

PANCHAKOSHAS

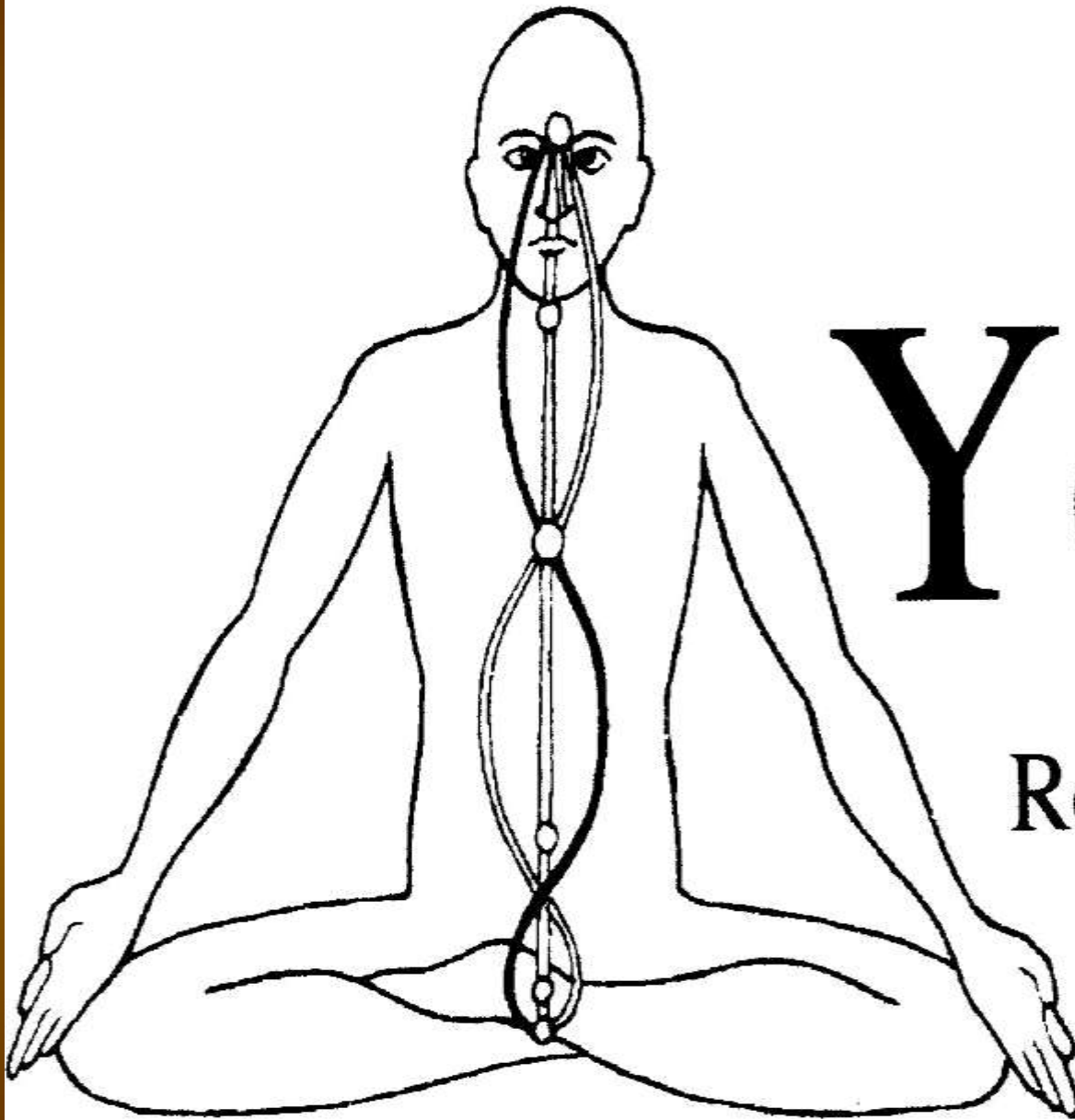
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Yoga

Re-Membered

- Yoga is an ancient art ,based on a harmonizing system of development for the body, mind and spirit.
- Yoga is recognized as one of the important and valuable gifts of our culture which is one of the six systems of Indian philosophy.
- Through yoga, physical, mental, intellectual characteristics develop in a harmonious and integrated fashion to meet the all-round challenge at the modern technological era with its hectic speed.

YOGIC CONCEPT OF HUMAN BODY

- “ Health is a state of complete physical, mental and social well-being and not merely the absence of diseases or deformities.”

- WHO

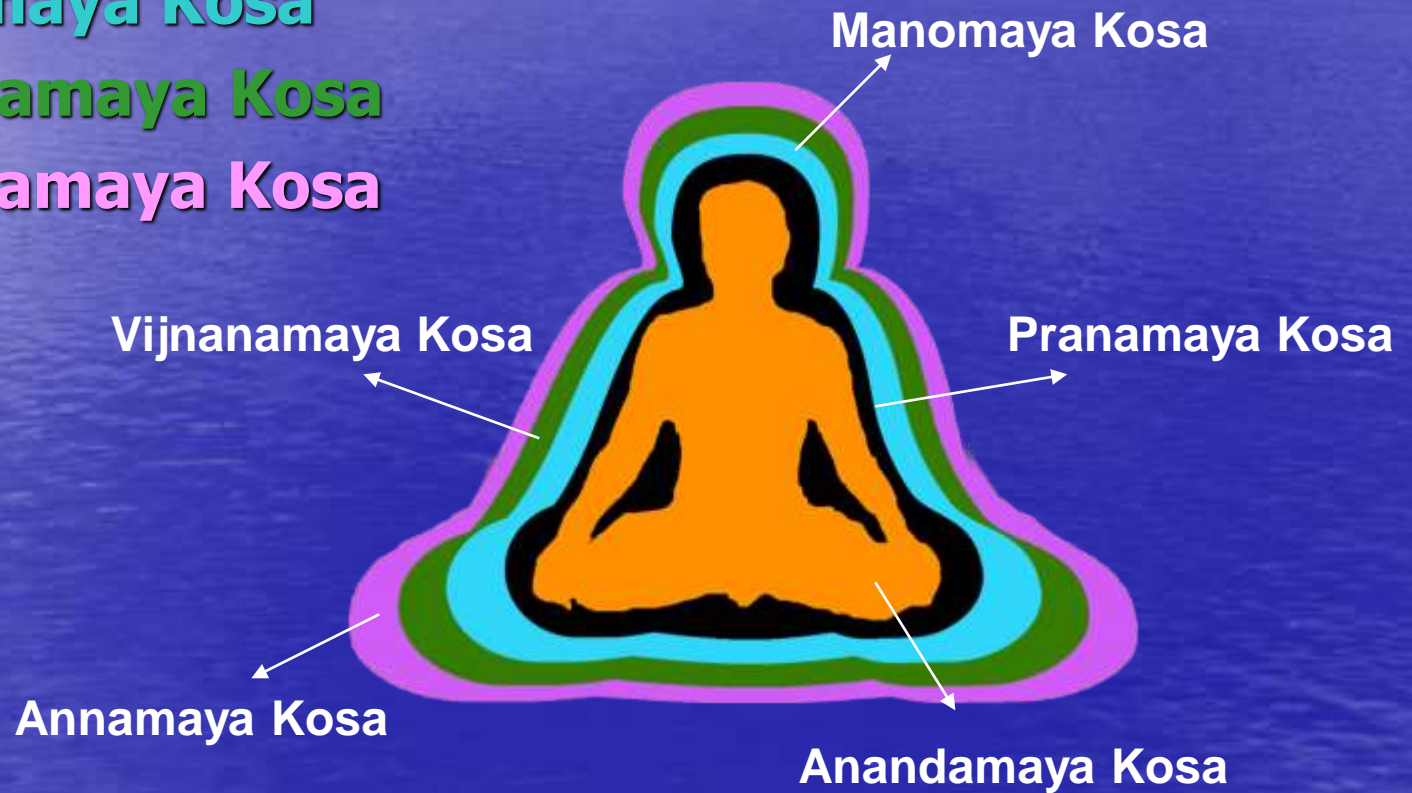
According to yogic tradition, there are five sheaths of existence of man.

The sheaths are called 'KOSHA'.

The five layers are called 'PANCHA KOSHA'.

Five layers of existence

- ❖ **Annamaya Kosa:**
- ❖ **Pranamaya Kosa**
- ❖ **Manomaya Kosa**
- ❖ **Vijnanamaya Kosa**
- ❖ **Anandamaya Kosa**



ANNAMAYA KOSHA

The first grossest sheath is the familiar physical frame of us, with its biological function and predominantly material needs and wants.

PRANAMAYA KOSHA

- It is the second sheath featured by the predominance of Prana, the life force.
- The balanced flow of Prana in right proportion keeps the cells healthy.

MANOMAYA KOSHA

Subtler to Prana is mind, and this sheath is the abode of thoughts, emotions, likes and dislikes etc.

VIJNANAMAYA KOSHA

It is the sheath of knowledge and wisdom.

It is the discriminating faculty of the mind.

This sheath is firm and this conscience differentiates man from animals.

ANANDAMAYA KOSHA

- This is the subtlest sheath of the human existences, it forms the basic stuff and core of every individual.
- This is alertful inner silence.

PRICIPLES OF YOGIC MANAGEMENT

Yogic management provides various techniques to bring back the balance the balance of each Koshas. The techniques are as follows

1. Annamaya Kosha - Asanas, Kriyas, Diet & relaxation
2. Pranamaya Kosha - Pranayama practices
3. Manomaya Kosha - Meditation and devotional sessions
4. Vijnanamaya Kosha - Notional correction through counseling.
5. Anandamaya Kosha - Practice of joy in all circumstance and work in relaxation

An individual needs proper balance of all the five Koshas to be in a state of complete health.

Thus, by these yogic techniques, can bring health, harmony and peace to the suffering humanity