



## THERAPEUTIC YOGA FOR PARALYSIS

### Yoga

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### ABSTRACT

Paralysis is a condition where partial or complete muscle function is lost. This can happen due to many reasons, and it usually occurs in the limbs. This article goes in depth about what causes this condition, and how one can treat it using Therapeutic Yoga.

### KEYWORDS

#### What is Paralysis

Paralysis is defined as the complete loss of strength in an affected limb or group of muscles in a part of the body. Paralysis can affect any part of our body at any time in our life. A person suffering from paralysis loses function in a specific or widespread area of their body. Sometimes a numbing sensation can occur before complete paralysis sets in. Paralysis also makes it difficult or impossible to control muscles in the affected areas.

#### CAUSES

Paralysis occurs when relay systems of the body such as the brain, spinal cord, nerves or junction between the nerve and the muscle is damaged. In such cases, the signals to move do not make it through to the muscles, leaving them paralyzed. There are many conditions that can lead to paralysis.

#### Some of the most common causes are:

- Stroke
- Trauma (Damage to the spinal cord is most often caused by trauma.) Such as a fall or a car crash.
- Multiple sclerosis (a disease that destroys the protective sheath covering nerve cells)
- Rheumatoid arthritis of the spine.
- Neurodegenerative disease (a disease that damages nerve cells)
- Tumor
- Multiple sclerosis

#### Symptoms

Person might gradually lose muscle control and feeling in the limb. He or she feels may feel tingling or numbing sensations or muscle cramps before losing control of muscles. Losing the ability to talk, or sudden trouble in seeing with one or both eyes are symptoms as well.

#### Therapeutic Yoga Management

Yoga strengthens the paralyzed part of one's body, and keeps the muscles in that area active. It helps in regenerating the damaged nerves in that area. Due to this, patients are usually able to gain the muscle coordination. Standing, sitting, bending, twisting and reclining poses enhance the functioning of every body part. Stretching has a positive effect on the muscular system. Stretching and yogasanas improve and facilitate blood supply to the whole body. It thus helps in supplying nutrients, blood and oxygen to the affected region. Practicing yoga builds up the nerve signals including those in the spine as well as bones. Asanas promote the experience of stillness, strength, relaxed power. It helps in straightening the spine and slowing down metabolism. Vital organs like stomach, kidney, spleen, liver and intestine are stimulated by yogasanas.

#### Yoga poses to practice for Paralysis:

- Mountain pose (Tadasana)



- Child pose (Balasana)
- Plow pose (Halasana)
- Reclining Bound Angle Pose (Supta Baddha Konasana)



- Cat Pose (Marjasana)



- Half Spinal Twist Pose (Ardha Matsyendrasana)



#### Effects of Pranayama

Pranayama brings balance to the parasympathetic and the sympathetic nervous systems. Practicing pranayama stabilizes all neuro-physiological activity in the body. Any minor blockages are removed and the flow of breath in both nostrils is restored. Pranayama nourishes the whole body by increasing the supply of oxygen to every part and purifies the blood from toxins. It increases vitality and reduces stress.

#### Some pranayama to practice during paralysis are:

- Sectional Breathing
- Alternative Nostril Breathing
- Left Nostril Breathing
- Right Nostril Breathing

#### Mudra:

- Vayu Mudra- 45 minutes
- Prana Mudra- 15 minutes
- Apana Mudra- 15 minutes
- Meditation- Regular 15 to 20 minutes

#### REFERENCES

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