



Yoga and Medicine

* Zala Shivrajsinh G

* Research Scholar, JJT University, Rajasthan: 333001

ABSTRACT

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'.

Meditation is a technique in which the meditator seeks not only to reach a deep state of relaxation, but to quiet the mind. The mind is a chattering monkey that one tries to make quiet with meditation. Meditation seeks a state of enlightenment, a freedom from the tyranny of our worries.

As forms of medical treatments do Yoga and Meditation meet standards for being safe and effective? Safer than most medications

No adverse effects such as allergic reactions, liver or kidney damage as seen with some medications.

Keywords : Talent Management, Talent Acquisition, Retention Strategies, Talent Retention.

Introduction

Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'.

There are too many misconceptions clouding the science of Yoga. People perceive it to be some kind of black or white magic, sorcery, physical or mental debauchery through which miraculous feats can be performed. For some it is an extremely dangerous practice which should be limited to only those who have renounced the world. Few others think it to be a kind of mental and physical acrobaticism that is compatible only to a Hindu mind.

The human mind is subject to certain weaknesses which are universal. avidya-wrong notions of the external world, asmita-wrong notions of the external world, asmita-wrong notions of oneself, raga-longing and attachment for sensory objects and affections, dweshad is like and hatred for objects and persons, and abinivesha or the love of life are the five defects of the mind that must be removed. Yoga, the constant meditation and introspection eradicate these mental flaws.

Yoga and Medicine

3 Questions

- What is Yoga?
- What is the evidence that Yoga has health benefits?
- How do I use and prescribe Yoga as a physician?

Yoga

- 5000 years old
- founded in India
- The word "Yoga" means "yoke" or "unity" translated from Sanskrit, the classical language of India.
- It also means "discipline" or "effort."
- Yoga requires you to make an effort to unify your body and mind.
- You do this by concentrating your awareness on your physical body through breathing and postures.

Meditation is part of Yoga

- Meditation is a technique in which the meditator seeks not

only to reach a deep state of relaxation, but to quiet the mind.

- The mind is a chattering monkey that one tries to make quiet with meditation.
- Meditation seeks a state of enlightenment, a freedom from the tyranny of our worries.

Types of Yoga

The approach to Yoga that focuses on postures is called Hatha (haht-hah) Yoga.

- Ananda
- Ashthanga
- Bikram
- Iyengar
- Kundalini
- Sivananda
- Viniyoga

Yoga breathing

- Abdominal breathing
- Sends a fax to the brain to relax
- Close your eyes
- Put your hand on your belly
- Imagine

Yoga postures (Asanas)

- Asanas are the heart of Hatha Yoga
- Stretching that maintains and enhances flexibility
- Many poses are a form of isometric strengthening exercise, which involve the contraction of muscles without moving the joint.
- Isometric exercise is often used in physical therapy for the rehabilitation of injured joints.

Meditation techniques

- Focused
- Mantra
- Walking

Focused Meditation

- is a technique in which you direct your awareness onto something.
- a picture or statue of a deity

- a universal principle such as compassion or forgiveness
- or the syllable OM, the famous Hindu mantra.

Mantra meditation

- In Sanskrit, the “man” in mantra means “to think,” and “tra” suggests instrumentality.
- Mantra literally means an instrument of thought.
- You repeat a word, phrase or sound in order to transcend the constant distractions of the mind.

Transcendental Meditation (TM)

- movement founded by Maharshi Mahesh Yogi of India.

Functional Mapping of Meditation

- Meditation is a conscious mental process that induces a set of integrated physiologic changes termed the “relaxation response” by Herbert Benson.
- Functional magnetic resonance imaging (fMRI) was used to identify and characterize the brain regions that are active during a simple form of meditation.

Results

- Significant signal increases were observed in the dorsolateral prefrontal and parietal cortices, hippocampus/parahippocampus, temporal lobe, pregenual anterior cingulate cortex, striatum, and pre- and post-central gyri during meditation.
- This indicates that the practice of meditation activates neural structures involved in attention and control of the autonomic nervous system.
- Neuroreport. 2000 May 15;11(7):1581-5. Functional brain mapping of the relaxation response and meditation. Lazar SW,..., Benson H.

Question

- What is the evidence that Yoga/meditation have health benefits?

There is good scientific evidence that exercise:

- Increases lean muscle and decreases body fat
- Helps control weight
- Enhances your psychological well-being, reduces depression
- Reduces symptoms of anxiety and improves your general mood
- Increases muscle and bone strength

Yoga is exercise

- Stretching for flexibility
- Improved Strength
- Improved Balance

Evidence for Health Benefits of Yoga

- HTN – Relaxation Response
- Carpal Tunnel Syndrome
- Asthma and improved vital capacity
- Stress reduction to diminish the many conditions caused or made worse by stress.

Relaxation Response

- Herbert Benson, MD
- founding President of the Mind/Body Medical Institute
- Associate Professor of Medicine, Harvard Medical School
- Sit comfortably with your eyes closed.
- Pay attention to your breathing, and repeat a word or phrase or prayer silently to yourself as you exhale.
- When you notice your mind wandering (It will) just notice it and passively bring your attention back to your breathing.
- A form of meditation.

Autonomic NS

- Sympathetic NS
- Parasympathetic NS

Fight or Flight

- Yoga and meditation decrease this sympathetic tone and

reduce feelings of stress and anxiety

- Many modern health problems are worsened by stress and anxiety
- Yoga works to decrease sympathetic tone
- Yoga and meditation decrease this sympathetic tone and reduce feelings of stress and anxiety
- Many modern health problems are worsened by stress and anxiety
- Yoga works to decrease sympathetic tone

Yoga for Poststroke Rehabilitation

- A yoga-based exercise program for people with chronic poststroke hemiparesis.
- Pilot study with four patients
- Gentle exercise program adapted for people who have had a stroke.
- Yoga showed some benefit.
- Bastille JV, Gill-Body KM. Phys Ther. 2004 Jan;84(1):33-48.

Health Conditions in which Yoga may help heal or treat

- Arthritis/PMS and Menstrual Discomfort
- Menopause
- Pain of the Back, Hips, Knees
- Depression & Anxiety
- Substance Abuse
- Skin Disorders
- Chronic Fatigue Syndrome
- Overweight
- Sleep Problems
- Allergies
- Asthma
- Hypertension
- Coronary Artery Disease
- Irritable Bowel Syndrome
- Heartburn (GERD)
- Constipation
- Tension Headaches and Migraines

Yoga and Meditation

- As forms of medical treatments do Yoga and Meditation meet standards for being safe and effective?
- Safer than most medications
- No adverse effects such as allergic reactions, liver or kidney damage as seen with some medications.

Safety

- Safe from musculoskeletal injuries if you listen to your own body
- No pain and a lot of gain
- Avoid postures that you can't handle
- Can continue in to older age – 80 year old yoga teacher in San Antonio

Effective

- We have reviewed some studies showing effectiveness for certain conditions
- More studies are being done
- People only continue Yoga when they find that it works for them
- Built in effectiveness meter
- People often continue medications when they see or feel no benefit and are subject to real side effects
- Can be free – cost effective

Yoga and Meditation

- Best when they are practiced as part of an overall healthy lifestyle:
- Good diet
- Aerobic exercise
- No smoking
- Safe drinking
- Wearing seatbelts

Conclusion

- Yoga can be valuable to:

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- You
 - Your patients
 - WE can write prescriptions for healthy lifestyles (not just medications)
 - Diet and exercise
 - Smoking cessation
 - Yoga.