



Review article

BOOK REVIEW: YOGA PSYCHOTHERAPY AND ITS APPLICATIONS

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In the present scenario modern life style is becoming a serious challenge to human health. The fast and competitive trends in modern life is causing physical, moral, mental and spiritual problems. In the present time technological advancement has resulted in reduction of physical labor and increased mental labor. This mental labor in turn has resulted in psychosomatic disorders such as hypertension, diabetes, insomnia, acidity, gastric problems etc. Many chronic diseases are caused due to the faulty eating, stressful working conditions and lack of physical activities. Practice of the yogic principles and virtues are the only means by which a person can live a happy life and free from miseries.

This book focuses on the concepts of Yoga and Psychotherapy, their utility in many life situations. This book also shows that modern world has gain from the ancient science of yoga and psychotherapy despite advances in medicine and technology. Book also outlines that the success and happiness has been the secret of the science of yoga and psychotherapy.

This book, '*Yoga Psychotherapy and Its Applications*', focuses on the yogic practices which can be used in the Psychotherapy. The author has organized this publication in seven chapters. The opening chapter of this book i.e. chapter one, 'Introduction', provides an orientation to the meaning of yoga, purpose of yoga and presents a broad overview of the yoga in the present scenario. Author also points out that yoga works as the means and also as the ends.

Second chapter, 'Different Schools or Types of Yoga', focuses on the different views regarding yoga. What *Bhagavad Gita*, Sage Patanjali says about yoga. Author also said that following the plan of yoga, one can perfect one's emotional aspect of personality by practicing Bhakti Yoga, reason aspect by adopting the principles of Jnana Yoga, will aspect by following Raja Yoga and action aspect by pursuing karma Yoga which includes Hatha Yoga also. This chapter shows that yogic practices are very useful in many of the post-partum conditions.

Third chapter, 'Yogic Practices', outlines about the eight fold of *Raja-Yoga* in detail. In the book with the each step author gave some introduction of that step and also talks about some principles. By following that principles one can lead to the next step and also prepare himself for the next step. In some steps like in Asana, Pranayama, Dharna and Dhyana, the author gave some examples of Asanas and Pranayama with their general principles which should be followed by the practitioners. This chapter also shows some Dharna and Dhyana styles with their meaning and guidelines. So, this chapter generally focuses on the yogic practices with their general principles. At the end of the book author also illustrated some pictures of the yogic practices for health and happiness.

The next fourth chapter, 'Diet and Dietetics', shows that yogic diet play a significant role in the practice of yogic sadhana, maintenance of health also in the treatment of various bodily disorders. Lord Krishna, in chapter 6 of *Bhagavad*

Gita, has clearly stated: "Yoga is not possible for him who eats too much or for him who abstains too much from eating, it is not for him Arjun, who sleeps too much or too little". Yoga can remove one's misery only when diet, behavior and sleep are properly balanced. Traditionally, the concept of yogic diet has been considered in terms of Sattvic Diet or Mitahara.

This chapter also shows the application of Swara Yoga in diet and dietetics. Following the regulations of diet and dietetics can be very much useful for a common man to preserve positive health and thereby preventing himself from causation of bodily disorders. The observance of these dietary rules will surely help in maintenance of three Doshas, Malas, Agni and Dhatus in their homeostatic state.

Fifth Chapter, 'Yoga Health and Happiness', focuses on yoga's philosophy regarding health and happiness. In this chapter yogic physiology is also discussed, which shows that a human being possesses three bodies i.e. physical, astral and causal. Three bodies are grouped in five sheaths- Panch koshas (Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vijnanmaya Kosha and Anandamaya Kosha). Causal body is the inner most plane of man. It is the source of astral and physical body. Avidhya or ignorance is the disease of causal body. It is the source of all diseases of body and mind. Disease of mind called Adhi and disease of the body is called Vyadhi. Avidhya or ignorance causes mental diseases in the form of cravings, frustrations, worries and negative

thoughts and it causes physical diseases such as cancer, diabetes and cold.

This chapter also shows the holistic view of yoga. Yoga as a holistic system does not consist of mere kriyas and treatment but lays great stress on control of diet, social attitudes and personal habits so as to bring about beneficial changes in whole of the metabolic process.

Sixth Chapter, 'Yoga Therapy', focuses on the yoga therapy. In the beginning of this chapter author talks about the history of the yoga therapy. This chapter shows the development of yoga therapy and also shows some researches which are showing the positive effect of yogic practices on mental and physical health. End of this chapter shows some yogic management and treatment for selected human disorders like acidity, backache, common cold, hypertension, insomnia and diabetes.

Last Seventh Chapter, 'Yoga Psychotherapy' shows yoga for social problems, for aged with their positive aspects. This chapter also focuses on some similarities and fundamental differences between Indian (Yoga) and Modern psychotherapy. Both therapies aim at the wellbeing of man and try to eliminate his personality maladjustment, so that he better adjusted to life in general. On the other hand in the different point of view western psychological therapies help to achieve the normal state of mind while yoga goes beyond it to the super consciousness level of the mind.

At the end this chapter shows in detail the psychotherapeutic mode of

Kashmir Shaivism's Yoga and philosophy. This chapter also shows progressive involution (manifestation) of the ultimate reality i.e. pure universal consciousness (God). Chapter shows some other techniques of yoga like Dhyana yoga (So-Ham Sadhana), Uccara Yoga (Contemplative: on Breath) and Sthana Kalpana Yoga (Imagination: of External objects). In this chapter Author said that 'Kashmir Shaivism' is the only school of Indian Philosophy which can inspire us for both material and spiritual progress.

Critical Comments:

- Language of the book is very simple and clear.
- Chapters of the book is well managed and covers all the aspects related to yoga and psychotherapy.
- This book provides a good knowledge about yoga, different types of yoga, yogic practices and yogic psychotherapy.
- Book also contain some pictures of yogic practices to make the subject-matter easily understandable and to sustain the interest of the readers.

Utility of the Book:

- This book will be helpful in the educational field like in yoga, psychology and physical education area.
- This book will be beneficial for the yoga practitioners. They can learn some principles which should be followed during yogic practices.
- This book will be beneficial for clinical therapist also. They can

learn basics of yoga psychotherapy from this book and can use this therapy as a supportive therapy.

- In the present scenario yoga has a good scope and adding yogic practices in daily lifestyle will prevent one from many physical and mental diseases. So, this book will be helpful for general people also.

Conclusion: Today, yoga has relevance in a number of sphere of life. There are so many books on Yoga Psychotherapy. So, in an overall assessment this book on, 'Yoga Psychotherapy and Its Applications' provides a good knowledge about yoga and yogic practices. This book will be beneficial for yoga students and also for psychology students.

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