

Exploring The Therapeutic Dimensions Of Saptanga Yoga Of Gheranda Samhita

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Abstract

Yoga is an ancient discipline with profound therapeutic potential, as documented in classical Hatha Yogic texts. Among them, the Gheranda Samhita presents Saptanga Yoga, a structured sevenfold system integrating cleansing techniques, postures, breath control and meditative practices. This study systematically explores the therapeutic applications of Saptanga Yoga, evaluating its impact on cardiovascular health, respiratory efficiency, neural plasticity and stress regulation. A comprehensive integrative review of classical texts and modern empirical studies was conducted, critically analyzing its role in preventive healthcare, chronic disease management and mental well-being. Findings suggest that Saptanga Yoga fosters autonomic regulation, metabolic balance and psychological resilience, making it a promising complementary approach in integrative medicine. However, the study highlights lack of controlled clinical trials, emphasizing the need for empirical validation through randomized studies and neurophysiological assessments. By bridging ancient wisdom with modern evidence-based research, this paper advocates for incorporating Saptanga Yoga into contemporary therapeutic frameworks.

Keywords: Saptanga Yoga, Gheranda Samhita, Therapeutic Yoga, Preventive Healthcare, Integrative Approach.

1.Introduction

Yoga, as a spiritual and philosophical system, has evolved over thousands of years. The earliest references to yoga appear in the Rig Veda (circa 1500–1200 BCE), where meditation, concentration and ritualistic practices were mentioned. According to Anshu et al., yoga encompasses practices such as cleansing techniques, physical postures, breathing techniques and meditation, which collectively promote physical, mental, social and spiritual well-being.¹ However, it was through the Upanishads (the ancient philosophical texts) and the epic Mahabharata that the concepts of yoga were systematically explained.

Extensive empirical and phenomenological evidence highlighting Yoga's broad therapeutic potential has driven its rapid global adoption, with the National Institutes of Health classifying it as a form of Complementary and Alternative Medicine (CAM).² Its integrative approach to individual and collective well-being demonstrates remarkable adaptability across diverse socio-cultural contexts. The practice's multidimensional interventional strategies - encompassing physiological, psychological and existential domains have positioned it as a sophisticated mechanism for holistic human optimisation. Contemporary scholarly discourse and phenomenological investigations increasingly validate Yoga's transformative capacities. Its systematic methodologies have been increasingly recognised as potent interventional techniques for managing complex medical conditions that often resist conventional therapeutic modalities. Moreover, Yoga's epistemological framework offers nuanced strategies for navigating existential complexities, thereby enhancing individual resilience and societal adaptive potential.³

Soni and Chatterjee, discussed that Yoga therapy has its origins in ancient traditions, beginning with the Vedic Scriptures and Patanjali's Yoga Sutras.⁴ The Hatha Yoga is based on main principle of establishing balance between 'Ha' (Pingala Nadi) and 'Tha' (Ida Nadi) and through this facilitating the Pranavayu to enter into Sushumna as well as kundalini arousal and take the Pranavayu to Sahasrara at the top of the head. The texts

which mainly deal with this concept and process of Yoga are called Hatha yogic texts. Many are the texts which can be ascribed to be the text of Hathayogic School. But for the purpose of our study, we have identified one representative Hathayogic text, Gheranda Samhita, which can be said to be presenting the concepts and practices of Hatha Yoga elaborately and completely.⁵

Table No. 1 - Highlights of Saptanga Yoga and Ashtanga Yoga

Feature	Saptanga Yoga (Gheranda Samhita)	Ashtanga Yoga (Patanjali's Yoga Sutras)
Origin	17th-century text by Sage Gheranda	200 BCE by Sage Patanjali
Path Structure	Sevenfold Path (Saptanga Yoga)	Eightfold Path (Ashtanga Yoga)
Focus	Emphasis on physical purification and spiritual progress	Emphasis on mental discipline and self-realization
Limbs	1. Shatkarmas (Cleansing) 2. Asanas(Postures) 3. Mudras (Gestures) 4. Pratyahara (Sense withdrawal) 5. Pranayama (Breath control) 6. Dhyana (Meditation) 7. Samadhi (Absorption)	1. Yama (Ethical restraints) 2. Niyama (Self-discipline) 3. Asana (Postures) 4. Pranayama (Breath control) 5. Pratyahara (Sense withdrawal) 6. Dharana(Concentration) 7. Dhyana (Meditation) 8. Samadhi (Absorption)
Therapeutic Approach	Focuses on detoxification, strengthening and longevity before deep meditation	Focuses on ethical living, self-discipline and mental stillness for self-realization
Application in Modern Healthcare	Used in detoxification, stress reduction and disease prevention	Used in psychological therapy, cognitive restructuring and emotional balance

The Gheranda Samhita is one of the key classical texts of Hatha Yoga, written systematically, offering a comprehensive guide to the physical and spiritual practices of yoga. The Gheranda Samhita holds a unique and significant place in yogic literature as one of the principal texts of Hatha Yoga. Its name comes from the sage Gheranda, who is said to have imparted these teachings to his disciple, Chandakapali. The text is structured as a dialogue between Rishi Gheranda and Chandakapali, focusing on practical instructions for the purification and transformation of the body, mind and spirit. Dating back to the 17th century, the text does not use the word Hatha in the form of Yoga. The Yoga that has been discussed in it is called Ghatastha Yoga. This term is not used in any other treatises of Yoga. Ghata refers to the body and Ghatastha Yoga means Yoga based on the approach through the body. The text specifically outlines practices for health, longevity and the integration of mind body harmony.

The practice of Ghata Shuddhi involves a series of seven processes, each contributing to the purification and strengthening of the body and mind. These processes are: Shatkarma for Shodhana (cleansing), Asana for Drdhata (firmness), Mudra for Sthairya (steadiness), Pratyahara for Dhairya (courage), Pranayama for Laghava (lightness), Dhyana for Pratyaksha (direct perception) and Samadhi for Nirlipta (detachment), as presented in Table 2. Collectively, these processes are referred to as 'Saptanga Yoga', a sevenfold approach to achieving Ghata Shuddhi and by extension, spiritual and psychophysical transformation.

'Saptanga Yoga, in this context, emphasises a holistic approach to wellbeing and it details over 100 different yogic practices, which can be classified into these seven branches to facilitate a better understanding of their nature. The therapeutic uses of each limb are showing how they contribute to maintaining balance and healing in both body and mind.

Table No. 2 - Sevenfold approach of Gheranda Samhita with Number of practices

S. No.	Practice	Numbers
1	Ṣaṭkarmas (Six Purificatory Process)	21
2	Āsanās (Physical Postures)	32
3	Mudrās (Yogic Gestures)	25
4	Pratyāhāras (Withdrawal of Senses)	5
5	Prāṇāyāmas (Breath Control)	10
6	Dhyānas (Meditation)	3
7	Samādhis (Blissful State)	6
Total		102

This introduction delves into the core principles of Hatha Yoga and its significance in promoting holistic health in today's fast paced world. There are references to the therapeutic nature of yoga that date back to the thirteenth to fifteenth centuries. Our modern understanding of yoga therapy, however, appears to have its roots in India during the 1920s, and most particularly in the pioneering work of researcher and educator Swami Kuvalayananda and one of the most important figures in the modern revival of Haṭha Yoga, Shri Yogendra.⁶ Rooted in the sevenfold path (Saptanga Yoga), this Gheranda Samhita emphasizes the therapeutic benefits of its prescribed practices, which are systematically outlined within its teachings.

2. Material and Methods

The study adopts a Systematic literature review approach to explore the therapeutic dimensions of Saptanga Yoga as outlined in the Gheranda Samhita. The review integrates classical yogic principles with modern empirical research to assess the physiological, psychological and therapeutic benefits of this practice. A comprehensive search was conducted across PubMed, ResearchGate, Google Scholar and Scopus to identify relevant scholarly articles, systematic reviews and clinical trials on the therapeutic effects of Yoga, particularly focusing on Saptanga Yoga techniques and its components. Various editions and commentaries of the Gheranda Samhita were also analyzed for their descriptions of the sevenfold yogic system. Keywords used are - Therapeutic Yoga, Saptanga Yoga, Gheranda Samhita, Yoga & Public Healthcare, Yoga & Preventive Healthcare and Yoga in Healthcare. To maintain credibility, following Inclusion criteria were applied: Peer-reviewed articles published in English; studies involving human subjects in clinical trials or observational research; research examining the physiological, neurological and psychological effects of Yoga; classical texts with validated translations and interpretations; and systematic reviews and meta-analyses on yoga's therapeutic applications.

3. Therapeutic Applications of Saptanga Yoga

Yoga extends beyond mere physical stretching, embodying a refined integration of physiological and spiritual practices aimed at enhancing holistic human potential. From its ancient roots to its evolution into a comprehensive therapeutic system, modern Yoga incorporates physical postures, energy practices and medicinal applications. Over time, Yoga therapy has developed into a sophisticated approach that merges traditional wisdom with contemporary healthcare, promoting overall wellbeing through structured energetic and physiological interventions. By harmonizing physical relaxation with spiritual awareness, Yoga provides a dynamic framework for personal transformation, addressing both the physical and psychological dimensions of human experience.

Over the last 10 years, a growing number of research studies have shown that the practice of Hatha Yoga can improve strength and flexibility and may help control such physiological variables as blood pressure, respiration, heart rate and metabolic rate to improve overall physical capacity. Therapeutic Yoga is defined as the application of Yoga postures and practice to the treatment of health conditions and involves instruction in

yogic practices and teachings to prevent, reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Yogic practices enhance muscular strength and body flexibility, promote and improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression and chronic pain, improve sleep patterns and enhance overall well-being and quality of life.⁶ Neurodegenerative diseases and chronic stress cause Hippocampal Gray Matter (GM) shrinkage, while stress reduction increases GM density. Yogic intervention showed positive effects on stress management and neural structure, supported by blood pressure reductions. The lower GM density found in yoga cohorts suggests participants may have had an unconscious predisposition to stress vulnerability.⁷

Unlike conventional treatments that often focus on isolated symptoms, are targeted & reactive and treat specific health conditions with scientific validation, Saptanga Yoga on the other hand emphasizes interconnectedness, aiming to harmonize the body, mind and spirit, as shown in Table 3. Modern research highlights its potential in managing stress, improving cardiovascular & respiratory health and fostering resilience against mental health disorders. This introductory framework underscores the therapeutic potential of Saptanga Yoga as a comprehensive, evidence-based practice for enhancing overall quality of life.

Table No. 3 - Saptanga Yoga vs. Modern Therapy

Feature	Saptanga Yoga	Modern Therapy
Approach	Holistic & Integrative: Works on body, breath and mind together	Symptom-specific: Addresses individual physiological or psychological conditions
Physical Health Benefits	Enhances detoxification, flexibility, respiratory efficiency, cardiovascular health	Physiotherapy enhances muscle function, mobility and pain management
Mental Health Benefits	Reduces stress, anxiety, depression and cognitive decline	Mindfulness-Based Stress Reduction, it reduces stress & emotional distress
Cognitive Therapy	Enhances focus, emotional resilience and mind-body connection	CBT (Cognitive Behavioral Therapy) restructures negative thought patterns
Neuroscientific Evidence	Studies show enhanced neural plasticity and reduced cortisol levels	CBT & MBSR are scientifically validated for mental disorders

3.1.Shatkarmas (Six Purificatory Process)

The Gheranda Samhita emphasizes Shatkarmas as the foundational step toward achieving physical, mental and spiritual harmony. These cleansing practices play a crucial role in detoxification, disease prevention and physiological equilibrium. While each technique contributes to holistic well-being, their therapeutic benefits differ based on their target areas - digestive system, respiratory function, mental clarity and nervous system regulation. In the present era, Shatkarma aids in disease prevention and treatment, but it's selection must align with the ailment to avoid adverse effects.⁸

3.1.1.Dhauti

Dhauti is a scientifically significant practice aimed at detoxifying the digestive tract and internal organs, removing toxins, undigested food particles and excess mucus. By regulating stomach acid levels, it helps alleviate acidity, constipation and indigestion. Dhauti has also shown benefits in respiratory health by clearing throat congestion and reducing bronchial infections.⁹ It indirectly supports liver and kidney function by reducing the body's overall toxic load. Overall it improves gut health, enhances enzymatic activity, relieves gastrointestinal disorders and supports detoxification.

3.1.2.Basti

Basti is a colon-cleansing technique that promotes optimal bowel function by flushing out accumulated toxins, fecal matter and promotes nutrient absorption. It is highly effective in managing irritable bowel syndrome (IBS), chronic constipation and bloating. In addition, Basti supports gut microbiota balance, which plays a key role in metabolism and immune function. By reducing toxic buildup, it also indirectly benefits the liver and

kidneys. Basti is believed to reduce stress and anxiety by calming the nervous system, thereby enhancing mental clarity and focus.

3.1.3. Neti

Neti Kriya is a nasal cleansing technique that clears nasal congestion by removing allergens, pollutants and excess mucus, improving sinus health and breathing efficiency. It is particularly beneficial for individuals suffering from sinusitis, allergic rhinitis and asthma. Furthermore, enhanced oxygenation through Neti has been linked to cognitive improvements, reducing mental fatigue and enhancing focus.¹⁰ It also prepares the body for advanced yogic practices, improving breathing for pranayama and meditation by ensuring clear nasal passages and promoting smooth breath flow.

3.1.4. Trataka

Trataka is a concentrated gazing technique that strengthens ocular muscles, enhances vision and improves concentration and memory retention. It is widely used for eye disorders such as myopia and astigmatism. The effects of Trataka on mental stillness make it a powerful tool for reducing stress & mental clutter and enhancing emotional balance.

3.1.5. Nauli

Nauli, as outlined in Verse 52 of Gheranda Samhita, is a dynamic abdominal churning technique that activates digestive fire (Agni), thereby enhancing metabolism and intestinal motility. It stimulates internal organs such as the stomach, liver and intestines, which supports digestion and detoxification. Nauli also plays a role in balancing the nervous system, reducing stress & anxiety and improving core strength.

3.1.6. Kapalabhati

Kapalabhati, as stated in Gheranda Samhita has three types: Vatakrma, Vyutkrma and Sheetkrma. Vatakrma Kapalabhati is a widely practiced technique and is a powerful breathing technique, eliminating carbon dioxide and toxins through rapid exhalations, improving lung capacity and oxygenation. It has been shown to reduce stress, enhance brain function and improve cardiovascular health.¹¹ Kapalabhati also stimulates prana (life force energy), which is essential for maintaining vitality, mental alertness and supports hormonal balance.

3.2. Asanas

Asanas are considered the foundational limb of the Saptanga Yoga framework, integral to preparing the body for advanced yogic practices. Gheranda Samhita outlines 32 asanas, each contributing to body alignment, disease prevention and overall health. Yoga's core principles stem from a deep understanding of the human system, emphasizing self-awareness, physical structure and movement for effective asana practice and optimal results. The therapeutic applications of the asanas outlined in the Gheranda Samhita offer profound benefits for both physical and mental wellness. Frequent yoga practice, especially five or more days per week, strongly predicts physical, mental, emotional, spiritual and relational benefits, while practice duration and timing have minimal impact, allowing for personalized routines with similar outcomes. These asanas, each designed with specific purposes, contribute to enhancing flexibility, improving strength and promoting cardiovascular health by improving circulation and respiratory efficiency. Shalabhasana enhances abdominal strength and tones internal organs such as the liver and spleen. Studies suggest Bhadrāsana reduces abdominal and back pain by 23% to 33%, making it a practical, non-invasive option for labor pain and a feasible solution for managing SUI, especially for those without specialized treatment access. As outlined in the Gheranda Samhita, asanas such as Padmasana, Bhujangasana, Matsyasana, Simhasana, Mayurasana, Shavasana, etc. play a crucial role in promoting overall physiological wellbeing. These postures are known to induce an anti-stress effect, supporting mental relaxation and emotional stability. They also contribute to strengthening the digestive, neurological and musculoskeletal systems, enhancing overall bodily function. Furthermore, these asanas improve respiratory efficiency, regulate blood sugar levels and facilitate detoxification processes, thereby promoting holistic health. By integrating asanas into regular practice, individuals can cultivate resilience, inner balance and a deeper connection between mind and body, ultimately enriching their overall wellbeing and yogic journey.

3.3. Mudra

Gheranda Samhita outlines a variety of Mudras (gestures or seals) that are integral to yogic practice, offering therapeutic benefits across physical, mental and spiritual domains. Fingers are reservoirs of magnetic energy

and practicing Mudrā specific hand gestures balances these energy elements, this balance is crucial, as energy imbalances are the root cause of diseases. Mudrās regulate and harmonise the flow of energy within the body. These mudras help regulate the flow of prana (life force energy) within the body, promoting balance and enhancing overall health. Specific lung Mudrās enhance lung function and may benefit individuals with restrictive or obstructive lung conditions, including post COVID-19 patients with residual impairments.¹² Mudras like Nabho and Khechari leverages the tongue's root proximity to the carotid sinuses, subtly stimulating them to trigger a reflexive drop in heart rate and blood pressure, promoting relaxation and stress relief. Mula Bandha Mudra benefits digestion, supports urogenital muscles, and alleviates conditions such as haemorrhoids, constipation, hypertension, menstrual problems and anxiety.

3.4. Pratyahara

Pratyahara is emphasised as the practice of sensory withdrawal, where the practitioner consciously detaches their senses from external stimuli to focus inward. This step serves as a vital bridge between the external practices of yoga (asanas and pranayama) and the internal practices (dhyana and samadhi). It helps prepare the mind for meditation and reduces psychological disturbances by managing how we interact with our environment. Its therapeutic applications are broad, contributing to both mental and physical wellbeing by fostering a balanced and harmonious internal state. This practice is particularly effective in reducing stress and anxiety by promoting mental calmness and creating an environment conducive to relaxation. Understanding Pratyahara helps overcome flaws like selfishness, greed, desire, ego, promoting positive interactions and cultivating self-awareness and mindfulness.¹³ Pratyahara is beneficial in managing sensory overload, a common issue in the modern, stimulus-rich environment, by providing a mental respite that reduces fatigue. Pratyahara supports mental health by conserving energy for healing and growth while promoting physical wellbeing by controlling sensory impulses and fostering healthier habits. The practice further aids in improving sleep quality by calming the mind and promoting deep relaxation, which is essential for individuals suffering from insomnia and ADHD. It can help reduce pain even when there is a confirmed physical condition like a herniated disc. Through enhanced self-awareness and introspection, Pratyahara encourages mindfulness, facilitating personal growth and self-regulation. It supports the balance of prana, contributing to the body's detoxification and overall vitality. The practice of Pratyahara offers a multifaceted approach to wellbeing, making it an integral component of the yogic system.

3.5. Pranayama

Pranayama, as detailed in the Gheranda Samhita, is a fundamental yogic practice that regulates breath to harmonize prana (vital energy), fostering physical purification, mental clarity and spiritual awareness. It incorporates Kumbhaka (breath retention), divided into Antar Kumbhaka (after inhalation) and Bahir Kumbhaka (after exhalation), to refine energy control. The text highlights Ashta Kumbhaka (Eight Breath Retentions): Sahitha, Suryabhedana, Ujjayi, Sheetalī, Bhastrika, Bhramari, Moorchā, and Kevalī, each serving distinct physiological and psychological functions.

Pranayama techniques offer a wide range of therapeutic applications, benefiting respiratory function, cardiovascular health and nervous system regulation.¹⁴ Practices such as Bhramari generate acoustic vibrations, stimulating brain activity and autonomic balance,¹⁵ while Bhastrika facilitates detoxification, enhances pranic flow and reduces anxiety. Ujjayi Pranayama has been linked to improved respiratory efficiency, metabolic balance and endocrine function, though further empirical research is needed, particularly regarding its effects on hypothyroidism.¹⁶ Beyond physical health, pranayama enhances cognitive function, emotional stability, and sleep quality, making it an effective tool in managing insomnia, anxiety and stress-related disorders. Neurophysiological studies indicate that breath regulation influences brain regions involved in emotional processing, including the amygdala, anterior cingulate, and prefrontal cortex.¹⁷ Additionally, its metabolic benefits aid in weight management, digestion and toxin elimination. By refining breath awareness and energy control, pranayama serves as a bridge between physiological well-being and deeper meditative states, positioning it as a powerful integrative tool in holistic health and modern therapeutic models.

3.6. Dhyana

Dhyana involves sustained focus on a single object or concept to stabilize the mind. Dhyana, a meditative practice in yoga, leads to Samadhi by fostering peace, balance and mental clarity. It helps overcome stress, fears and mental obstacles by enabling self-awareness and control over thoughts. The therapeutic applications of Dhyana include stress reduction, emotional balance, enhanced cognitive function and an improved ability to

navigate life's challenges with mindfulness. The practice of Dhyana enhances mental clarity and focus by facilitating sustained attention, which improves cognitive function and reduces mental fatigue. Dhyana reduces sympathetic nervous system activity, particularly influencing heart rate variability and sensory processing, which may enhance perception by delaying sub-cortical transmission and improving auditory processing in the brain.¹⁸ Meditation activates the parasympathetic nervous system, inducing relaxation and reducing stress through the regulation of cortisol levels. Enhanced self-awareness, a core aspect of Dhyana, fosters greater emotional intelligence and mindfulness, allowing practitioners to navigate their thoughts and behaviors more effectively. From a physiological perspective, Dhyana contributes to pain management by reducing pain perception and enhancing immune function. It also promotes cardiovascular health by lowering blood pressure and heart rate, contributing to overall physical wellbeing.

3.7.Samadhi

Samadhi, the final stage is described as the ultimate state of yogic practice, where the practitioner attains complete absorption in the object of meditation. It is the state of oneness with the universe, transcends individual consciousness and experiences pure bliss (Ananda). The Gheranda Samhita outlines Samadhi as the gateway to self-realization and liberation (Moksha). Samadhi promotes mental clarity, emotional resilience, physical relaxation, and spiritual fulfillment, making it a holistic practice for overall wellbeing. The practice of Samadhi enhances mental clarity by promoting deep concentration, which in turn improves cognitive functions such as memory, decision-making, and problem-solving abilities. Its long-term practice leads to structural brain changes, increasing cortical thickness and gray matter volume in areas linked to sensory processing, emotional control and stress regulation.¹⁹ This focused state reduces mental clutter, fostering clearer thinking and sharper attention. The meditative state also enhances emotional resilience by promoting detachment from reactive emotional patterns, aiding in emotional regulation. Samadhi has been shown to induce beneficial physiological changes, such as lower blood pressure, reduced heart rate and improved immune function, contributing to overall health. Furthermore, the heightened awareness cultivated in Samadhi allows practitioners to experience deep self-awareness and introspection, which facilitates the release of long-standing mental and emotional patterns, supporting personal growth. Since Samadhi is a subjective experience, it cannot be fully explained through words or teachings. However, scientific studies help validate physiological changes during Samadhi, linking the experience of bliss to altered body functions, controlled breathing and meditation.²⁰

Discussion

The therapeutic significance of Saptanga Yoga, as outlined in the Gheranda Samhita, lies in its structured approach to holistic well-being, integrating physical purification, breath regulation and meditative practices. Theoretically, the text emphasizes the importance of Shatkarmas aids in detoxification and physiological balance, Asanas improve musculoskeletal strength and flexibility, Pranayama regulates autonomic function and enhances cognitive clarity and Dhyana and Samadhi foster mental resilience and spiritual well-being. However, empirical validation of these claims remains limited. Modern scientific research supports yoga's role in stress reduction, cardiovascular health and neural plasticity, with studies indicating improvements in autonomic regulation, metabolic balance and emotional resilience. While Hatha Yoga practices, including those found in Saptanga Yoga, have shown promise in managing chronic illnesses like hypertension, diabetes and anxiety disorders, further randomized controlled trials are necessary to establish causality.

On the contrary, comparing Saptanga Yoga with Ashtanga Yoga reveals - while both systems emphasize discipline and self-regulation, Ashtanga Yoga, as per Patanjali's Yoga Sutras, prioritizes ethical observances (Yama and Niyama) and cognitive refinement, whereas Saptanga Yoga focuses on physical and energetic purification as a prerequisite for higher states of consciousness, which establishes its impact in therapeutical field. Similarly, when contrasted with modern therapeutic models, such as CBT and MBSR, Saptanga Yoga offers an integrative, preventive approach, addressing not only mental resilience but also physiological detoxification and internal balance. While CBT and MBSR rely on structured psychological interventions, Saptanga Yoga encompasses somatic, breath-centric and meditative techniques, potentially offering a broader spectrum of therapeutic applications. However, despite its profound theoretical framework, Saptanga Yoga lacks the empirical robustness that characterizes contemporary medical interventions.

Modern scientific research increasingly corroborates ancient yogic principles, providing empirical evidence for the therapeutic benefits of Saptanga Yoga on both mental and physical health. Neuroimaging studies reveal

structural and functional changes in the brain associated with sustained practice, while physiological research highlights improvements in cardiovascular efficiency, immune function and stress regulation. They underscore Saptanga Yoga's role as a complementary therapeutic approach within integrative medicine.

Conclusion

This study highlights the therapeutic dimensions of Saptanga Yoga, as outlined in the Gheranda Samhita, reinforcing its potential role in holistic health, disease prevention and mental well-being. The comparative analysis with Ashtanga Yoga underscores Saptanga Yoga's emphasis on physical purification as a foundation for meditative practices, distinguishing it from Patanjali's focus on ethical and cognitive disciplines. When contrasted with modern therapeutic models, Saptanga Yoga emerges as a complementary approach, integrating breath, movement and mental discipline to address both psychophysiological and emotional health. Despite these promising insights, the study's reliance on secondary sources and textual interpretations presents a key limitation. While empirical research on Hatha Yoga and its therapeutic applications exists, there is a lack of controlled clinical trials specifically validating Saptanga Yoga's efficacy. Most available studies focus on individual yogic techniques, rather than evaluating the combined effects of the sevenfold system as a comprehensive therapeutic intervention.

To establish a stronger scientific foundation, future research should prioritize clinical trials, neurophysiological studies and comparative efficacy analyses. Investigating Saptanga Yoga's effects on cardiovascular health, metabolic disorders, mental health conditions, and neuroplasticity through randomized controlled trials (RCTs) would provide valuable empirical support. Integrating biomedical assessment tools such as functional MRI (fMRI), heart rate variability (HRV) and biochemical markers could offer deeper insights into its physiological and neurological benefits. By bridging ancient wisdom with modern scientific validation, this research advocates for the integration of Saptanga Yoga into contemporary healthcare. However, its acceptance as a mainstream therapeutic approach requires further empirical substantiation. Future interdisciplinary collaborations between yogic scholars, medical researchers and clinical practitioners will be instrumental in unlocking its full therapeutic potential and facilitating its incorporation into evidence-based holistic medicine.

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