



THERAPEUTIC YOGA FOR CANCER

Yoga

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ABSTRACT

This essay is about the role that therapeutic yoga plays in the treatment for cancer. It explains the causes of cancer, the nature of the disease, common symptoms and how yoga can help in its treatment. It's important to understand that yoga alone can not be considered a treatment for cancer. It works as an aid to medical treatment by relieving pain, mental stress, improving immunity etc.

KEYWORDS

What Is Cancer?

Cancer is a disease caused by abnormal growth of cells in a certain part of the body. It often has the ability to spread throughout the body through the blood and lymph systems. Cancer is the broad name given to a large group of diseases that can affect any part of the body. The objective of this article is to understand the causes, symptoms of cancer and how one can treat it using Therapeutic Yoga.

Causes

- Smoking and Tobacco
- Alcohol
- Obesity
- Diet
- Bacteria and parasites
- Viruses

Symptoms of Cancer depend on the type of cancer. Symptoms vary depending upon where it originated and where the cancer cells have spread. However, there are a few warning signs and symptoms that may indicate the presence of cancer.

- Change in bowel movement
- A sore throat that does not heal
- Chronic Indigestion or difficulty swallowing
- Persistent fatigue, nausea or vomiting
- Unexplained loss of weight or loss of appetite
- Unusual bleeding or discharge
- Recurring infections which do not clear with usual treatment

Role Of Therapeutic Yoga

The objective of Therapeutic Yoga is to heal the body and mind. Yoga's effect on the body works on a holistic level, hence it improves the overall health of a person while also bringing about targeted improvements. In cancer patients, it reduces the fatigue that comes with the disease and its treatment.

It helps to ease pain, reduces stress and improve appetite, thus improving the quality of life. It is a gentle way to stay limber and active. Cancer patients experience disturbed sleep due to increased mental and physical stress.

Therapeutic yoga can help to improve sleep efficiency. Yoga keeps all the body's systems working together and it particularly strengthens the immunity system.

The practice of yoga also acts like a detoxification process. It gets rid of dead cells and toxins from the body. The practice of pranayama detoxifies the mind by using the movement of the breath.

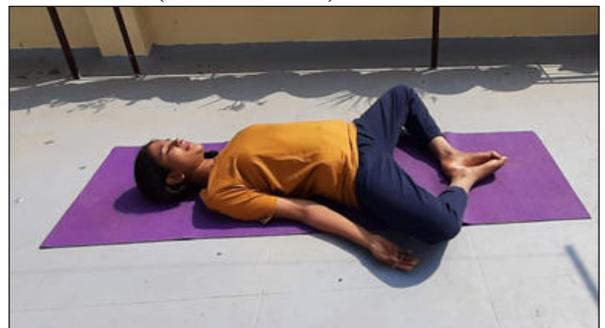
It reduces catabolism and increases anabolism, thus strengthening the nervous system. Besides this, pranayama also delivers more oxygen to all parts of the body. Pranayama is essential among patients with cancer who are receiving chemotherapy.

Along with yoga and pranayama, meditation should also be considered an important part of a patient's daily routine. Meditation helps one become more aware of how to interact in the unfolding of life. It increases the positive emotions and improves the quality of life.

A few specific Yogasanas that can be practiced:



Pada Hastasana (Hand To Feet Pose)



Supta Baddhokonasana (Reclining Butterfly Pose)



Legs Up The Wall Pose



Cat Pose



Bhamari Pranayama



Vakrasana (Seated Spinal Twist)

Pranayama:



Alternative Nostril Breathing



Sectional Breathing

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