



## THERAPEUTIC APPROACH TO AID DIFFERENTLY ABLED CHILDREN

### Alternative Medicine

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Motor control of our nervous system can be voluntary, such as walking, speaking. It has an involuntary part as well, e.g. the reflex on accidental touch of a hot object. For a child if the motor control centers in the brain do not grow as usual, voluntary and involuntary motor skills get affected. The brain's ability to control the muscles fails to develop. This poses challenges to one's ability to perform everyday tasks independently. Cerebral Palsy is one such group of neurological disorders that affect balance, movement, and muscle tone. "Cerebral" means the disorder is related to the brain, and "palsy" refers to weakness or a muscle problem.



CP starts in the area of the brain that controls the ability to move muscles. It can happen when that part of the brain doesn't develop as it should, or when it is damaged right around the time of birth or very early in life.

People with cerebral palsy can have mild issues with muscle control, or it could be so severe that they can't walk, have difficulty speaking. Sometime many people with cerebral palsy will experience difficulties with communication because of the spastic movements of face muscles. This also can affect breathing, eating, closing the mouth, and swallowing.



Yogic treatment is most appropriate for reducing the impact of cerebral palsy. Though it may not be fully curable, it can effectively help a child to be self-reliant so that they can live as independently as possible.

- It enhances the natural development of the child through a series of gentle and therapeutic exercises.
- Increasing body awareness, flexibility and strength.
- Reducing hyperactivity and improving concentration by using unique breathing exercises and relaxation techniques.
- Yoga has been shown to benefit the digestive system as well as the cardiovascular system.
- Deep breathing increases immune system.
- Yogic stretching can develop strong muscles that continually encourage limb movement.

Practice of meditation and deep breath focus on the present. It helps children of cerebral palsy to lowering stress, anxiety, reducing

gastrointestinal symptoms. Improving sleep and reducing feelings of depression. Evidence is there that meditation and deep breath changes the brain and research is ongoing into how this may impact people with brain damage.

