order to bring about change in our bodies in order to maintain symmetry/balance and keep it. It also includes Ashtanga yoga, the eight limbs of yoga that are the finest guides to teaching us how to live our lives, with a logical development in building up our goals toward the aim of our lives. When I say comprehension of the body, I also mean understanding

of our daily routine, the flow of posture correction from foot to toe, and the flow of yoga treatment that follows issue diagnosis. The text also covers a few crucial truths, such as how children learn by copying our physical and social conduct. It is fate to gain information and wisdom; it is our obligation to pass this knowledge on to the next generation.

Sunjeevan Yoga concepts are described throughout the text, as the title suggests. Sunjeevan Yoga, like other schools of Yoga, focuses on Yoga Therapy, employing various Hatha yoga asana and props to treat patients with diverse physical deformities and supportive therapy to pathological diseases. Sunjeevan Yoga treatment is based on the concept of Patanjali Yoga Sutra and focuses on body and mind awareness.

To summarise, Lifestyle Management is critical and urgent. Yoga, or mindfulness of the body and mind, can help with this. Spending quality time at work, with family, friends, and oneself is part of lifestyle management. How effectively we manage our physical and mental health, as well as how we prioritise our priorities. Yoga is more than simply stretching and postures; it involves posture detection and correction, as well as stretching with awareness.

Keywords: *Yoga; Mind; Soul; Body awareness; Posture Correction; Posture Modification; Rehabilitation; Rejuvenation; Yoga Therapy*

INTRODUCTION

Yoga is derived from the Sanskrit root 'Yuj,' which signifies unity, union of body, mind, and soul. If we ignore the soul for the time being and focus just on the mind and body, we will notice a change in posture. The majority of the population is trapped in a vicious cycle of mental and physical stress. As a result, we should

solely focus on the mind and body and connect them through breathing.

To execute any task successfully in everyday life, at work, or with our families, both mind and body must be in harmony. This will result in the healthy, pleasant, and successful life that we strive for throughout our lives. Discord causes

distress and has an impact on both our mental and physical health. To attain mental serenity and reach the stage of meditation, one must first achieve bodily steadiness. We need a decent and comfortable posture for meditation.

What exactly is posture modification? You've probably heard this term from physicians. But what exactly does it mean? Understanding repetitious actions or routines, their consequences on your body physiologically and emotionally, and the accompanying anguish is what posture correction entails. It is critical to manage our lifestyle by devoting quality time to our jobs, families, friends, and ourselves. The ability to maintain one's health and govern one's thinking is referred to as lifestyle management. Yoga plays a vital part in this because, as the name implies, it helps to maintain the body and mind healthy and, eventually, obtain serenity, which is the basic goal of the soul.

Posture correction can help with posture change. What exactly is posture correction? Gravitational force and our centre of gravity are crucial in defining our posture. Do we ever consider the relevance of gravitational force on our bodies, how it functions in each position, and whether our bodies' balance is maintained? Is our

centre of gravity aligned, or has it altered as a result of our sitting posture, disrupting our body's equilibrium? Now, how would yoga assist with this? Yoga, as previously said, is the connection of the body and mind. This is accomplished through consistency. That is, motion in stability and stability in mobility.

We always use every portion of our body to execute all postures, right, left, vertical, and horizontal. When we do this, we become aware of our body's asymmetry pattern and fix it. We hold a posture for a longer period of time to train those muscles, which allows us to get greater flexibility and lightness, allowing us to be more nimble and swift in our activities. This is stability with mobility. And stability comes from mobility when we adopt a stance and maintain it. This is something we do every day while working or performing other duties. This awareness is attained via yoga practise and the instruction of a teacher. The mind plays a vital role in perceiving symmetry and sustaining physiological homeostasis. Once this is achieved, the following phase, meditation, becomes achievable.

Nobody can teach you the skill of walking. It is thought to be an inherent human propensity. Because walking is one of the

unique traits of humans, incorrect walking style or use of the postures indicated above might result in deformities. All daily behaviours, such as sitting, standing, and lying down, are not taught; they are regarded natural; nonetheless, all of these acts are supported by scientific research. Overuse or a bad habit can induce physical deformity, which if not corrected can progress to physiological deformity, which if not handled can lead to persistent disease.

Joint discomfort is caused by reasons other than body weight and obesity. If bad posture is not rectified in a timely manner, it can lead to bone abnormalities and sore joints. It is not always the weight of the body that causes joint discomfort. Our body frame is composed of bones and serves as the framework of our body. And the muscles, fats, and organs are symmetrically arranged to produce the shape of our body. Everyone cannot be thin, and it is not true that slim individuals are free of deformity or discomfort. Postural correction is achievable with yoga practise, as is the equitable distribution of essential fats, the combustion of excess fats, and the maintenance of bodily shape. This will give the body shape rather than a skinny appearance.

POSTURAL CHANGES

Postural correction begins with the feet and progresses to the head. The observation should be based on activities ranging from the ankle to the head. Let's look at the flow chart.

Stepping our foot outwards laterally or inward medially puts strain on the ankle joint, which puts pressure on the lateral and medial condyles of the knee, limiting space in the joint and increasing friction between the knee joints, causing discomfort in the knee joint. We alter hip joint placement to alleviate knee discomfort. This puts pressure on the pelvic girdle, hip muscles, and six deep rotator muscles, eventually pinching the sciatic nerve, which runs via these six deep rotator muscles. This causes agony across the entire leg. This puts strain on the lower back. To avoid lower back discomfort, one begins by lowering the shoulder, putting pressure on the chest muscles and stomach, and rotating the pelvic girdle downward. This puts additional strain on the knee and ankle joints.

This flow also begins at the shoulder girdle. Because of the increasing use of new technologies, such as mobile phones and laptop computers in place of computers or desktops, the head is tilted

downward, putting pressure on the neck and upper back at the posterior part of the body, and the shoulders on the anterior side of the body, putting pressure on the chest- stomach- knee- ankle- knee- hip- thus on the lower back.

Humans vary from other animals in that they can stand on two legs, walk on two legs, sit with their backs straight, and lie down on their backs with their legs straight. We also have intelligence, which

makes the human race the most outstanding of all. We don't hunt or consume raw meat as we used to. In today's society, we must work hard to acquire money so that we may meet our fundamental necessities and enjoy additional luxuries. At work, the movement is monotonous, with the same set of muscles being used continuously for years, causing symmetry and balance to be disrupted.

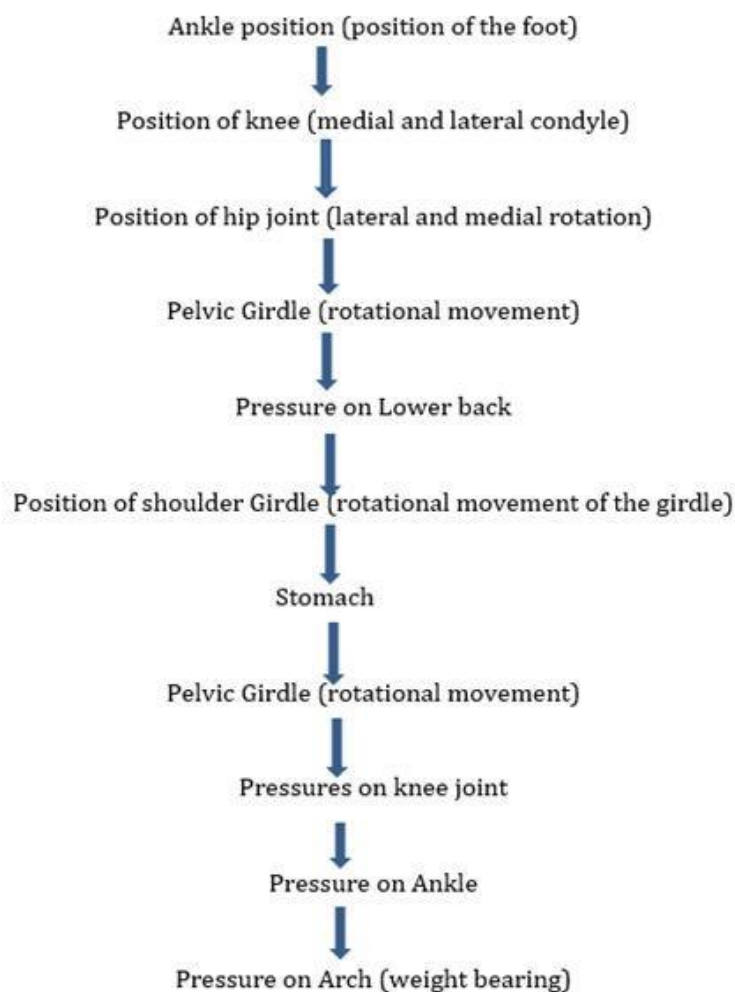


Figure 1 Evaluation of Posture Correction

This causes discomfort, agony, and stress, which leads to deformity. Physical pain causes voluntary deformities such as arthritis and spondylitis, whereas stress causes involuntary deformities such as diabetes, cholesterol, and hypertension. This does not develop overnight, but it is the product of years of postural neglect and ignorance. We transitioned from an active to a sedentary lifestyle.

The effects of ageing on joints are determined by hereditary variables as well as wear and tear, and they vary greatly from person to person. Although joint degeneration can occur as early as age 20. Degeneration is caused by a combination of age, obesity, joint inflammation, muscular weakness from a lack of activity, improper postures, wear and abrasion. Wear and tear is another term for this. Stretching and aerobic workouts that aim to keep a full range of motion are beneficial in reducing the effects of ageing. They contribute to the proper functioning of ligaments, tendons, muscles, synovial fluid, and articulate cartilages.

There is also one key factor that we often overlook: whatever we learn throughout our lives, from childhood to adulthood, is genetically or environmentally passed

along to our next generation. After birth, a newborn imitates (his/her parents, other people) how we walk, stand, sit, talk, express, and communicate. As a result, when we educate kids how to be good human beings, they are also learning our attitude toward our own bodies.

Rehabilitation and rejuvenation are other terms for postural correction. Rehabilitation is the process of returning someone to health or to a regular way of life via training. The activity or process of making someone or something appear or feel better or more vital is known as rejuvenation. Postural correction is what it is. However, according to the dictionary, what is missing in both of the aforementioned definitions is providing information and insight to the individual in distress. With the assistance of a doctor or therapist, one's health will improve; but, unless the individual is aware of the source of his deformity, he will continue to suffer and be in misery. So, while recovery has occurred, there has been no regeneration. Because the person is already driven to study, comprehend, and raise awareness because he is free of his stress, both physically and psychologically, knowledge and understanding will allow the person to return to his normal self, keep it, and live his life with greater discipline. As a result,

he is also accountable for passing on this remedial information to the next generation.

This postural adjustment is also necessary when practising yoga postures. We must follow the teacher's instructions. Standing, sitting, lying down, inverted, back bending, and front bending are all postures. All of these postures are not performed exactly as described, but one must learn how to position the appendages in each action.

For example, when standing, we must pay attention to the location of our foot, hip, shoulders, and hands. Likewise, in sitting, lying down, and forward bending positions. We must be mindful of whether the pressure is on the neck or the shoulders when practising inverted position.

Our neck is highly delicate, and it is only designed to support the weight of our head, not our entire body. Similarly, while back bending, the pressure should not be on the lumbar area; that is, we should not bend in the lumbar area, since this might put extra strain on the curvature and cause discomfort. This is vital not just for the performer, but also for all yoga teachers to understand.

SUNJEEVAN YOGA

What role does Sunjeevan yoga treatment play in rehabilitation? A therapist can assist in posture correction by using various supports and a specific programme of postures/ asanas.

Let us examine the progression from action to deformity to rehabilitation to cure to prevention to rejuvenation to attaining permanent change.

According to the flow, we must first grasp the daily routine and pattern of work and activities connected to that. We must also determine if the malformation is caused by genetics or is entirely mechanical. If the deformity is inherited or there is a medical problem involved, it is important to see a doctor. Postural correction can help to address the mechanical deformity. Once we have a detailed grasp of the work pattern, we can describe the set of muscles associated with it and its consequences on joints, since the major cause is shortening of the muscles around it. We shall learn about joints and their consequences on subsequent articulate joints. The study of joints teaches us about the degenerative process in the joint as well as the effects of tension on muscles, friction in joints, discomfort, distress, nerve compression, or pinching in that area. Typically, the

distress component is not the person's region of discomfort. However, as a result of the discomfort, the individual begins to modify and vary the typical physiological postures, and the muscles are burdened by executing its own activity as well as

functioning as support. If the problem is identified at an earlier level of suffering when there is no postural adjustment, the cure is substantially faster since the problem is identified at an earlier stage.



Figure 2 Line of Treatment

We may arrange stretches, postures, and correct therapy after the first analysis, postural adjustment, and physiological alterations (muscular skeleton) are established. Since the therapy has decreased the person's discomfort and anguish, he or she is strongly motivated to study, learn, and raise awareness about the postural modifications and subsequent postural corrections that we have performed. This is a critical component; the influence must last a lifetime. Counseling to the person is also required at this point to urge him to follow and continue doing activities indefinitely.

CONCLUSION

Yoga is the study of the body's language, in which all parts of the body serve as alphabets. Different alphabets must be arranged with proper meaning to form one spelling. Any spelling error alters the entire meaning, and any change in the body's functioning changes the entire language. Yoga is more than simply executing asanas; it is about bringing awareness to the mind and body before moving on to Pranayama and Meditation.

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