CONCEPTUAL STUDY OF KAPHA DOSHA IN IMBALANCED STATE AND MANAGEMENT THROUGH YOGA

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INTRODUCTION
Doshas are the primary life forces or biological humors created when the pairing of two of the five elements create three dynamic forces or interactions. Dosha means “that which changes” a term which refers to the way the elements are constantly in motion while retaining a dynamic balance. Word Dosha also means 'that which darkness' or 'spoils' a reference to the way an imbalance among the elements can cause disease.

Kapha Dosha, we can say shleshma is cohesion, union and integration. Kapha is the composition of the cellular structure of our organs as well as fluids which nourish & protect them. It is structural manifestation representing mass and responsible for shape and form. Biologically it is combination of water and earth. It provides stability, strength and firmness and adherence of cells into tissues, tissues into organs and organs into body.

Yoga is a part of ayurved as mentioned in Charak samhita Sharisthan 1/136-137 states that the location of sensations is mind, the body equipped with sense organs except head hairs, body hairs, tip of nail, ingested food, excreta, fluids and sense objects. All sensations cease to exist in the state of union with self (Yoga) and emaciation (Moksha). In Moksha cessation is complete while Yoga leads to that. According to Arvindo, Yoga is an all round personality development i.e., physical, mental, intellectual, emotional & spiritual level. Yoga helps to calm down mind, erase the weakness & mind takes each obstacles as challenges. Yoga practice helps to sharpen & sensitize emotions, along with control over emotion. Yoga helps to think and apply the concepts logically and scientifically.

AIMS AND OBJECT
• Conceptual study of Balanced and imbalanced Kapha Dosha and Yoga.

MATERIALS AND METHODS
• Relevant Ayurvedic text books
• Previous Research Papers
• Previous thesis work
• Various National or international journals or magazines.

DISCUSSION
Kapha dosha is found everywhere in the body and is a group of substances of fluid or semifluid in character mainly made up of the combination of water and earth elements. It is responsible for the lubrication of body. Its qualities are heavy, slow, dense, dull, soft, oily and cold. Main functions of Kapha Dosha includes smooth working of joints, general stability of the body, general build, potency, courage, greedlessness, preserves body strength. The diminution of Kapha is known by deficiency in normal function or increase in opposite
actions and the aggravation of Doshas is known invariably by the increase in their normal functions.

Abnormal increase in Kapha Dosha leads formation of mucous in lungs cause cough, weight gain, weakness of digestive activity, excessive sleeping, flaccidity of joints, heaviness, drowsiness, feeling of coldness and depression. Abnormal decrease in Kapha Dosha causes giddiness, twisting pains, vertigo, and loss of sleep and feeling of bursting, churning and movements of hot fumes from inside, looseness of the joints, palpitation. This increase and decrease in Kapha Dosha can be prone to heath problems like Allergic reactions, diabetes, bronchitis, sinus, anxiety and obesity. People with Kapha Dosha can be very sensitive to cold and damp climates. It’s very important to stay warm and dry. Yoga makes body warm, light and energizing in a bid to get the energy back and flowing again. To balance excess Kapha, we need to bring opposing gunas in our practice. Regular practice of Yoga Asana also has a positive influence on various bodily functions as it facilitates the elimination of bodily wastes and Ama or toxins.

In short about Kapha Activity and cause for imbalance; KAPHA (water + earth)

Activities in the body
Cool: Maintain body temperature & slow metabolism
Dense: All tissue
Cloudy: Lethargy, deep sleep, slow mind
Slimy: Lubrication of joints, slow, encourages, relaxation and rest.

CAUSE OF KAPHA IMBALANCE
• Drinking with meals
• Too much sleep
• Not enough exercise
• Sweets
• Mucous forming foods
• Lethargy
• Cough
• Breathlessness
• Loss of appetite

Yoga And Asana in imbalance Kapha Dosha and its benefits
Yoga balances all three Doshas, and different poses have different effect. In reference with Kapha Dosha like.

STANDING POSES, especially with the arms and/or gaze raised, will help bring more heat and Lightness into the body.

FORWARD BENDS, bring more heat to the chest by compressing that area, which helps to counter the cooling guna of Kapha.

INVERSIONS are great for Kapha as they stimulate circulation and help bring a feeling of lightness to the body.

Some Yoga and Asanas for balancing Kapha Dosha are:-

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<th>YOGA AND ASANA</th>
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| 1.    | SURYA NAMASKAR | • Helps to strengthen abdominal muscle.  
• Activates digestion and get rid of constipation and dyspepsia.  
• Tones digestive system by the alternative stretching and compression of abdominal organs.  
• Reduces tension and anxiety. |
| 2.    | HALASANA       | • Improves digestion and appetite.  
• Beneficial for diabetic people.  
• Increase the working affinity of spleen. |
| 3.    | BHUJANGASAN    | • Firms and tones buttocks.  
• Stimulates organs in the abdomen.  
• Improves digestion. |
| 4.    | GOMUKHASANA    | • Strengthen abdominal muscle.  
• Strengthen hip joints. |
| 5.    | USHTRASANA     | • Reduces fat on thighs.  
• Expands the abdominal region, improving digestion and elimination.  
• cures constipation.  
• Tones organs of the abdomen, pelvis and neck. |
| 6.    | PASCHIM UTTANASNA | • Improves digestion.  
• Soothes headache and anxiety and reduces fatigue.  
• Reduces obesity and increases appetite. |
| 7.    | PADAHAST ASANA | • Helps to eliminate excess belly fat. |
8. PAVANMUKTASANA
- Improves digestion and reduces constipation.
- Strengthen and tones the entire standing leg, up to the buttocks.

9. TRIKONASANA
- Strenthen abdominal muscles and improves digestion.
- Improves the circulation of blood in the hip area.
- Helps burn fat in the thigh, buttocks and abdominal area.

10. KAPALBHATI
- Increases both physical & mental stability.
- It improves digestion and stimulates all the abdominal organ.
- Reduces stress and cures anxiety.
- Strengthen legs, back and spine areas.

CONCLUSION
Ayurved is the only medical system that recognizes individual metabolic types. Ayurved is time tested and places its trust in basics, appropriate herbs, peaceful thoughts & appropriate lifestyle. In Ayurved body, mind and consciousness work together in maintaining balance. The main purpose of ayurved is to create self knowledge and mastery. When we a brace Ayurved, we take back control of our own health. We rebuild it. We maintain it. Yoga helps the mind become stronger by connecting the mind with the self (Atma). Yoga is important for dissolving physical stress and calming the mind. Ayurved and yoga both work together enhance their great benefits.

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