

Therapeutic Indications of Hatha Yoga's in Various Disorders

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ABSTRACT

Hatha Yoga, a branch of Yogic science that focuses on *Aasanas* [Physical postures] and *Pranayama* [Breathing techniques], *Mudras* [Gestures] & *Samadhi-Dhyana* [Meditations]. Has a big deep rooted ancient Indian traditional history from thousands of years. Aims of Ayurveda and Yoga are same i.e, attainment of salvation. Health is main root through which, one can achieve salvation. *Hatha yoga* which helps in controlling the physical body later leads to control over mind which enhance all over development of wellbeing, prevention of health and cure of various disease. In this review contains brief knowledge about parts of *Hatha Yoga* likes *Aasana*, *Pranayama*, *Mudras*, *Samadhi-Dhyana*, etc. and its therapeutic indications in various diseases.

KEYWORDS: Ancient ayurveda, *Aasana*, *Pranayama*, *Mudra*, *Shudhikriya*, *Hatha Yoga*.

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INTRODUCTION

The term "*Hatha*" is derived from the Sanskrit words '*Ha*' represents 'sun' (*Pingala*) and '*Tha*' represents moon (*Ida*), union of sun and moon is called as *Hatha*.¹ With the help of gross body control of *Cittavritti* by the practice of *Pranayama*, *Aasana*, etc. by a strong person is called as *Hatha Yoga*.² *Hatha Yogas* is written by Swami Syatmarama in the textbook of *Hatha Yoga Pradipika* near about 15th century BC. *Hatha Yoga Pradipika* a foundational text outlining *Aasana*, *Pranayama*, *Mudras* and *Bandhas*. *Gheranda Samhita* a comprehensive guide to *Hatha Yoga*, covering *Shatkarmas*, *Aasana*, and *Samadhi-Dhyana* in 17th century. While *Shiva Samhita* (14th -17th century) a philosophical text exploring the body as a vehicle for spiritual transformation. Overall includes different aspects of *Hatha Yoga*, including;

➤ *Aasana*: [Physical Postures]³

Aasana is the first step of *Hathayoga*, which produces lightens body, enhances strength & health.

➤ *Pranayama*: [Breathing Exercises]^{4,5}

After the mastery over the *asana*, controlling the inspiration and expiration is known as *Pranayama*. Controls breath to balance vital energy. 8 types of *Pranayama*, namely *Suryabhedana*, *Ujjayi*, *Sitkari*, *Sitali*, *Bhastrika*, *Bhramari*, *Murcha*, *Plavini*.

➤ *Bandhas* [Energy Locks]:⁶

Bandha means bandage or joining together. Muscular contractions to regulate energy flow. Mainly 4 types of *bandhas* explained in classics

➤ *Mudras* [Gestures]:⁶

Mudra is Symbolic gestures to direct energy flow. 10 types and 25 types of *Mudras* explained in *Hata Yoga Pradipika* & *Gheranda Samhita* respectively.

➤ **Samadhi-Dhyana: [Meditations]**⁷

A practice deep concentration in particular thought or region for spiritual growth and self-realization.

➤ **Shatkarmas [Cleansing Practices]:**⁸

Six purification techniques (*Dhauti, Basti, Neti, Trataka, Nauli, Kapalabhati*) for Physico-mental well-being.

• **Features of Hathayoga Siddhi:**⁹

Lean body, pleasant face, clear and melodious voice, eyes clear of blemishes, bright healthy body, abstinence, enhancement of agni and purity of all nadis are the characters of *Hathayoga Siddhi*.

• **Hatha Yoga therapeutic indications in Various illness:**¹⁰

Sthoulya (Obesity):

- **Aasana-** Pawanamuktasana, Pachimotasana, Dhanurasana, Bhujangasana, Halasana, Hastapadasana, Chakrasana, Suryanamaskara.
- **Pranayama-** Bhastrika
- **Shudhikriya-** Dhauti-Jala, Vastra.

Krushata (weight loss due to any reason):

- **Aasana-** Sarvangasana, Savasana, Suryanamaskara.
- **Pranayama-** Shitali
- **Shudhikriya-** Neti, Basti Kapalabhati.

Hrudayavikara, Raktadabavridhi: (Heart Diseases, Hypertension)

- **Aasana-** Sarvangasana, Pavanamuktasana, Bhujangasana, Makarasana, Savasana, Yoganidra.
- **Pranayama-** Shitali, Anuloma, Viloma
- **Shudhikriya-** Jananeti, Kapalabhati.
- **Bandha-** Muladhara Bandha
- **Mudra-** Apanavayu mudra
- **Dhyana-** shatachakra Dhyana, Bhavavita Dhyana

Madhumeha (Diabetes):

- **Aasana-** Sarvangasana, Pavanamuktasana, Bhujangasana, Halasana, Dhanurasana, Shalabhasana, Ardhamatsedrasana, Savasana,
- **Pranayama-** Bhastrika
- **Shudhikriya-** Shankhaprakshalana
- **Bandha-** Uddiyana Bandha
- **Mudra-** Yoga mudra

Swasa-Kasa-Rajyakshma-Pratisyaya: (Asthma-Cough-TB-Rhinitis)

- **Aasana-** Pacchimottsana, Bhujangasana, Shalabhasana, Matyasana, Gomukhasana, Vajrasana, Sarvangasana, Halasana, Makrasana, Savasana.
- **Pranayama-** Suryabhedhi, Bhastrika
- **Shudhikriya-** Dhauti, Neti, Kunjala, Kapalabhati

➤ **Bandha-** Mula Bandha

Ajirna-Agnimandya-Badhakostha-Aadhmana:

(Indigestion-Anorexia-Constipation-Blotting)

- **Aasana-** Pawanamuktasana, Bhujangasana, Dhanurasana, Sarvangasana, Halasana, Padmasana, Matsyasana, Pachimottsana, Gomukhasana, Vajrasana
- **Shudhikriya-** Dhauti, Kunjala, Nauli
- **Bandha-** Uddiyana Bandha
- **Mudra-** Yoga mudra

Aamlapitta-Parinamshula (Peptic Ulcer):

- **Aasana-** Vajrasana, Pachimottsana, Sarvangasana, Savasana.
- **Pranayama-** Shitali Pranayama
- **Shudhikriya-** Dhauti, Kunjala

Pravahika: (Dysentery/ Ulcerative colitis)

- **Aasana-** Pacchimottsana, Bhujangasana, Pavanamuktasana, Bhadrasana, Makarasana, Mayursana, Vajrasana,
- **Pranayama-** Shitali Pranayama
- **Shudhikriya-** Basti, Kapalabhati, Shankhaprakshalana
- **Bandha-** Uddiyana Bandha
- **Mudra-** Yoga mudra

Atisara, Visuchika: (Diarrhea)

- **Aasana-** Pacchimottsana, Bhujangasana, Savasana, Vajrasana,
- **Shudhikriya-** Agnisara
- **Bandha-** Uddiyana Bandha
- **Mudra-** Yoga mudra

Arsha, Bhagandara: (Piles, Fistula)

- **Aasana-** Pacchimottsana, Bhujangasana, Pavanamuktasana, Bhadrasana, Makarasana, Mayursana, Vajrasana,
- **Pranayama-** Shitali Pranayama
- **Shudhikriya-** Basti, Kapalabhati, Shankhaprakshalana
- **Bandha-** Uddiyana Bandha
- **Mudra-** Yoga mudra

Mutraghata, Mtrakruchha: (Urinary Retention/Obstruction, Dysuria)

- **Aasana-** Savasana, Gomukhsana, Pavanamuktasana, Bhadrasana, Shalabhasana, Matsyasana, Sarvangasana.
- **Pranayama-** Shitali Pranayama
- **Shudhikriya-** Basti, Ganeshakriya, Shankhaprakshalana
- **Mudra-** Yoga mudra, Ashwini mudra

Pakshaghata: (Hemiplegia/Stroke)

- **Aasana-** Sukhasana, Bhujangasana, Padmasana, Vajrasana, Pachimottsana, Savasana, Sarvangasana, Halasana, Pavanamuktasana.

- **Pranayama-** Shitali Pranayama, Nadishodhana, Ujjayi, Suryabhedhi
- **Shudhikriya-** Basti, Kapalabhati
- **Mudra-** Yoga mudra
- **Grudhrasi, Katisula:** (Sciatica, Backpain)
- **Aasana-** Bhujangasana, Makarasana, Savasana, Ardhashalabhasana
- **Shudhikriya-** Kapalabhati

Manyastambha: (Cervical Spondylosis)

- **Aasana-** Bhujangasana, Vajrasana, Savasana, Ardhashalabhasana
- **Pranayama-** Nadishodhana, Dirghaswasa
- **Shirashula:** (Headache)
- **Aasana-** Bhujangasana, sarvangasana, Savasana, Shalabhasana
- **Pranayama-** Ujjayi
- **Shudhikriya-** Nadishuddhi

Anidra: (Insomnia)

- **Aasana-** Bhujangasana, Shalabhasana, Siddhasana, Padmasana, Sarvanagasana, Makarasana, Savasana
- **Pranayama-** Shitali Pranayama
- **Shudhikriya-** Kapalabhati, Jalaneti
- **Mudra-** Yoga mudra

Netra Vikara: (Eye diseases)

- **Aasana-** Sarvangasana, Halasana, Matsyasana, Simhasana, Savasana
- **Pranayama-** Bhastrika Pranayama
- **Shudhikriya-** Neti, Trataka

Pandu: (Anemia)

- **Aasana-** Pachimotasana, Pawanamuktasana, Sarvangasana, Matsyasana, Bhujangasana, Savasana.
- **Pranayama-** Shitali Pranayama
- **Shudhikriya-** Dhauti

Unmada, Apasmara: (Psychotic Disorders, Epilepsy)

- **Aasana-** Pavanamuktasana, Bhujangasana, Shalabhasana, Sarvangasana, Savasana.
- **Pranayama-** Bhastrika Pranayama
- **Shudhikriya-** Kapalabhati, Jalaneti
- **Mudra-** Yoga mudra
- **Dhyana-** Dhyana 10 min in Padmasana

Gynae & Obstetric related problems:

- **Aasana-** Sarvangasana, Dhanurasana, Shalabhasana, Bhujangasana, Pavanamuktasana.
- **Pranayama-** Bhastrika, Shitali.
- **Shudhikriya-** Dhauti, Kapalabhati
- **Mudra-** Yoga mudra, Ashwini Mudra
- **Dhyana-** Dhyana for 10 min.

• **Systemic therapeutic indications of Hatha Yoga:**¹⁰

Respiratory system:

- **Aasana-** Padmasana, Pavanamuktasana, Sarvangasana, Halasana, Bhujangasana, Matsyasana, Gorakshasana, Savasana, Chakrasana.
- **Pranayama-** Shitkari, Bhastrika Pranayama
- **Shudhikriya-** Kapalabhati, Neti, Kunjala, Dhauti

Circulatory system:

- **Aasana-** Pavanamuktasana, Sarvangasana, Shalabhasana, Bhujangasana, Savasana
- **Pranayama-** Bhastrika
- **Shudhikriya-** Kapalabhati, Jalaneti.
- **Mudra-** Yoga mudra

Digestive system:

- **Aasana-** Padmasana, Bhadrasana, Vajrasana, Gomukhsana, Pachimotasana, Pavanamuktasana, Sarvangasana, Halasana, Matsyasana, Bhujangasana, Shalabhasana, Dhanurasana.
- **Pranayama-** Shitali
- **Shudhikriya-** Dhauti, Nauli, Jalabasti, Agnisara kriya.
- **Mudra-** Yoga mudra

Nervous system:

- **Aasana-** Padmasana, Vajrasana, Gomukhsana, Pachimotasana, Sarvangasana, Halasana, Pavanamuktasana, Shalabhasana, Hastapadasana, Savasana.
- **Pranayama-** Bhastrika, Suryabhedana.
- **Mudra-** Yoga mudra
- **Dhyana-** Dhyana for 10 min.

Urinary system:

- **Aasana-** Pavanamuktasana, Sarvangasana, Halasana, Gomukhasana, Ardhamatsendrasana, Matsyasana, Chakrasana.
- **Pranayama-** Shitali Pranayama
- **Shudhikriya-** Kapalabhati, Jaladhauti
- **Mudra-** Ashwini Mudra

Reproductive system:

- **Aasana-** Sarvangasana, Pavanamuktasana, Bhujangasana, Shalabhasana, Matsyasana, Pachimotasana, Gomukhasana, Sidhasana, Shirsasana, Mayurasana.
- **Pranayama-** Shitali Pranayama
- **Shudhikriya-** Dhauti
- **Bandha-** Uddiyana Bandha
- **Mudra-** Ashwini Mudra

✚ **Benefits of Hatha Yoga Practice:**^{10,11,12}

- The practice of *Hatha Yoga* results in clearer eyes, a radiant complexion, and an enhanced appetite due to the stimulation of digestive fire.

- It enhances posture and balance, fortifies muscles, alleviates back pain, strengthens the spine and legs, calms the mind, reduces anxiety, improves lung function, detoxifies the digestive system, alleviates constipation, cleanses the digestive tract, clears nasal passages, relieves congestion, reduces stress, and enhances mental clarity.
 - It boosts metabolism by enhancing organ functions, reduces fat by lowering excess cholesterol and sugar levels in the body, and increases appetite and digestion. It aids in lowering high blood pressure and enhances hormonal secretion from the endocrine system, which supports proper endocrine metabolism.
 - It maintains the body's homeostasis; the contraction and expansion of muscle fibers activate corresponding nerve impulses in the brain's cortex and hypothalamus. This process exercises the autonomic nervous system, ensuring a balance between the sympathetic and parasympathetic nervous systems. However, *Hatha Yoga* is known to stimulate the parasympathetic nervous system, which typically prevails in a tranquil state of mind. In this state of PNS dominance, we can regulate heart and breath rates, ultimately leading to a reduction in blood pressure and metabolism.
 - *Hatha Yoga* underscores the significance of these practices in attaining physical, mental, and spiritual equilibrium.
- **Conclusion:**
- An individual aspiring for success should keep the knowledge of *Hatha Yoga* confidential; for it becomes powerful when concealed and weak when revealed. The practice of *Hatha Yoga* provides a comprehensive approach to addressing the root causes of diseases and fosters overall health and well-being.
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