

Therapeutic effects of Yoga on the diseases of Śālākyatantra

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Abstract

Yoga, a philosophy in ancient India, is effective in maintaining health and curing diseases. This literature survey based on *Hatha Yoga Pradipika* was carried out in order to identify the therapeutic effect of Yoga on diseases which had been mentioned in *Śālākyatantra*. All types of *Pranayama* (*Suryabhedana*, *Ujjayi*, *Seetkari*, *Sheetali*, *Bhramari*, *Bhastrika*, *Moorchha* and *Plavini pranayama*) are important to maintain healthy respiratory functions, while sixty seven of *Shatkarma* have various therapeutic effects on curing diseases belonging to *Śālākyatantra* and thirty three of *Mudra* and *Bandha* in *Hatha Yoga Pradipika* have therapeutic effects on diseases that belong to *Śālākyatantra* according to the findings of the present study. Although all the *Asanas* contribute to maintain healthy body, *Simhagarjanasana* (roaring lion pose) is the most effective in alleviation of such diseases including numerous throat, mouth, nose and ear disorders. It is particularly useful in toning the throat and eradicating stammering. *Dhauti* and *Neti* have many therapeutic effects in curing diseases in *Śālākyatantra*. *Trataka* has many therapeutic effects in curing eye disorders such as eye strain, myopia, astigmatism, and early stages of cataract, according to the findings. It can be concluded that various types of Yoga have therapeutic effects on diseases which have been described in *Śālākyatantra*.

Keywords: *Asana*, *Pranayama*, *Shatkarma*

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