



**MA Yoga II Semester**  
**Paper 203 Unit-II**  
**Lecture 1: Integrated Approach of**  
**Yoga Therapy (IAYT)**

---

**Prof. S. K. Gupta**

**Coordinator**

**Centre for Yogic Science**

# Concept of PanchA KosHas

---

- According to the tradition of Yoga and Upanishads, man has five bodies or Koshas (sheaths).

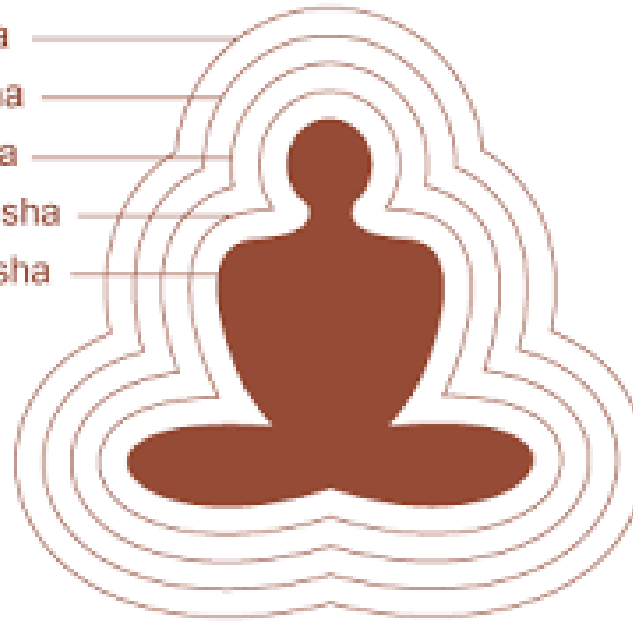
1 Annamaya Kosha

2 Pranamaya Kosha

3 Manomaya Kosha

4 Vignanamaya Kosha

5 Anandamaya Kosha



# Annamaya Kosa

---

- **This is physical body composed of five elements (Panchbhutas) namely the earth, water, fire, wind and space**
- **They interact in the dimension of matter through annamaya kosa and are nourished by the gross food that we consume.**

# Pranamaya Kosa

---

- The next subtle body is energy body (Prana).
- This prana is the basic fabric of this universe both inside and outside our body.
- A uniform harmonious flow of prana to each and every cell of the annamaya kosa keeps them alive and healthy.
- Nadis are the channels through which this prana flows, the five panch pranas mainly controls the functions of the body.
- They are Apana responsible for functions like defacation, urination, menstruation, sexual activities etc., Prana responsible for...

# Manomay Kosa

---

- The psychical body is responsible for the functions of mind namely perception, analysis, memory and emotions.
- Mind is defined as a conglomeration of thoughts.
- When those emotions become powerful, they start governing our actions against what is right and goes against the cosmic laws leading to imbalances called Adhi or stress.
- This long standing stress percolates into the pranayama kosa causing disturbance in the flow of prana thereby causing the disease at the annamaya kosa (called vyadhi).

# Vijnanamaya KosHa

---

- **This is characterized by discrimination and a capacity to judge.**
- **This is aimed at channelizing human behaviour towards perfect health in tune with**

# Anandamaya Kosha

---

- This is state of balance of all mental faculties.
- This is featured by total mastery, bliss and freedom from fear.
- Yoga is a systematic methodology for an all round personality

# Yogic Concept of Illness

---

- The root cause of illness is the imbalance at the Manomaya Kosha. Amplified likes and dislikes at the manomaya kosha results in distressful emotional surges called Adhi.
- The life style gets disturbed because of long standing uncontrolled surges of stressful reactions viz. intense desire (Kama), anger (Krodha), fear (Bhaya) and jealousy (Matsarya). These agitations cause violent fluctuations in the flow of prana leading to imbalance in the Manomaya Kosha. As a consequence, physical body (Annamaya kosha) gets disturbed leading to diseases called Vyadhi.



# DEFINITION OF IAYT

---

- Hence, Yoga techniques are offered at panch kosha levels to correct the imbalances through a set of yoga practices.

# Practices at Physical Level (Annamaya KosHA Practices)

---

- Kriyas are yogic processes to cleanse inner organs of our body. They activate, revitalize and tone up the functions of organs.
- Among the major kriyas are Jal Neti, Sutra Neti, Kunjal, Agnisara and Kapalbhati.
- Loosening exercises-toes, fingers, hands, legs, shoulders, neck movements, waist and spine. They improve strength and stamina

# Practices at Vital Energy Level (Pranamaya Kosha Practices)

- Prana is the basic life principle. Pranayama is a process for gaining control over Prana.
- Illness have characteristic prana abnormalities.
- Through practice of proper breathing techniques and Pranayama, these imbalances at the Pranamaya Kosha can be

# Practice at Mind Level

## (Manomaya Kosha Practices)

- The culturing of mind is accomplished by focusing of the mind (Dharana) initially, followed by relaxed dwelling on a single thought (Dhyana) for a longer durations leading ultimately to super-consciousness (Samadhi).
- Yoga techniques that help in controlling our emotions are called Bhakti Yoga. Devotional sessions such as Prayers, Chants, Bhajans, Namavalis, Dhuns, Stotras etc help to build a congenial atmosphere.
- Thus, control over emotions is obtained through the path of divine love in Bhakti Yoga.

# Practice at Intellect Level (Vijnanamaya Kosha)

---

- Notional correction and Yogic counselling are the two important techniques to correct imbalances at Vijnanamaya Kosha.
- Knowledge is the key to operate from Vijnanamaya Kosha.
- Upanishads are the treasury of such knowledge to remove miseries and obsession.
- It is the lack of inner knowledge which is responsible for many wrong habits, agitations, etc.
- The divine knowledge helps the person to change his attitude of greed and deep attachment to material possessions and enjoyments.

# Practices at Bliss Level (Anandamaya Kosha)

---

- Karma Yoga (Selfless action) is practiced at Anandamaya Kosha Level.
- Working in silence without thinking of the results.
- Maintaining an inner silence
- Equipoise at the mental level
- Bliss is true nature of soul. It is said that a person is free from illness (disorder) when one can establish or achieve that bliss.
- Anandamaya Kosha is achieved by Sampragyat Anandanugata and Asmitangata Samadhi