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## An Integrated Approach of Different Systems towards Holistic Healing

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### ABSTRACT

Healing is the process of being sound and healthy or in other terms, in an equilibrium state. Health exists in different planes or can be said as multidimensional as mentioned in ancient literature as well as in contemporary science. There is influence of various factors on health, Thus to be healthy or to heal someone is also a need to be done at different planes, which is missing somewhere presently. To bring the concept of holistic health there is dire need of integration of different systems like Ayurveda, Yoga, Naturopathy, Chakra Balancing, Acupuncture and Pressure etc they work at different planes that are discussed here.

### KEYWORDS

*Holistic Health, Integration, Healing*



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## INTRODUCTION

Health is the state of equilibrium physically, physiologically, mentally, spiritually as mentioned by ancient sages; there is description of disease as *Dukha* or disequilibrium at various levels. To attain the level again there is need of intervention at different planes, which can be done by integration of different systems. There are many systems of healing which contributed to humanity in a positive way in terms of their health maintenance, management of the diseases, prevention of ailment along with uplift them spiritually and gain their utmost capacity.

Grossly we can see only physical body made up of gross elements, i.e. *Panchamahaboot* to balance that we need principles of Ayurveda medicines, naturopathy procedures and dietary modification etc, after that there is mind or *Mana* where need of psychological approach, which can be influenced by Yoga and somehow with previous systems, after that at subtle level there is a system considered as *chakra* which is as good as system of body and functional at subtle level but controls physical, mental, spiritual planes, their balancing is needed by different approaches like yoga, crystal healing, color therapy, mantra recitation etc. there is again a concept of flow of

energy of vital force which controls the body as system which is mentioned as meridians which handle human and as per principles if there is any hindrance in flow of that energy by different channels that can results in diseases, to maintain that flow there is need of acupuncture acupressure, *Marma Chikitsa*, these system work on dispersion of the condensed energy as well as removal of blockages, and as there will be normal flow of energy one gets rid of specific diseases. However contemporary medicals science also play a role in it, in integration that can also brings great results to humanity, but single it is also incomplete, so to bring out the best there is dire need of integration of different systems to bring optimum results at different planes and individual can attain holistic and positive health. Here we are going to discuss that integration and their benefit.

### Different systems and their principles

#### Ayurveda

It is mentioned as eternal science for human health, with foremost motive of maintenance of health and management of the disease<sup>1</sup>. The principle of causation of diseases are mentioned as physiological, environmental, psychological imbalance (*Kala Budhi Indriya Arthanam Atiyoga Mitha Yoga and ayoga*)<sup>2</sup> Ch.Su.1/54 Remedial action are divided, to balance *Doshas* i.e. physiological units, the



physical disease with medicines, and mental/ psychological ailments to be dealt with *Daiva* i.e. various auspicious rituals and with mental support and counseling i.e. *Dhi Dhirya Atmadigyanam*<sup>3</sup> (A.H.Su.1/25) or with “*Gyan VigyanDhairya Smriti Samadhibhi*” which means with patience, meditation, recalling self as Atama<sup>4</sup> (ch.Su1/58). There is indication of physical and psychological disease along with their remedial actions in terms of physical purification, herbo-mineral drugs, life style modification and to generate wisdom towards self and the supreme soul. The importance of treatment is shown by Acharya Charaka in the form of balancing of *Dhatus*<sup>5</sup> (these are the physical units which forms the body) Ch.Su16/34

Criteria of health is mentioned by ancient sages in the form of various categories. Acharya Susuruta had described health as, balanced physiological entities along with psychological one as there is description of balanced Doshas, balanced metabolism (digestion at gross along with metabolism at cellular level due to involvement of 13 types of Agni), and proper excretion. Psychological concept brings attention towards in the state of happiness from mind, senses and soul all in total mentioned as Healthy<sup>6</sup>.(Su. Su.15/41)

Healing is defined as complete removal of the diseases causing factors as mentioned in

ancient literature and treatment should be done at its earlier stage because, it is said at first it is Anu (small), later disease increases and due to chronicity disease became huge or difficult to be treated, in result it destroys human vitality (Bala) and Longevity (Aayu)<sup>7</sup> (Ch.Su. 11/58)

So healing is mentioned as *Daiva Vyapashrya*, *Yukti Vyapsharya*, *Satvajaya* – these three planes dealt with the psychic healing with auspicious rituals, with medicines and lifestyle modifications and lastly with different counseling and spiritual guidance<sup>8</sup> (Ch.Su.11/54).

However, these are described in Ayurveda but in majority there is focus on *Yuktivyapsharya*, lacking of other brought need of integration with other systems.

### **Yoga**

Yoga is also an ancient science, it is mentioned in Ayurveda also but we had separate literature and principle for it as mentioned by our seers. Motive of Yoga is “renunciation” i.e. Moksha<sup>5</sup>, however at first step there is need of healthy body to go further in this path. So there is also description of the methods to cleanse body, performing of specific postures as well as breathing technique to change the physical & mental state and bring it at its optimum level. There is focus on mental health and spiritual enlightenment with the help of different modalities that bring an approach



to holistic healing. In present curriculum there is need of liberation from the thoughts that create first psychological disturbances and later that convert into physical one, so as per need we can modify the definition of Moksha as liberation from unnecessary imbalance of mental humours i.e. Satva Raja and Tama along with the diseases of somatic origin, that can be attained by again integration.

*Yoga Chittavritti Nirodha*<sup>9</sup> (P.Y.S.), it is indication towards creating stoppage on mental chattering or activities or in other words it is a controlled action of mind/Mana.

Yoga and Moksha is again said to be a tool to liberate from all kind of sorrows. Moksha is said as the advanced state where there are no attachments and complete liberation, by following the path of Yoga Moksha can be attained<sup>10</sup>. (C.Sha 1/137)

Due to main focus on mental and spiritual level, there is lacking at physical plane that's why there is need of integration

### **Naturopathy**

As the name signifies it dealt with management of disease by natural elements or a science of healing by nature, it works on the principle that disease occurs because of detachment of human from nature, Indian school of naturopathy works with Panchamahabhoot Chikitsa and modern school of naturopathy works with others but

related with cleansing diet, fasting, heliotherapy etc.

Principles of naturopathy<sup>11</sup>

- Do No Harm (Primum No Nocere)
- Healing Power of Nature (Vis Medicatrix Naturae)
- Identify and Treat the Cause (Tolle Causam)
- Heal the Whole Person (Tolle Totum)
- Physician as Teacher (Docere)
- Prevention is Best Cure (Prevention)

These principles indicate towards an approach of healing via nature and treatment of whole person than diseases. Along with it there must be education to prevent the diseases.

### **Chakra healing –**

As the name indicates these are the wheel of energy, these are conjunction of different nadis or in other words circuits of energy, which controls the individual, till here by different systems focus is on physiology and to some extent psychology, here discussion is on energy of an individual. Chakras are energy wheels i.e. condensed form of energy to perform specific function as there are different systems of body at gross level. According to Shatchakra nirupanam there are six chakras and seventh one is Shastrasara. They had direct impact physically, mentally, spiritually<sup>12</sup>.



The six chakras are

**Mooladhara<sup>13</sup> (Root Chakra)** – it deals with the excretory system and with ones existence, if this dysfunction or its energy gets disbalanced there will be sense of disbalance, as it is said the dormant energy lies here, there will be no upliftment of it.

Mode of balancing – via color therapy “red color”, crystals which balances it like “red jasper” etc, Mantra recitation of the Chakra and a sense of satisfaction and trust, there are specific fragrance also to balance specific chakra

**Swasdisthana (Sacral Chakra)** – it deals with sex organs, sexuality and progression, creativity, disbalance creates diseases of reproductive system and lack of creative ability

Mode of healing – via color therapy “orange color”, crystals like “carnelian”, Mantra recitation of the chakra

**Manipur (Solar Chakra)** – it deals with digestive system and metabolism, maintenance of temperature , sense of power, if get imbalanced there will be diseases related with digestion or metabolic disorders, lack of confidence and self esteem

Mode of healing – via color therapy “yellow color”, crystals like “Citrine, yellow aventurine” etc , Mantra recitation , balancing intake of food and cautious about sense of dominance.

**Anahat (Heart Chakra)** – it deals with circulatory system, love, kindness, compassion , forgiveness, if get disbalanced one got issues with distrust, lack of compassion can be cruel to self and others, can be sufferer of cardiovascular diseases. Mode of healing – via color therapy “green color”, crystals like “green aventurine, green moss agate” etc, Mantra recitation , intake of green vegetables, liquid foods juices etc, cautious about greed, jealousy like feelings

**Vishudh (Throat Chakra)** – it deals with vocal cords i.e. voice production, thyroid function, parathyroid function, self expression, communication, will power, trust, if get disbalanced, one can be sufferer of thyroid dysfunction, neck pain/stiffness, metabolism impairments and distrusts, low self esteem, issues with speech and communication, introvert nature etc

Mode of healing – via color therapy “blue color”, crystals like “Lapis Lazuli, quartz” etc, Mantra recitation, specific Pranayama like Bhramari, cautious about self expression, not to obstruct self.

**Ajana (Third eye)** – it deals with central nervous system wisdom, understanding, intellect, intentions pen mindedness, observation, analysis, if it get disbalanced can cause disease of central nervous system, mental inability, no sense of



awareness and sensory system doesn't work properly

Mode of healing – via color therapy “violet/ purple”, crystal “Amethyst, quartz” etc, Mantra recitation, Pranav Ucharana (Om recitation), pranayama, awareness towards self and thoughts.

**Shastrasara** (Crown Chakra) – deals with spirituality, letting go, awareness, enlightenment, however it governs all chakras if it gets disbalanced on cab be sufferer of all ailment.

Mode of healing – with meditation, Om recitation, color therapy “White or light purple color”, Meditation, Purity, crystals like “clear Quartz, Ameythst” etc

All these energy wheels form aura, guarding and guiding vital force, which can be cleansed by purification of body, Yogasana, Pranayama, Meditation and other aura cleansing techniques.

Chakra healing gives an insight to deal with ailments at energy level but still there are lacking at physical level, that's why need of integration with other systems is needed.

**Marma Chikitsa**<sup>14</sup> –

This therapy dealt with specific points from where there is contacts of nerves, arteries veins, ligaments called as vital points as mentioned in Ayurveda literature by stimulation of these or by decongestion of these can bring out healing of specific disease. This can be done by pressure

massage, bloodletting etc. as this is a part of Ayurveda detailed described by Acharya Susuruta, now a days it is quite popular in pain management and with integration of other sytems, this can be really beneficial for humanity.

**Acupressure**<sup>15</sup> –

These therapies deals with activation of specific channels of energy or in other words mentioned as meridians, we had different channel of energy throughout body which helps in function of body, if blockage, congestion, lack of energy occurs at these specific points that can cause specific disease.

There are total 14 meridians – 6- Yin and 6 yang and 2 governing meridians , these 12 i.e. Yin and Yang occurs bilateral and situated vertically in central line in front and back. These maintain flow of bio energy.

Yang		Yin
<b>Large Intestine Meridian</b>		Lung Meridian
<b>Stomach Meridian</b>		Spleen Meridian
<b>Small Intestine Meridian</b>		Kidney Meridian
<b>Bladder Meridian</b>		Heart Meridian
<b>Triple Warmer Meridian</b>		Heart Constrictor/ Pericardium Meridian
<b>Gallbladder Meridian</b>		Liver Meridian
<b>Governing meridians</b>		
<b>Governing vessel Meridian</b>		
<b>Conception vessel Meridian</b>		

In disorders of particular organ of body, not whole meridian gets tender but the specific points, lying in under that meridian, because that particular point regulates that



organ, to manage that there are specific points mentioned which used as pressure points and by regulating them, that particular flow of energy can be regained and individual can be healed. However it can't be considered as complete treatment integration of others needed.

These are few modalities or healing system others do exist like Magneto therapy, Acupuncture etc, but had principles somewhere similar with these so can be integrated to achieve holistic health.

Related Research articles

- A review article written on the book “Integrative Approach for Health” by Dr. Patwardhan, mentioned towards context of biomedical research, Ayurveda and yoga<sup>16</sup>

**Few examples where integration can bring good results**

**Obesity and Diabetes** – both are considered as metabolic and psychosomatic disorders, with integration of daily regimen and some herbomineral medicines, specific Asanas, Crystal therapy by balancing Manipur Chakra (Solar plexus), intermittent fasting, extraordinary effect can be seen and thus recovery rate can be huge.

**Musculoskeletal disorders** like Sciatica (Gridherasi) and others – there can be integration of Marma Chikitsa, specific Aasanas like Shalabha Asana etc, Acupressure, Mud therapy, Vata Kapha

Shamaka Ahara Vihar that can help in recovery from the condition faster.

**Psychological Disorders** – there can be integration of Abhyanaga as Mana and Skin are related with Vata, Other vata shamaka medicines, Dhyana, Pranayama, Hydrotherapy, Marma Chikitsa, Crystal healing of Ajana and Anahat chakra .

These are just few examples, these integration can show miraculous effects on healing and if integrated to maintain health that can cherry on ice.

## CONCLUSION

With the help of above discussion it can be concluded that –

- To get at par results in holistic healing there is need of integration of different systems
- Ayurveda, Yoga, Marma Chikitsa, Acupressure, Chakra balancing, Naturopathy, all these are somehow inter related and may be their source of origin was same but by the time as different system arise they gets separated
- Now to attain holistic health at all planes i.e. physical, mental, spiritual and because of this at social & environmental, there is need of integrate approach of different systems.
- All healing systems had different specifications like in Ayurveda we had



specific system to maintain health with the help of regimen like Dincharya, Ritucharya, Sadvritta, Rasayana sewan and for management and prevention of diseases like Panchakarma, other Herbo-mineral medicine

- In Naturopathy there is mud therapy, hydrotherapy, different concepts of diets
- In yoga we had Shatkarma, Asanas, Pranayama, Dhyan
- In Marma Chikitsa and Accupressure there are vital points to be handled mechanically to stimulate them and heal specific conditions
- Chakra balancing is again a concept of working at balancing energy of specific system via Yoga, Meditation, color therapy and so on
- By integration of different systems, we can bring a system which can bring healing in all dimensions and healthy society will be result.



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