

# YOGA FOR A SUCCESSFUL AYURVEDIC TREATMENT



**Misleadingly many people perceive Yoga as an insignificant component of an Ayurveda therapy; however, it is of utmost importance for an optimal therapy effect. Yoga as well as Ayurveda are ancient Indian teachings, which perfectly complement each other for the purification and care of body and mind.**

Ayurveda is a complex health concept that classifies symptoms, sets diagnoses and applies therapies accordingly. The patient plays a rather passive role, as the treatments are conducted by doctors and therapists, while Yoga is practiced actively but does not distinguish by symptoms or diagnoses. Nevertheless, there are different types of Yoga that all origin from the traditional Hatha Yoga, which we offer in Somatheeram. This Yoga form consists of Asanas, the exercises, Pranayamas, breathing exercises and meditation. In order to purify the mind, the body as a whole needs to be cleansed. Hatha Yoga releases energy blocks, clears the energy channels and eventually aims at restoring the balance between interacting processes between body, mind and energy.

As mentioned earlier, mediation plays an important role in Hatha Yoga. The interplay with Yoga allows gaining control over mostly involuntary activities such as influencing blood pressure, body temperature, metabolic rate and mental fitness. Meditation affects the body through the mind, while the exercises affect the mind through the body. The combination of both leads to total relaxation and eventually causes total human wellbeing.

Considering the fact that all diseases originate in the mind and appear on body and mind, the relevance of Yoga and meditation in Ayurvedic therapies becomes obvious. Regular practice of meditation helps developing willpower, freeing and hence acts as a catalyst for the Ayurvedic treatments.

**TEN TIMES AWARDED AS  
“THE BEST AYURVEDIC CENTRE”**

**BY THE GOVERNMENT OF KERALA**



**SOMATHEERAM AYURVEDIC HEALTH RESORT**

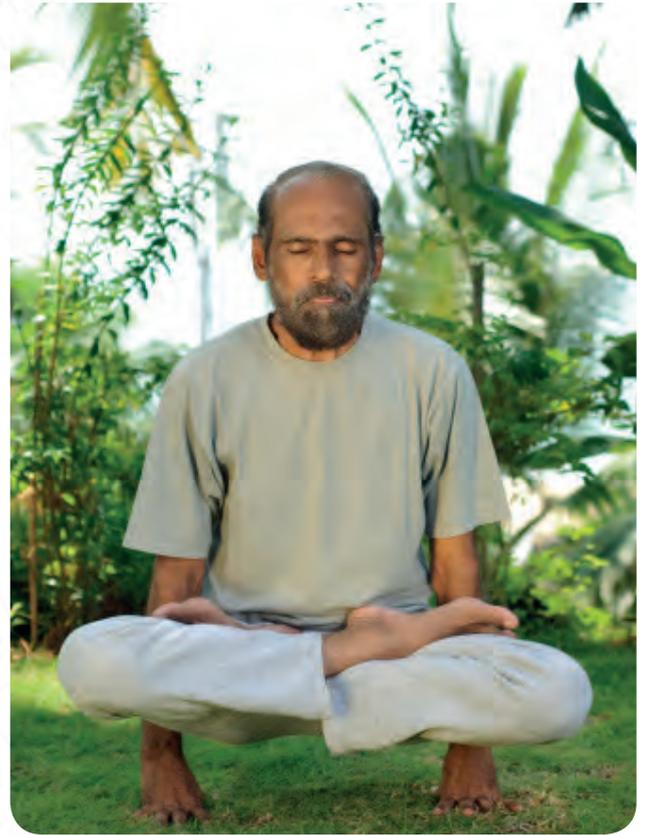


However, Yoga should not only accompany the Ayurvedic therapy but also become a fixed component of one's daily life. Yoga supports all human skills – be it physical or spiritual. Additionally regular practice helps gaining control over a restless mind, which is especially highly important for people with a high professional stress level. It allows you to unwind from a hectic lifestyle and helps free your mind. Therefore, we advise our Stress Management patients in particular to not only exercise Yoga during the therapy, but also to practice it at home regularly.

You might wonder whether there is a fixed 15-20 minute sequence of exercises which you can repeat at home on a daily basis? According to Master James, everyone has to identify for themselves, which exercises cause wellbeing and how much time one can spare for Yoga. However, the spine is a vulnerable construct so that supporting it is crucial for everyone. Exercises like sun salutation, cat stretch or cobra posture are suitable for every healthy person to increase the flexibility of the spine. Generally, the choice of exercises depends on age and physical conditions.

Advanced yoga students can increase the difficulty level and try a headstand, the Kukkutasana or the plough posture. Do not be demotivated if not all exercises work out at first try, you will get better after every single practice.

Do you practice Yoga at home, maybe even utilizing one of the numerous Yoga apps? If that is the case, we would really like to know which one you consider helpful and why! We look forward to your suggestions to: [newsletter@somatheeram.org](mailto:newsletter@somatheeram.org).



*Yoga exercise - the Cockral*

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