

Role of Yoga in Prevention & Management of Lifestyle Disorders

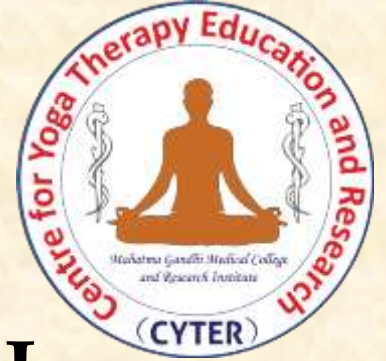
Yogacharya

Dr. ANANDA BALAYOGI BHAVANANI

MBBS, ADY, DSM, DPC, PGDFH, PGDY, MD (Alt Med), FIAY, C-IAYT

Director

Centre for Yoga Education, Therapy and Research (CYTER),
Sri Balaji Vidyapeeth, Pondicherry. www.sbv.ac.in/ahs/yoga



SRI BALAJI VIDYAPEETH

(Deemed University Accredited with "A" Grade by NAAC)

Centre for Yoga Therapy, Education and Research (CYTER)

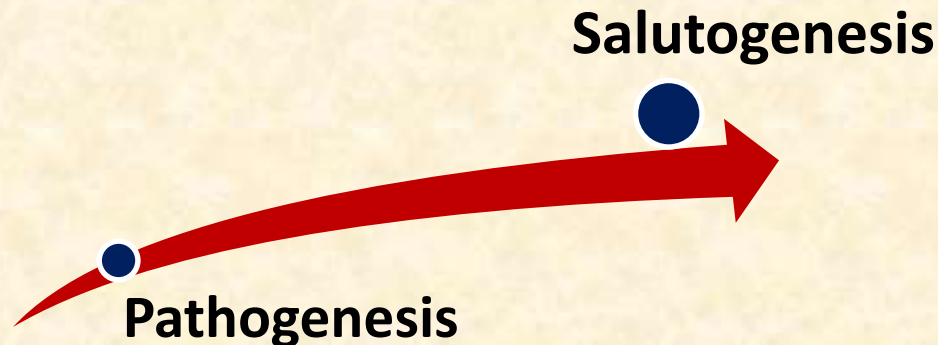


Salutogenesis, our focus!



Salutogenesis, our Focus

- Moving from *pathogenesis*, the focus on disease towards ***salutogenesis***, the focus on health!



- Conceived under **SBV AIM HIGH** (*Academy of Integrative Medicine for Holistic Intervention towards General Health*), and currently under **Faculty of Allied Health Sciences**, CYTER is striding forward on an innovative path of promoting w-holistic health for one and all.

Bridging the experiential wisdom of Yoga with empirical modern medical science.

Yoga is usually found in Physical Edu & Sports deptts of universities

We at **CYTER**, have it in a medical institution since 2010

- quality of life enhancing benefits for ~ **38,000** patients
- educating future Yoga therapists (PGDYT, M.Phil, PhD),
- creating awareness amongst medical, dental and nursing students & professionals
- scientifically researching Yoga,
- **61** publications & **5** CMEs



Top 5 causes of death worldwide



**CARDIOVASCULAR
DISEASE**
(17.3 MILLION*)



**RESPIRATORY
DISEASE**
(4.2 MILLION*)



CANCER
(7.5 MILLION*)



DIABETES
(1.2 MILLION*)

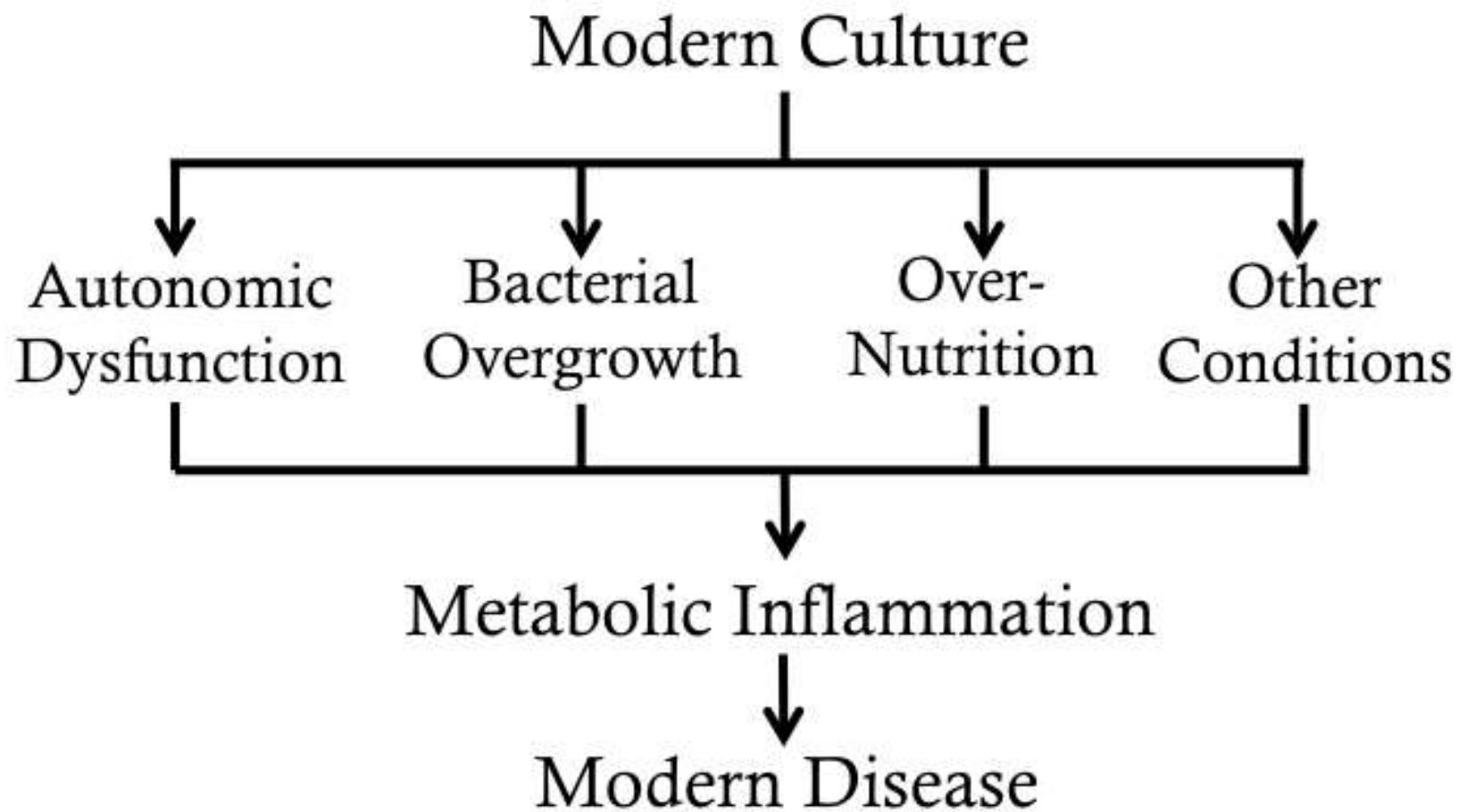


STROKE
(6.1 MILLION*)

*Annual worldwide figures;

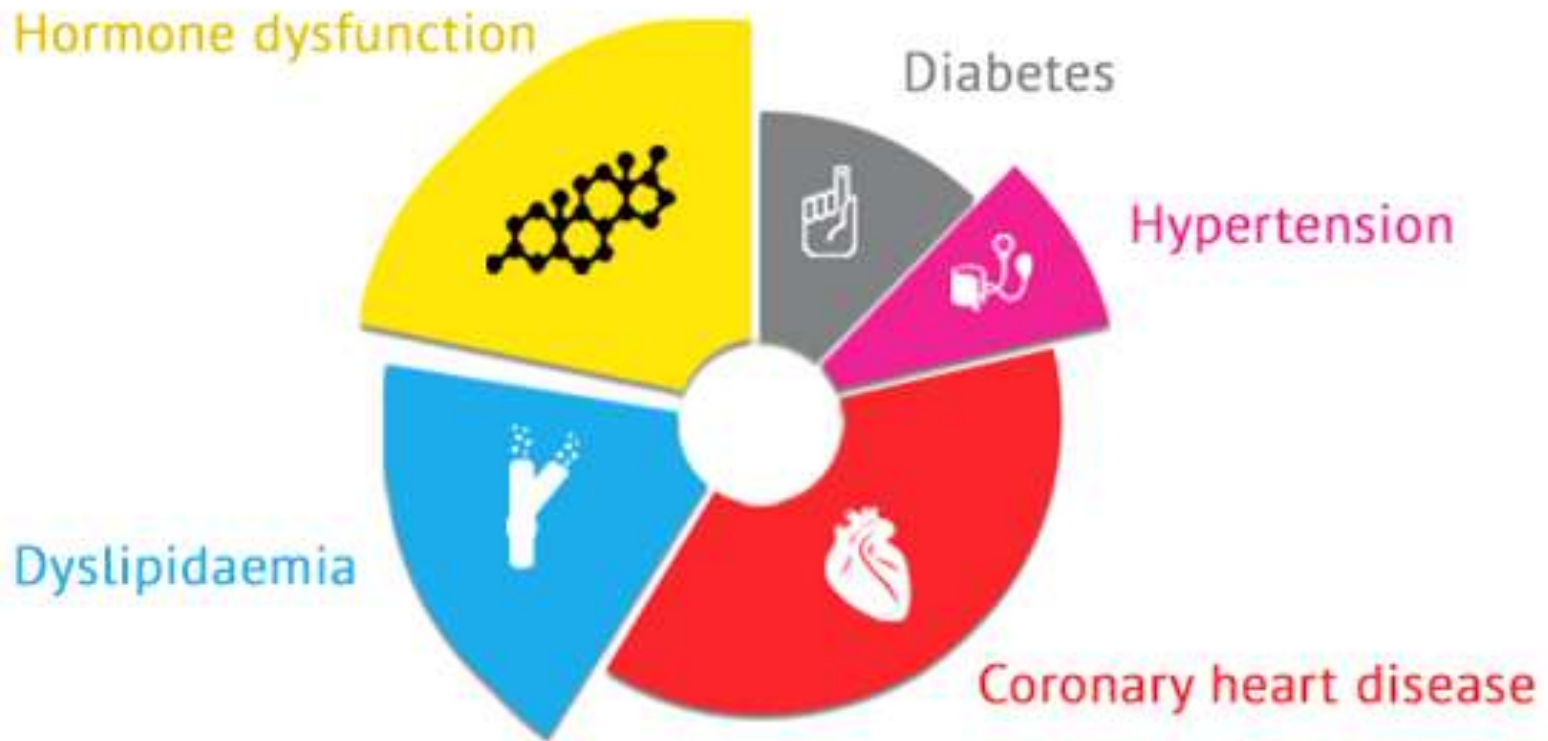
World Health Organization. Global Health Observatory Data Repository. Retrieved May 2012 from <http://apps.who.int/ghodata/?vid=10012>

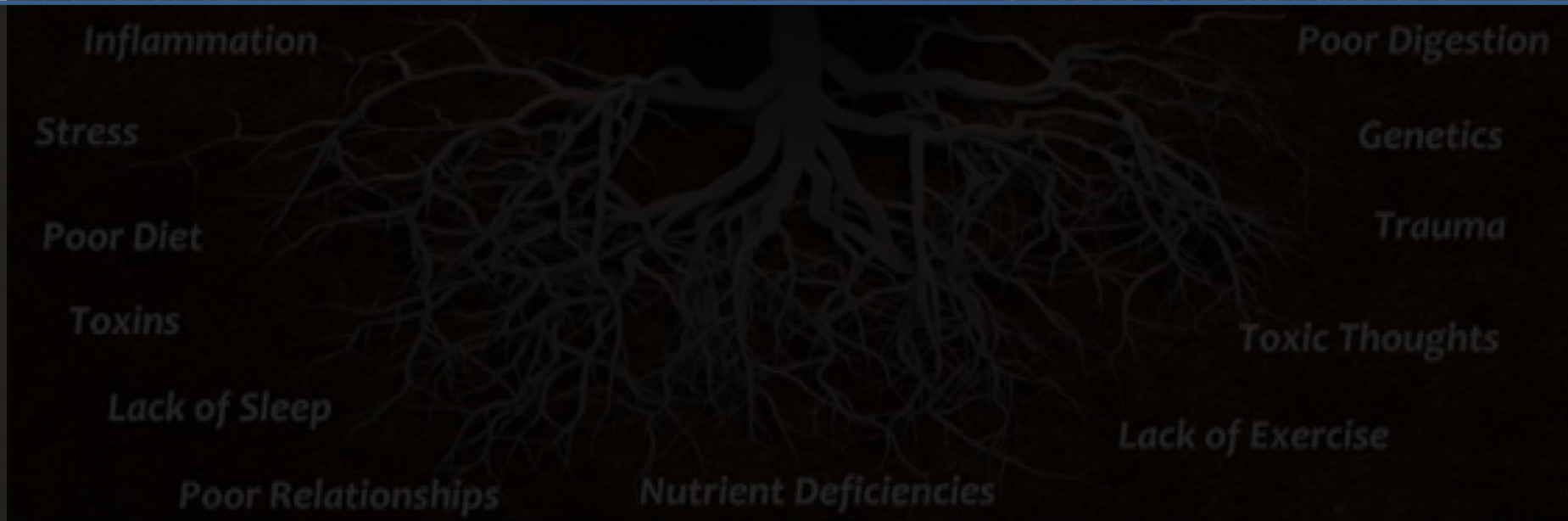
1. http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf

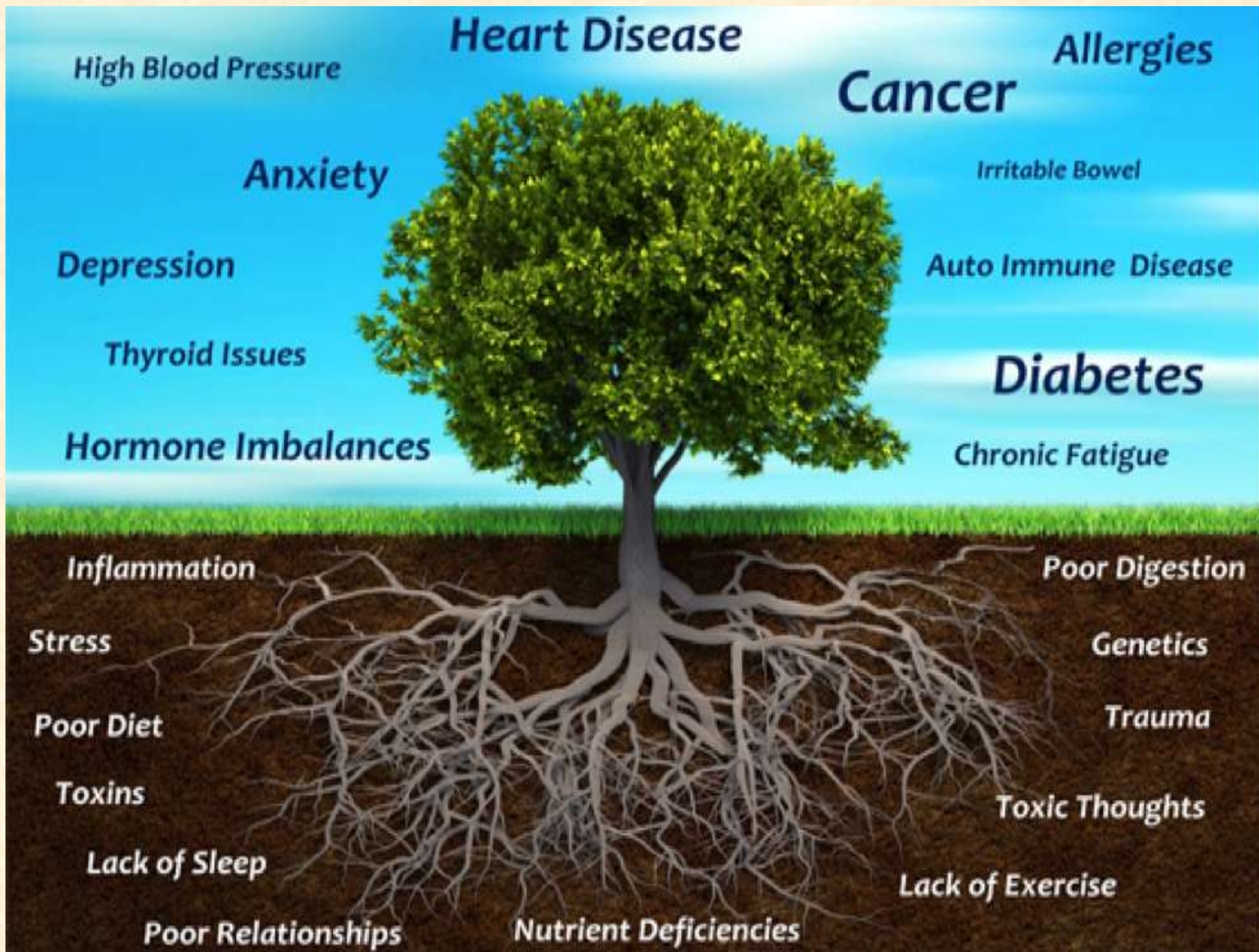


Lifestyle Disorders

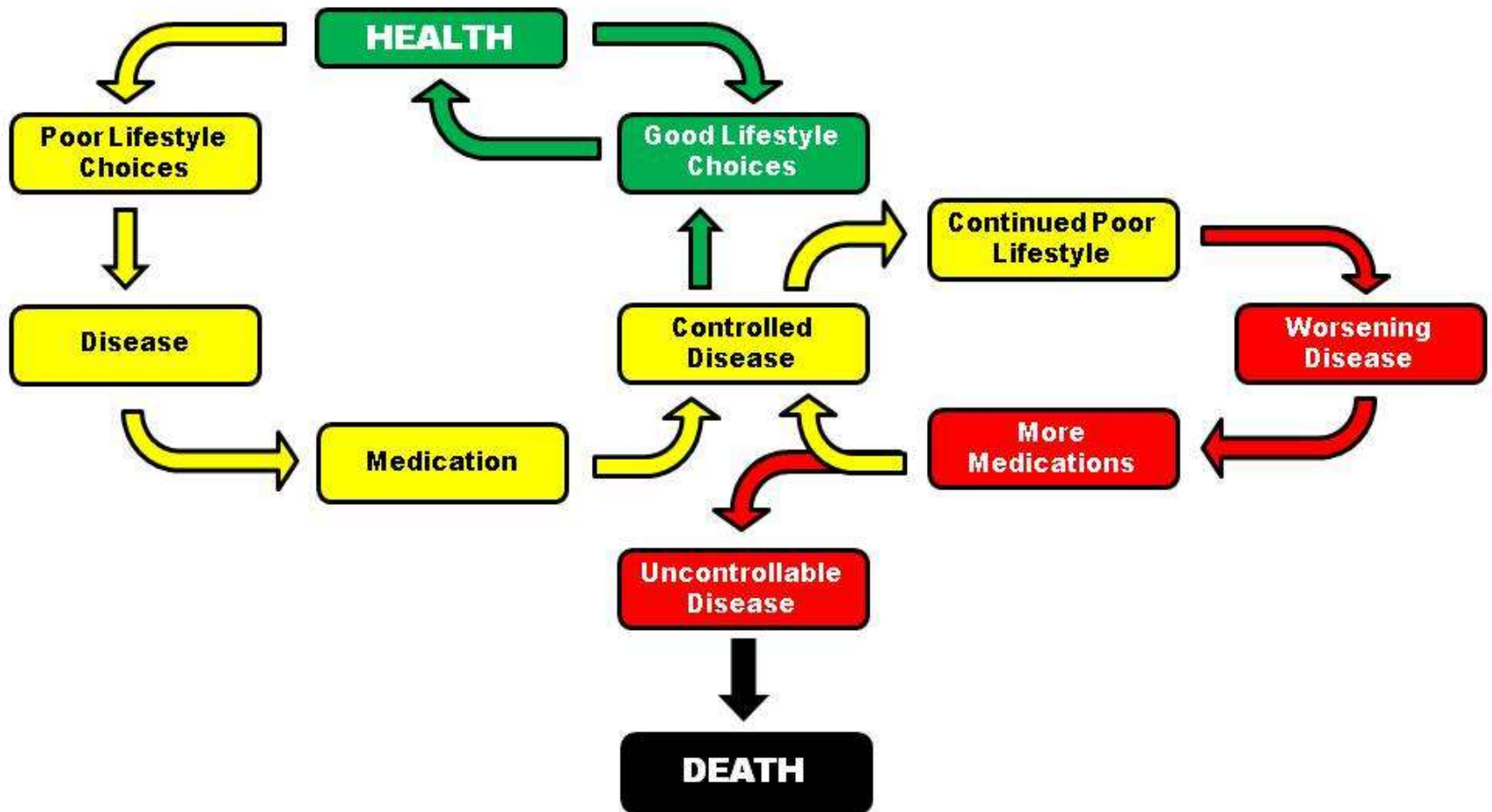
(caused by stress, sedentary habits, over eating, untimely food, odd hours of work etc)



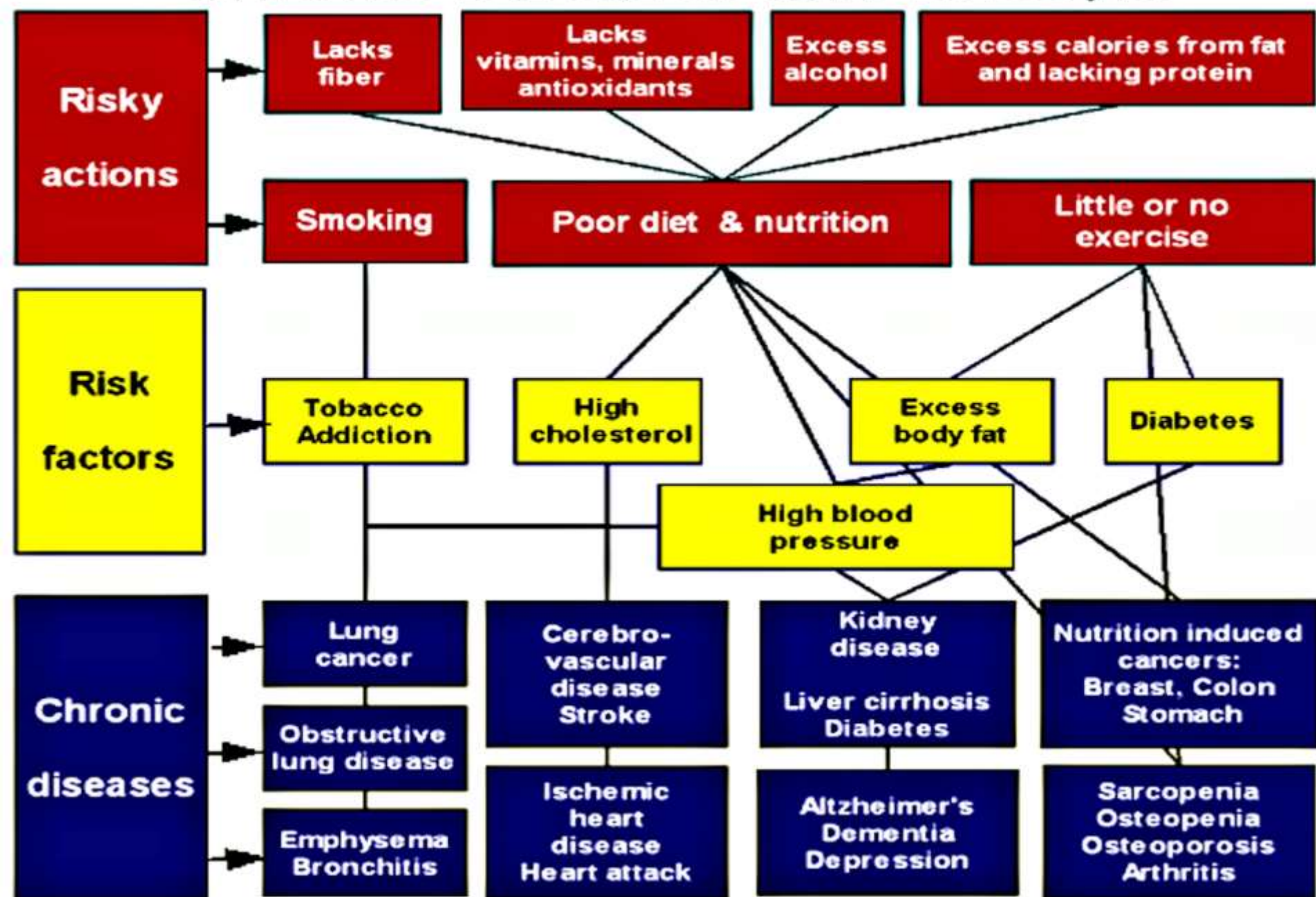




Kitsteiner's Algorithm Of Lifestyle-Related Chronic Disease



Chronic Diseases and Lifestyle



Yoga is a “**Way of Life**” that places great importance on a proper and healthy life-style whose main components are:

- **ACHAR** – healthy physical activities and exercise
- **VICHAR** – right thoughts and right attitude towards life that are vital for wellbeing.
- **AHAR** – healthy, nourishing diet with adequate intake of fresh water; balanced intake of fresh food, green salads, sprouts, unrefined cereals and fresh fruits. *Satwic* diet, prepared & served with love and affection.
- **VIHAR** – proper recreational activities to relax body and mind are essential for good health.
- **VYAVAHAR** – healthy inter-personal relationships essential for good social health.



Samadhi
Dhyana

Dharana
Pratyahara

Pranayama
Asanas

Niyamas -
Yamas

A
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Y
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Samadhi
Dhyana

Spiritual
health

Dharana
Pratyahara

Mental
health

Pranayama
Asanas

Physical
health

Niyamas -
Yamas

Social
health

Some Simple & Useful Yogic Principles

- Psychological reconditioning and development of appropriate attitudes such as yama-niyama, chaturbhavana, pratipaksha bhavanam etc
- Stress management through counseling, jathis (loosening techniques), asanas (postures), kriyas (breath-body coordination movements) and pranayama (breath-energy harmonizing techniques).
- Normalizing metabolic activity through surya namaskar, asanas, kriyas, mudras, bandhas, pranayama etc
- Relaxation, visualization and contemplative practices to induce a sense of inner calmness and wellbeing.

Advantages of Yoga

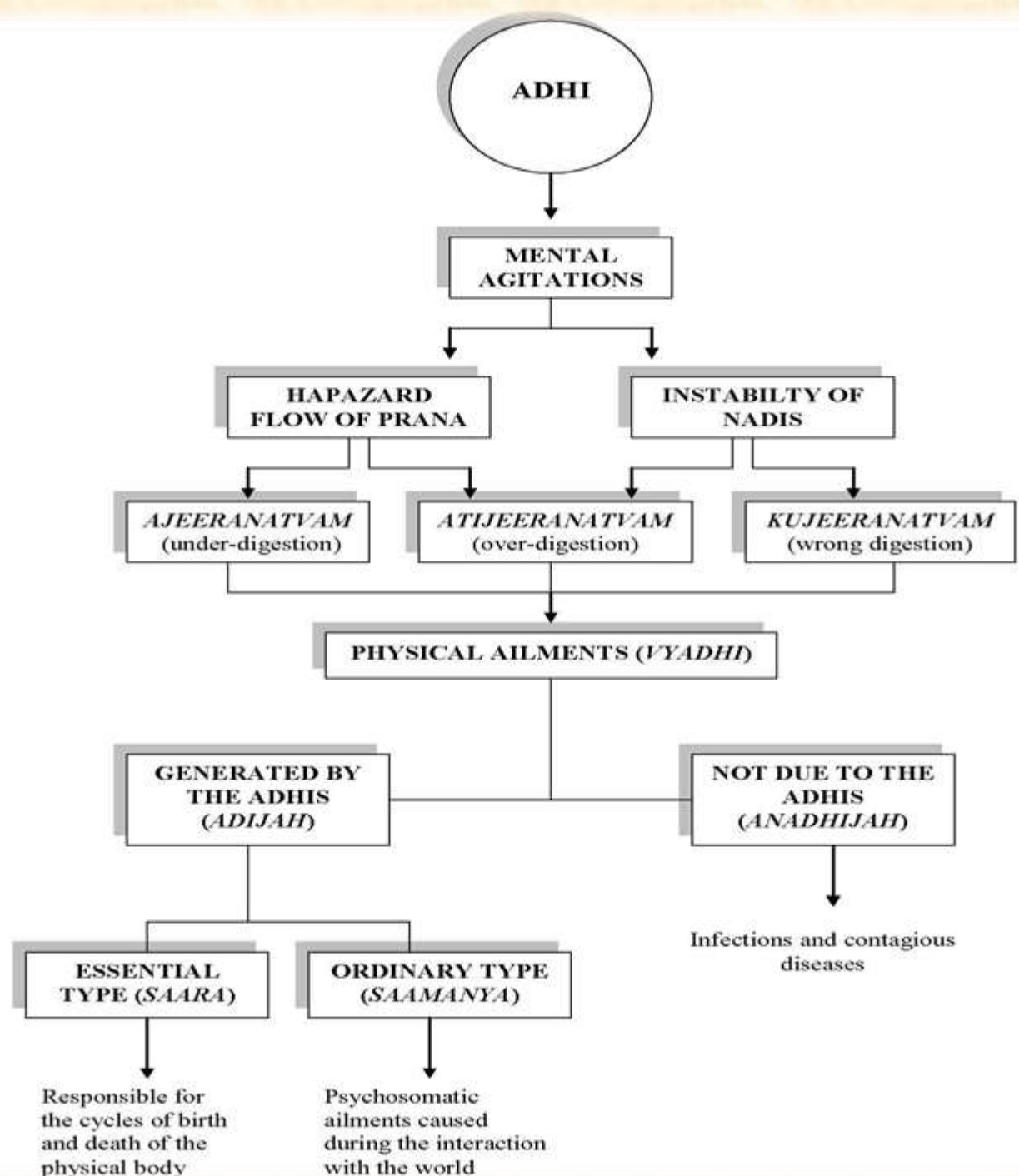
Wholistic:

- Preventive, promotive, rehabilitative, curative[?]
- Science, philosophy, art
- Involves body, mind, spirit
- Desirable +ve “side benefits”
- Simultaneous improvement in general health
- Reduced medication: better compliance
- Relief from **stress** - the main cause of *Adhija Vyadhi* (psychosomatic disorders)

THE YOGIC CONCEPT OF ORIGIN OF DISEASE

-

*Yoga
Vashishta*





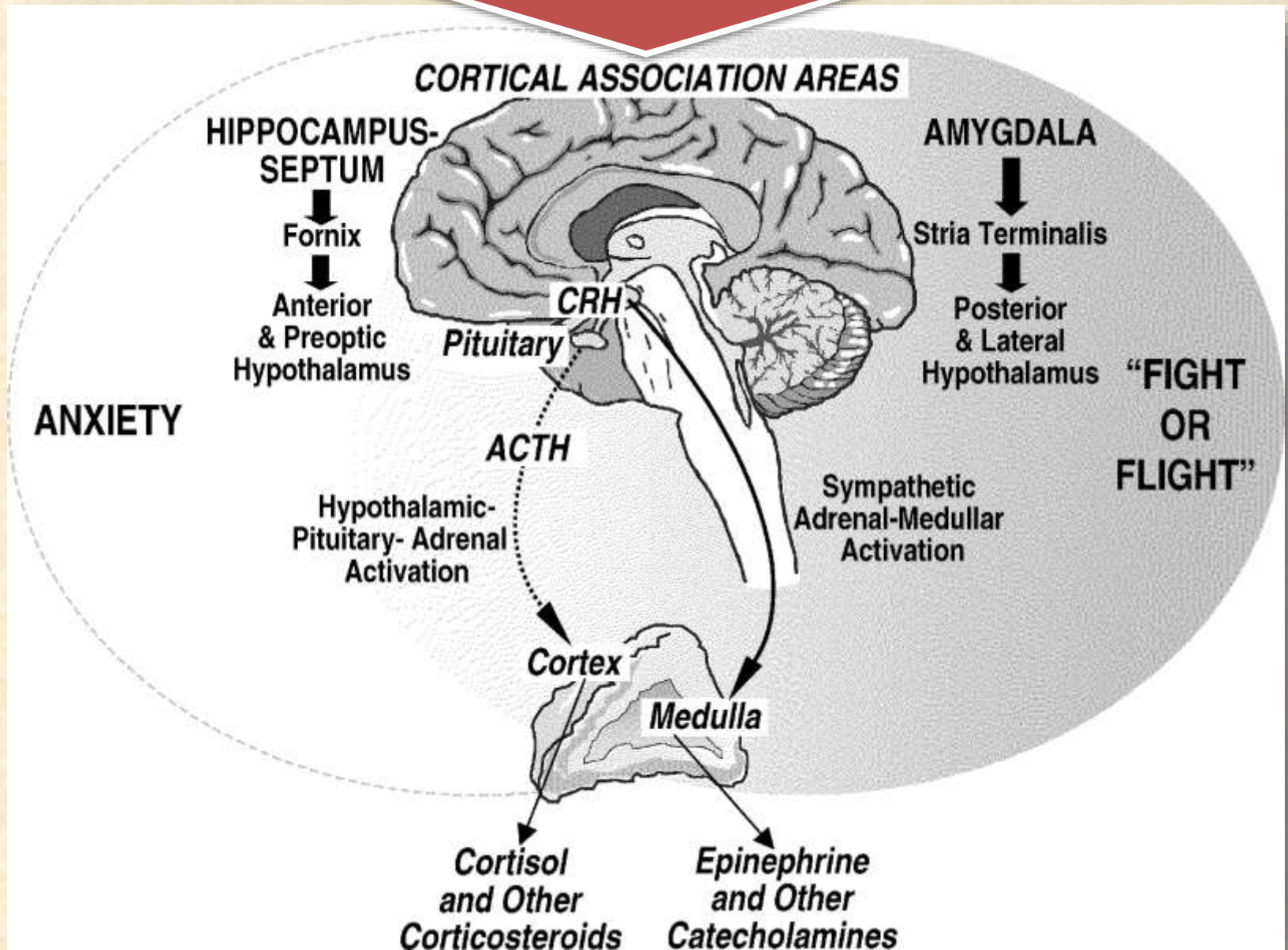
Fight!  **Flight!**



FREEZE



Perceived Stimulus



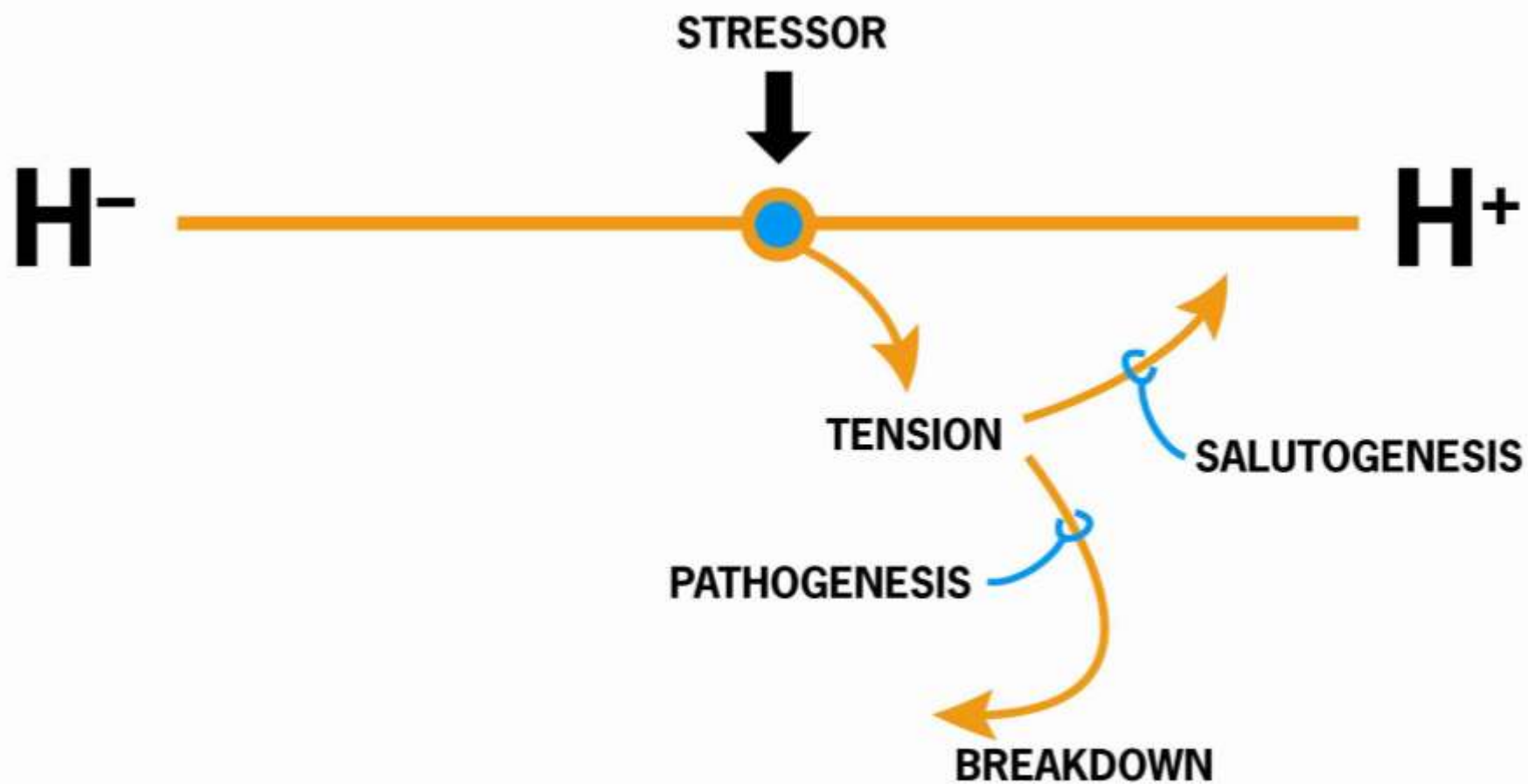


Figure 1. Antonovsky's own way of explaining the health continuum and the salutogenic direction

Stress management through Yoga

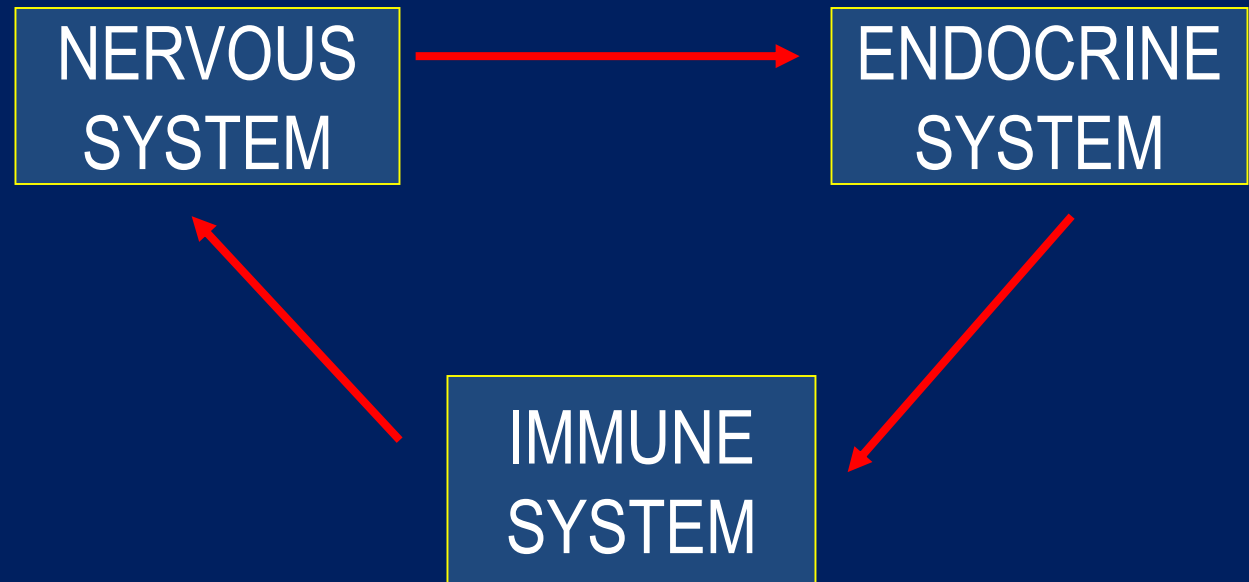
- Dr W Selvamurthy gave a beautiful message at SBV recently. He said:



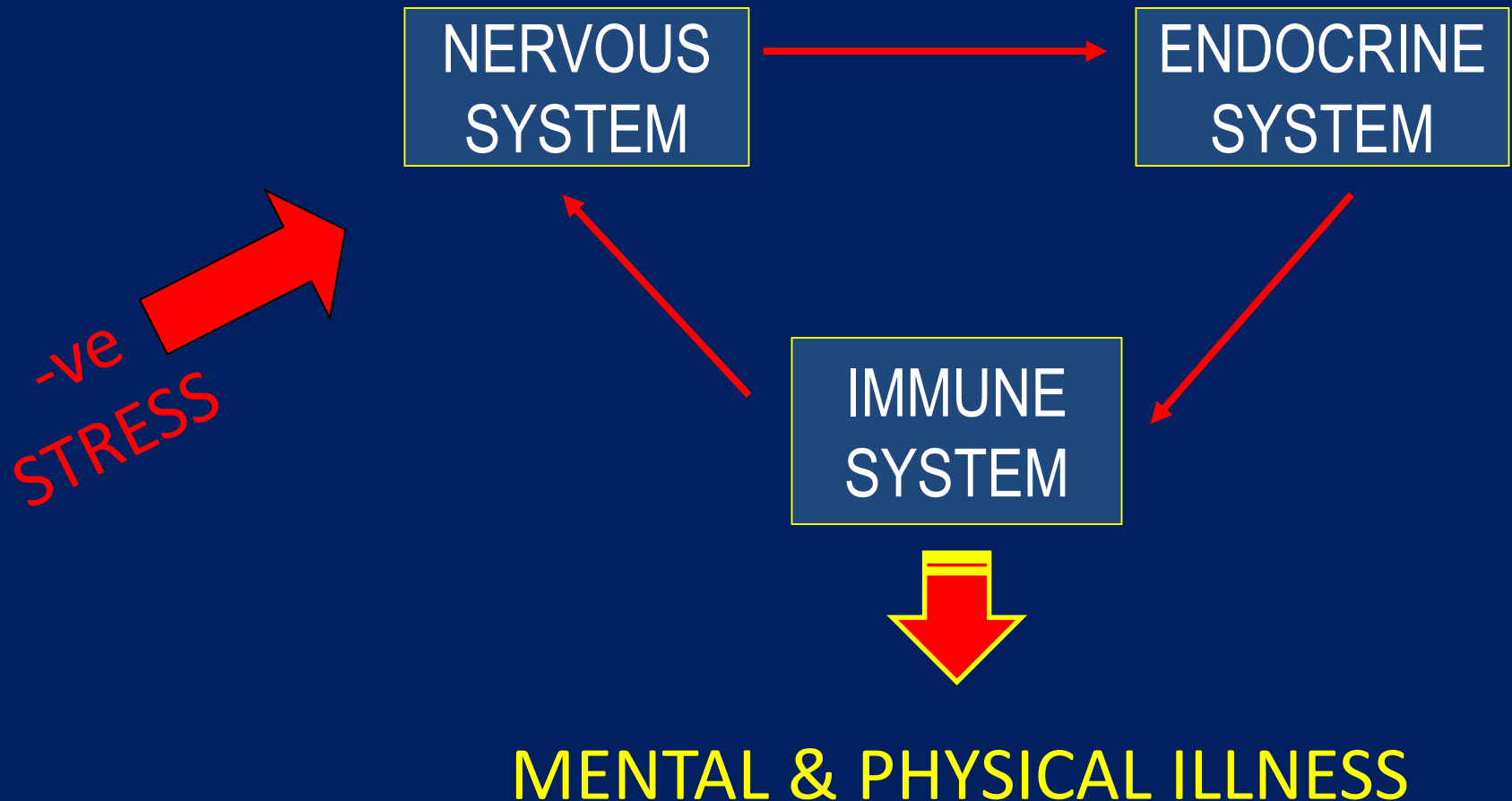
Yoga enables and empowers individuals to

- **Modify** their perceptions of the stressors,
- **Optimise** their responses to them, and
- **Efficiently release the pent up stresses.**
 - We can think of it as a **3-in-1 action!!**

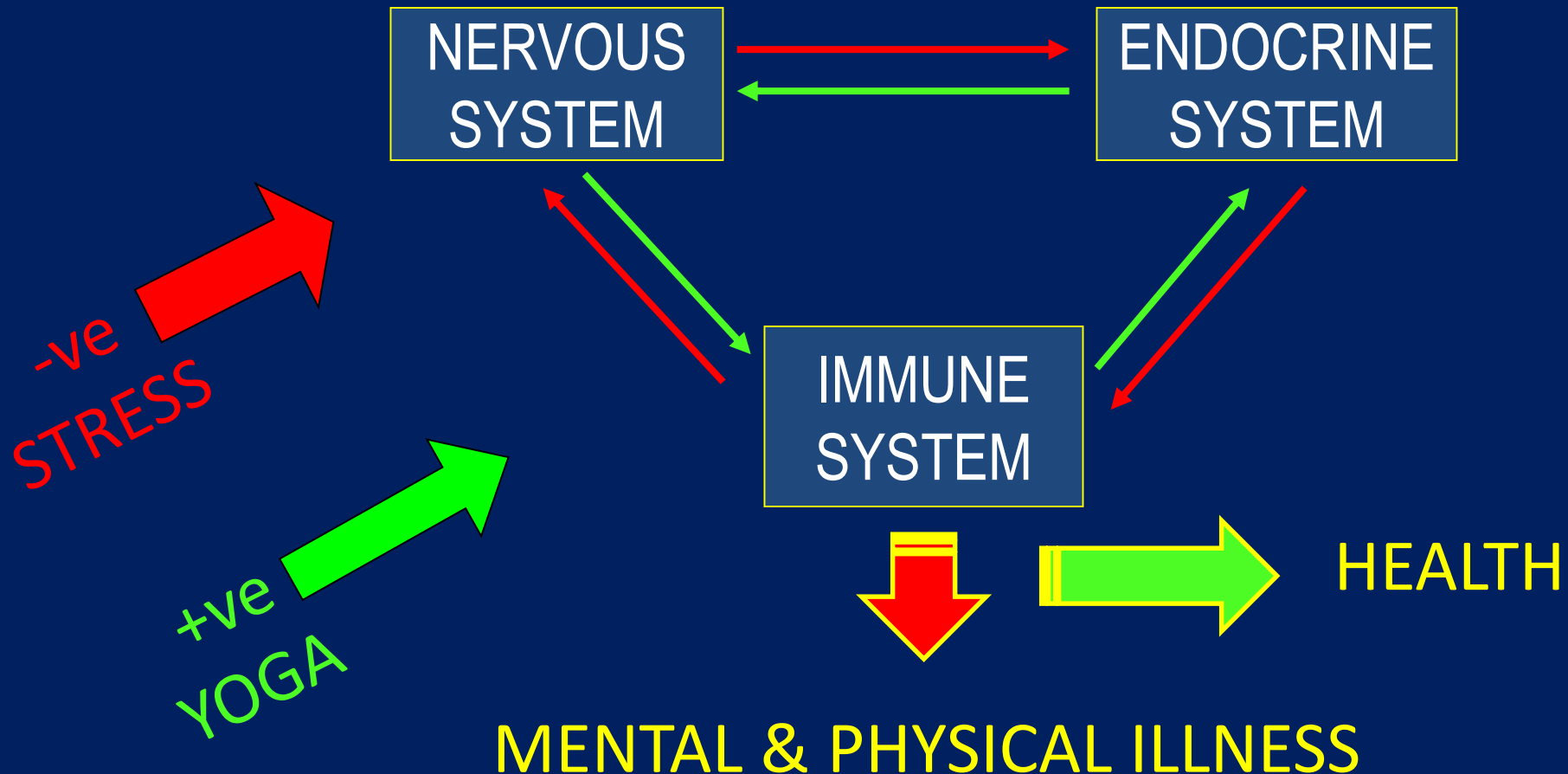
Psycho-neuro-immuno-endocrinological correlates of stress, illness & health

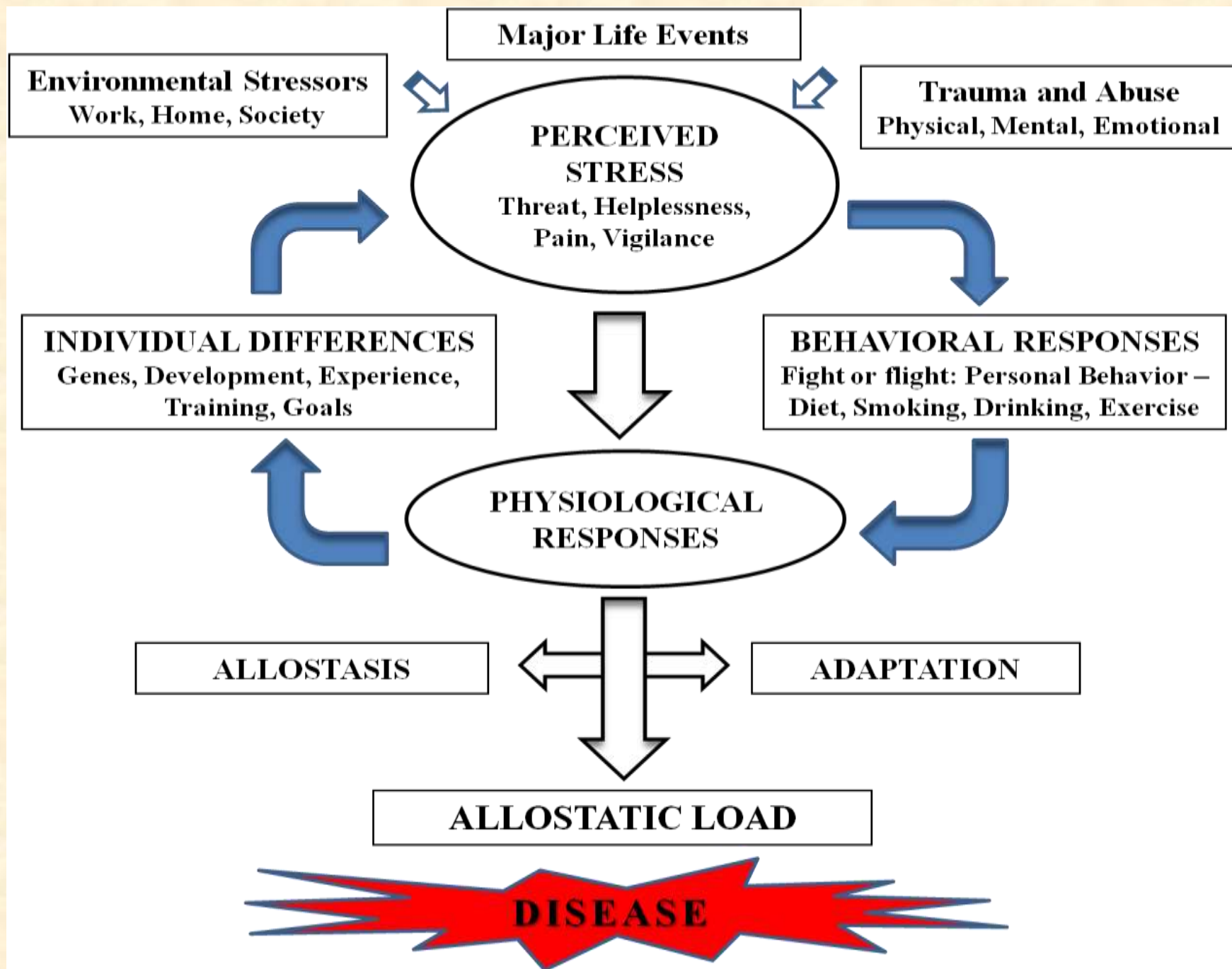


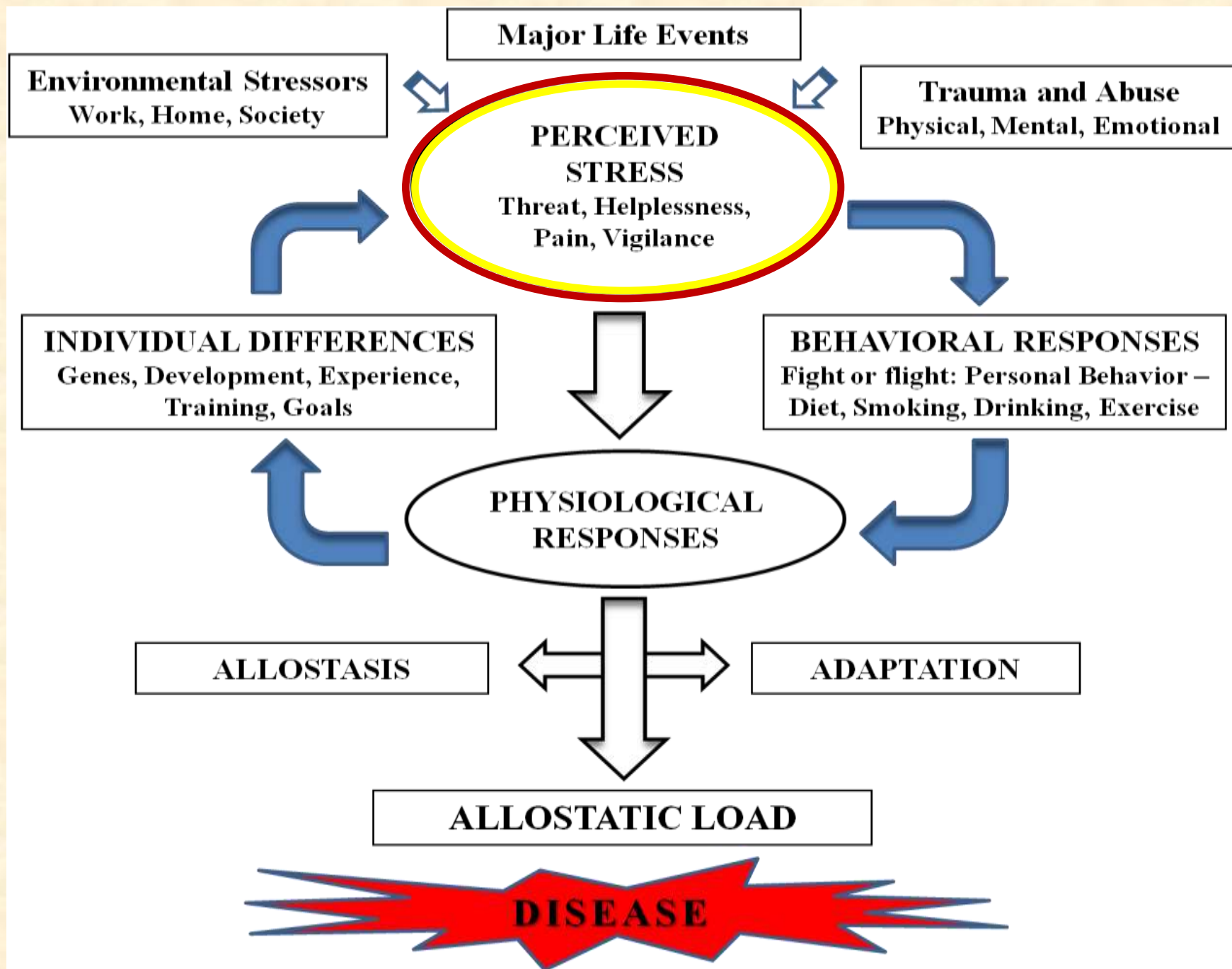
Psycho-neuro-immuno-endocrinological correlates of stress, illness & health

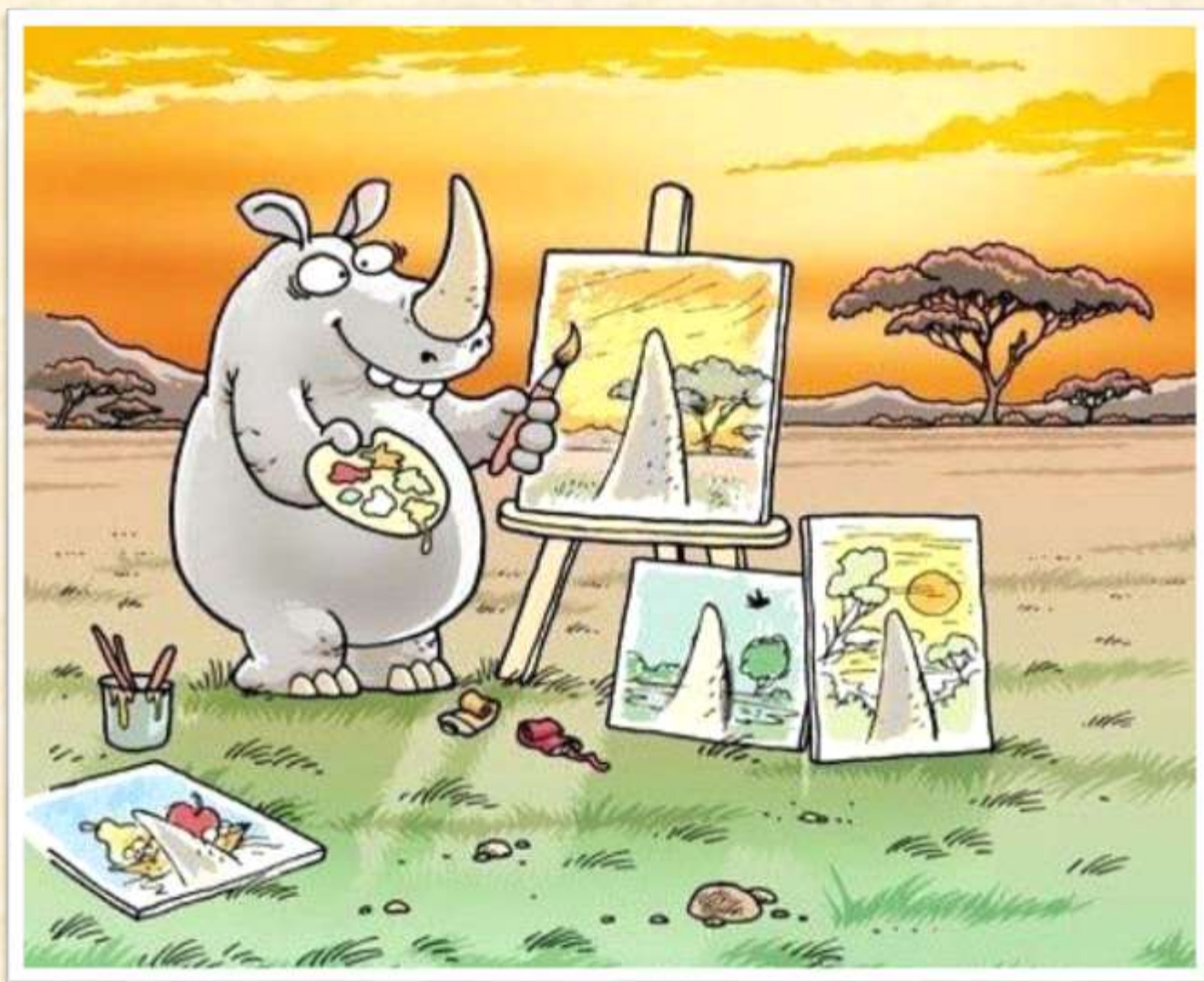


Psycho-neuro-immuno-endocrinological correlates of stress, illness & health

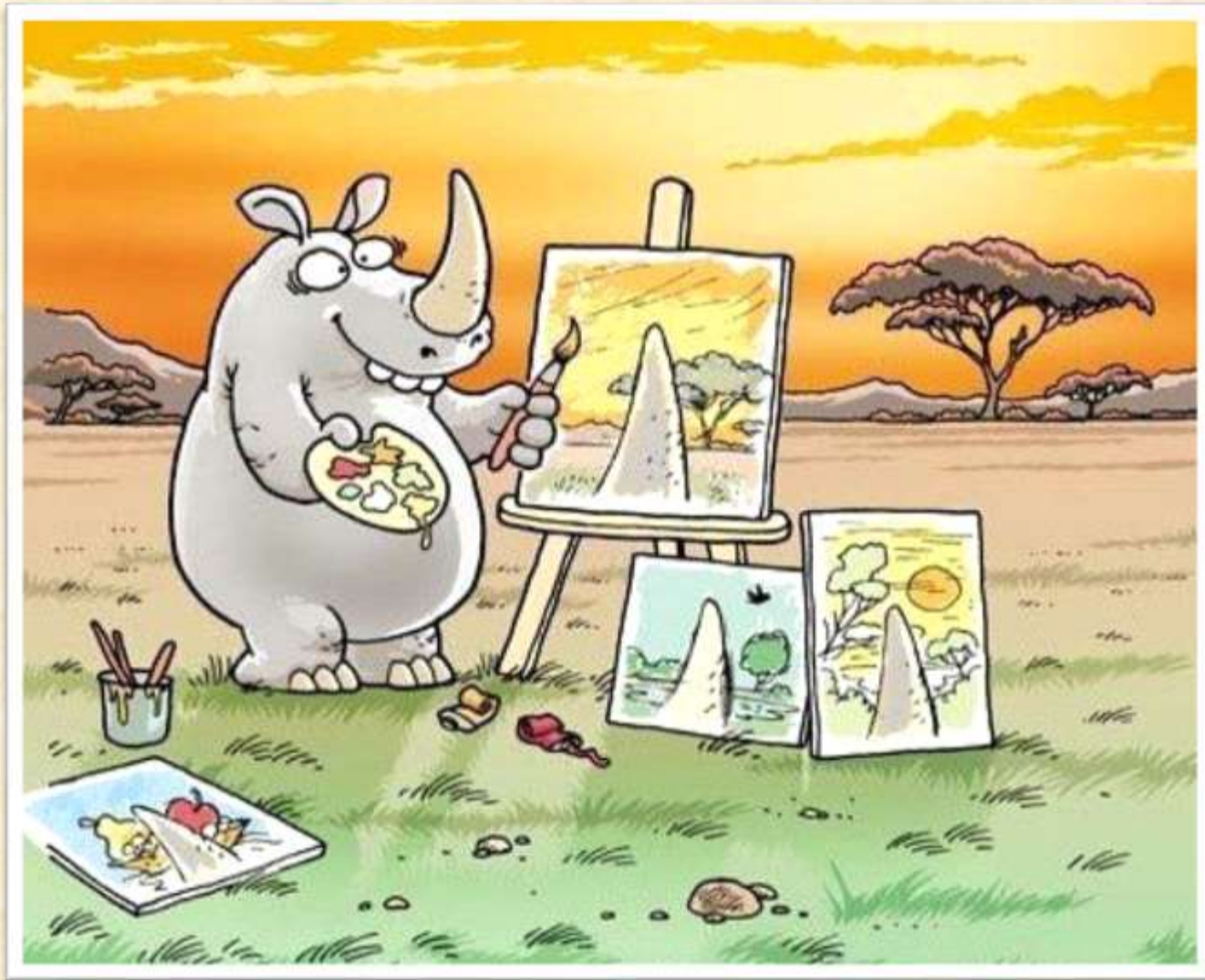




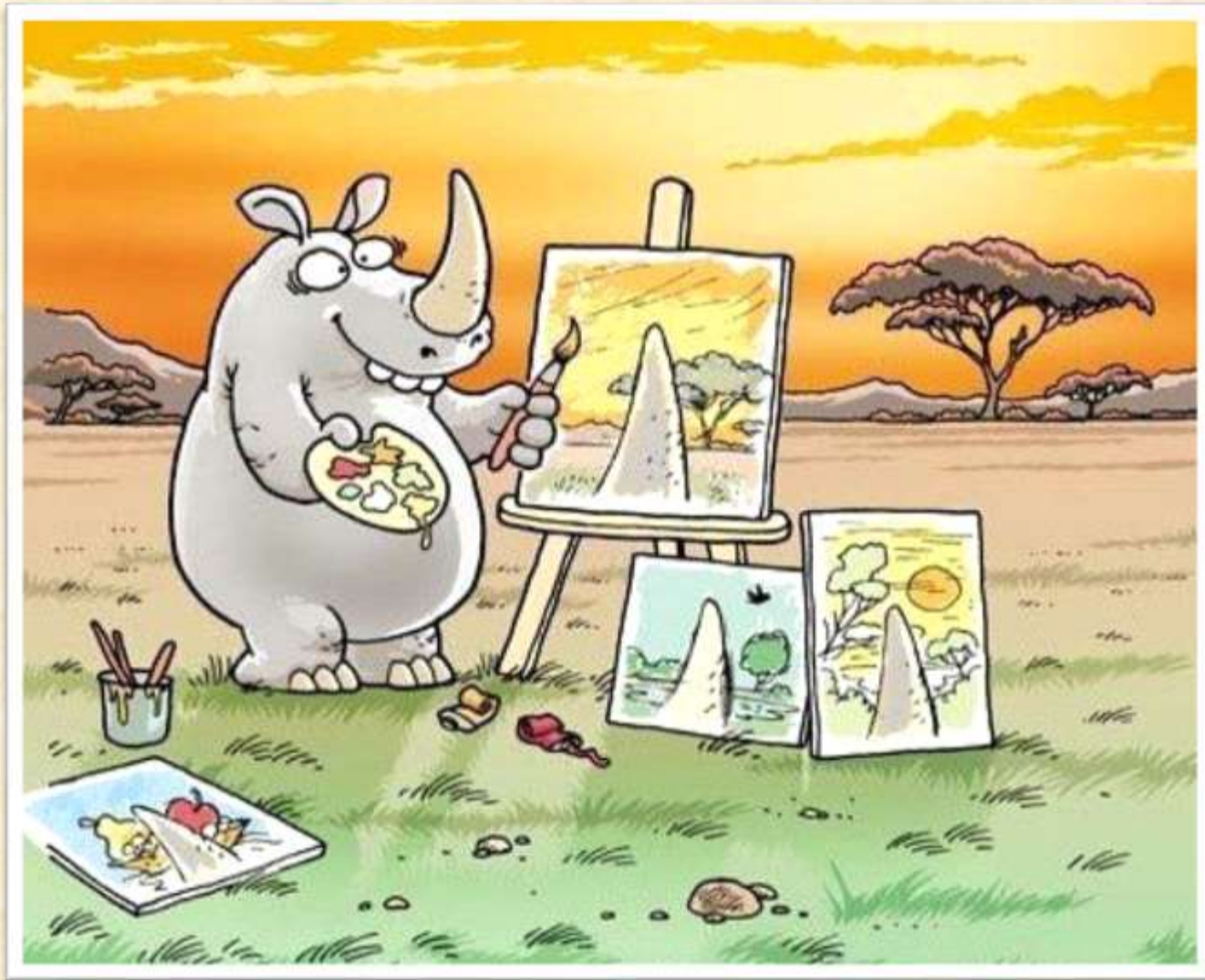




What is our horn??



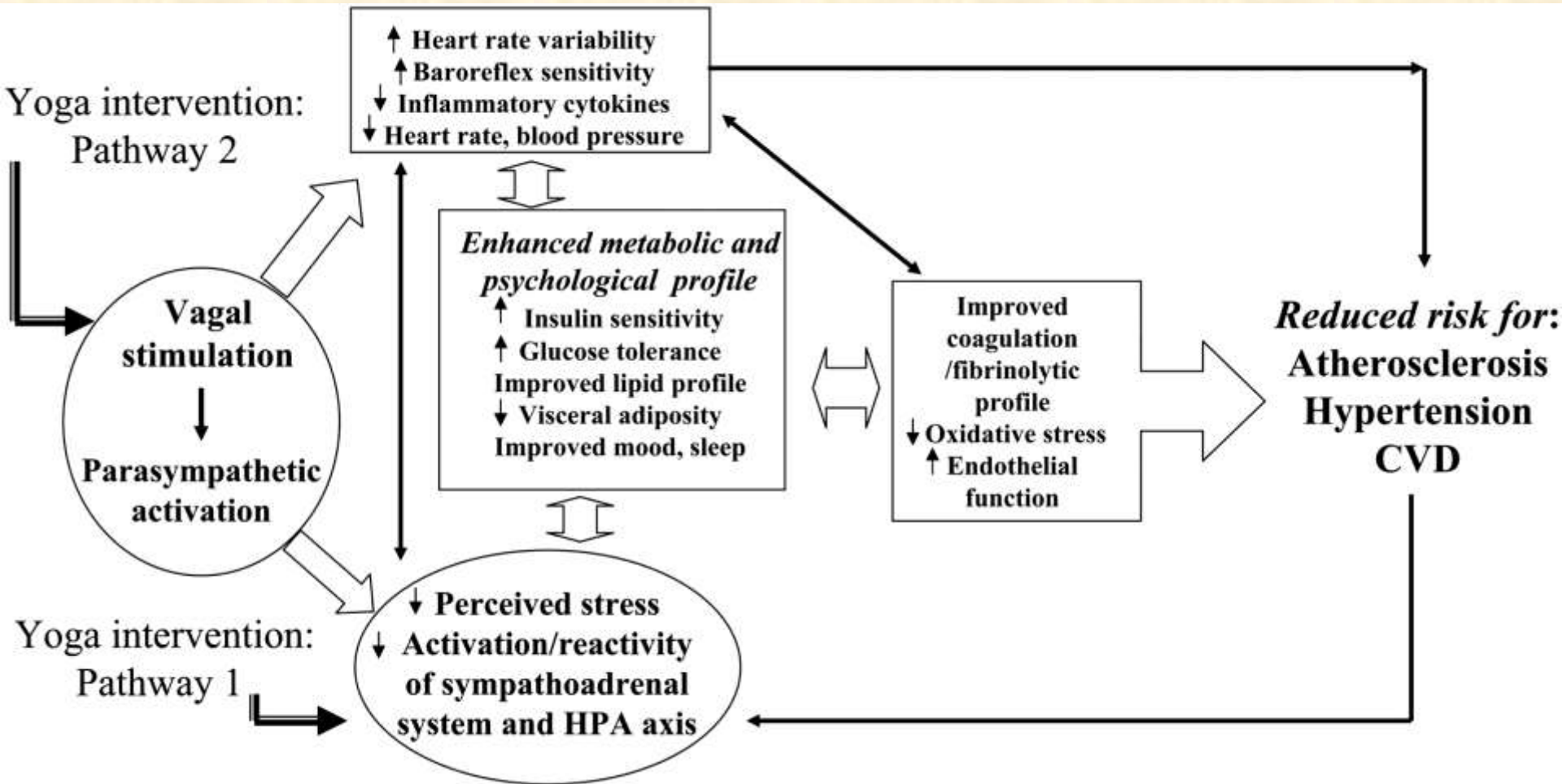
The EGO!!!



Streeter CC et al. Med Hypotheses 2012; 78: 571-9

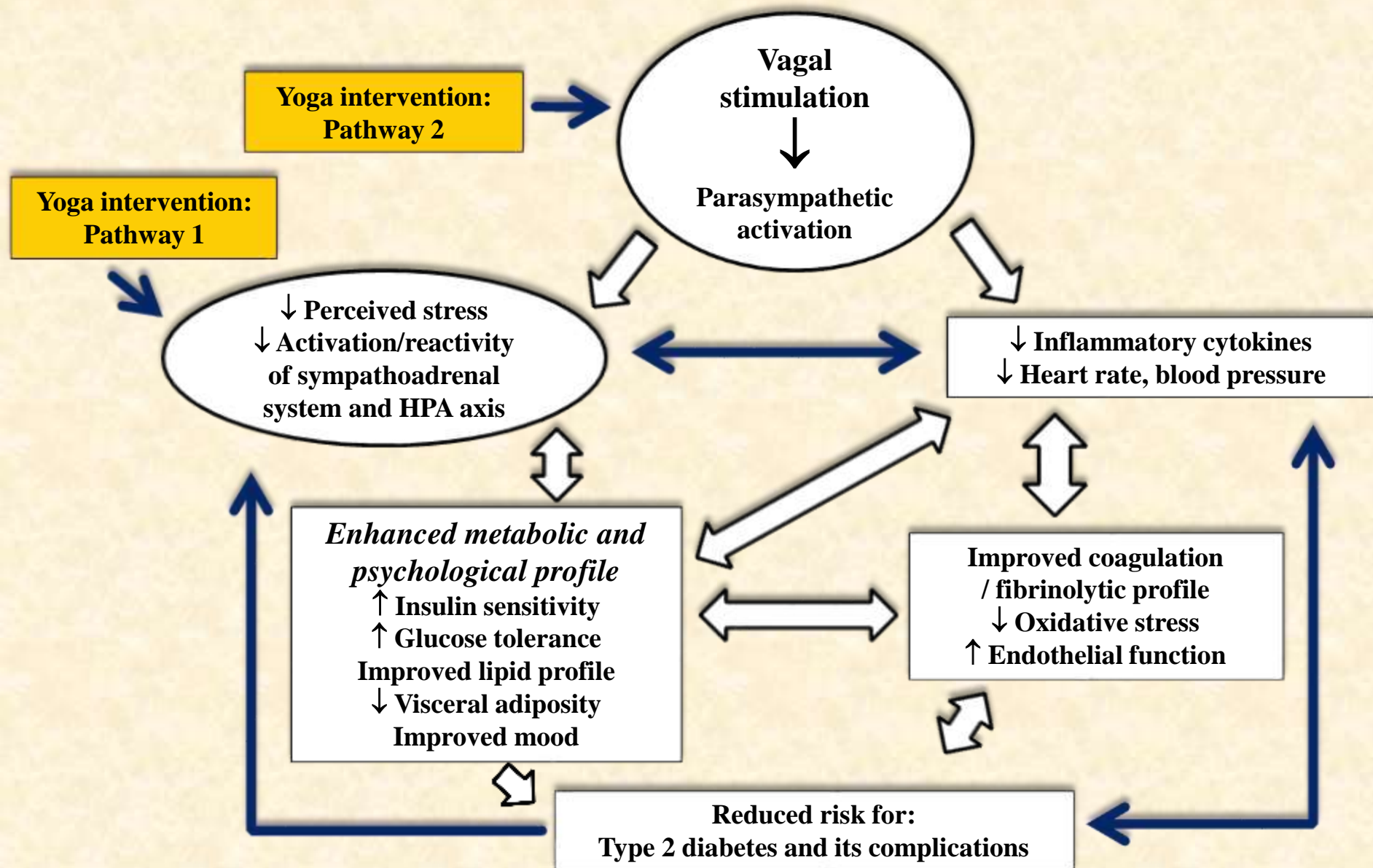
- Stress induces autonomic imbalance
- Decreased para-sympathetic & increased sympathetic activity, under activity of GABA system, the primary inhibitory neurotransmitter, and increased allostatic load.
- *Yoga helps correct the underactivity of para-sympathetic nervous system and GABA systems in part through stimulation of vagus nerves with reduction in the allostatic load.*

Postulated mechanisms by which Yoga reduces cardiovascular risk



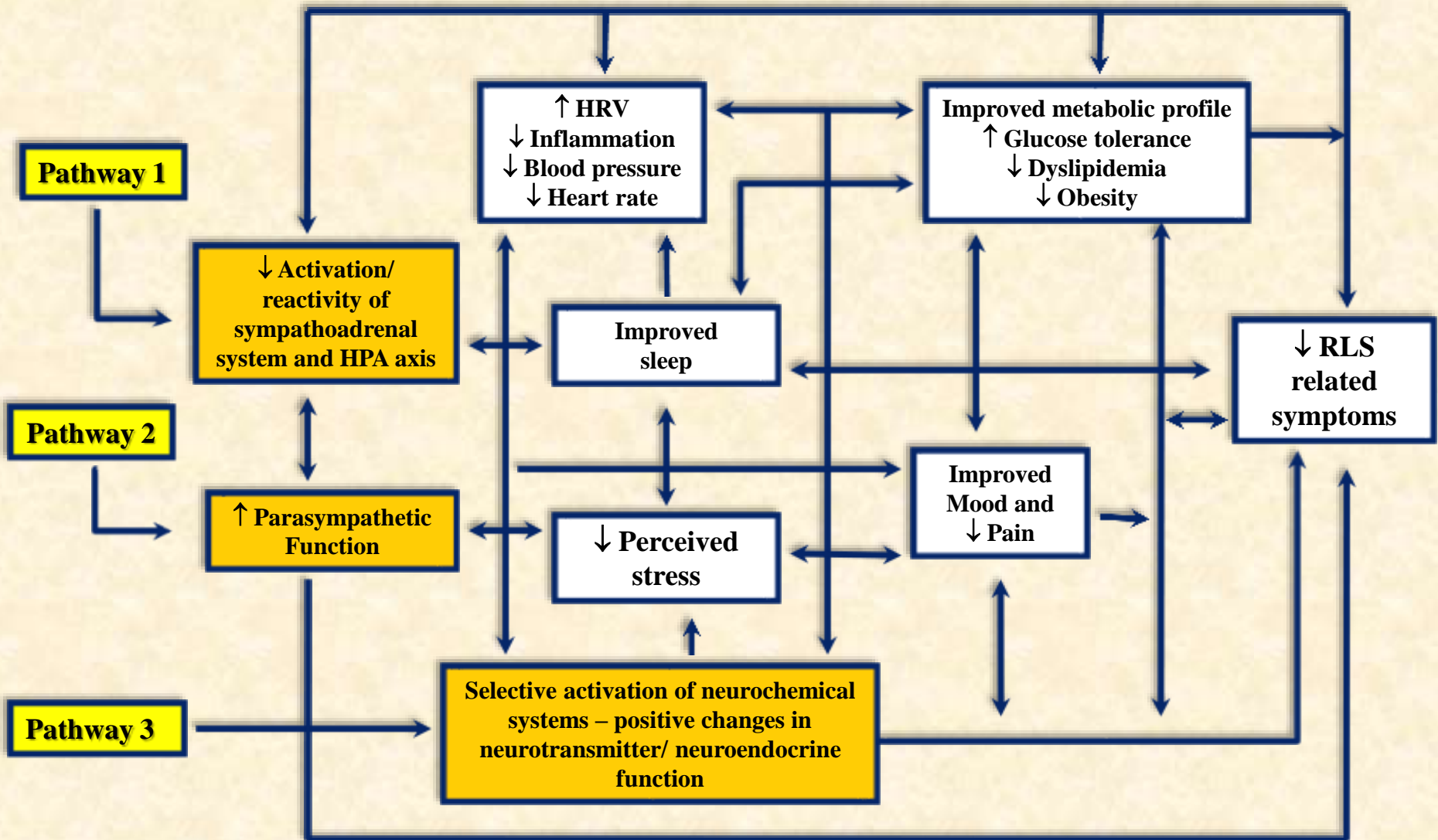
Innes KE, Bourguignon C, Taylor AG. Risk indices associated with the insulin resistance syndrome, cardiovascular disease, and possible protection with yoga: a systematic review. *J Am Board Fam Pract* 2005;18:491-519.

Postulated mechanisms of yoga in diabetes mellitus

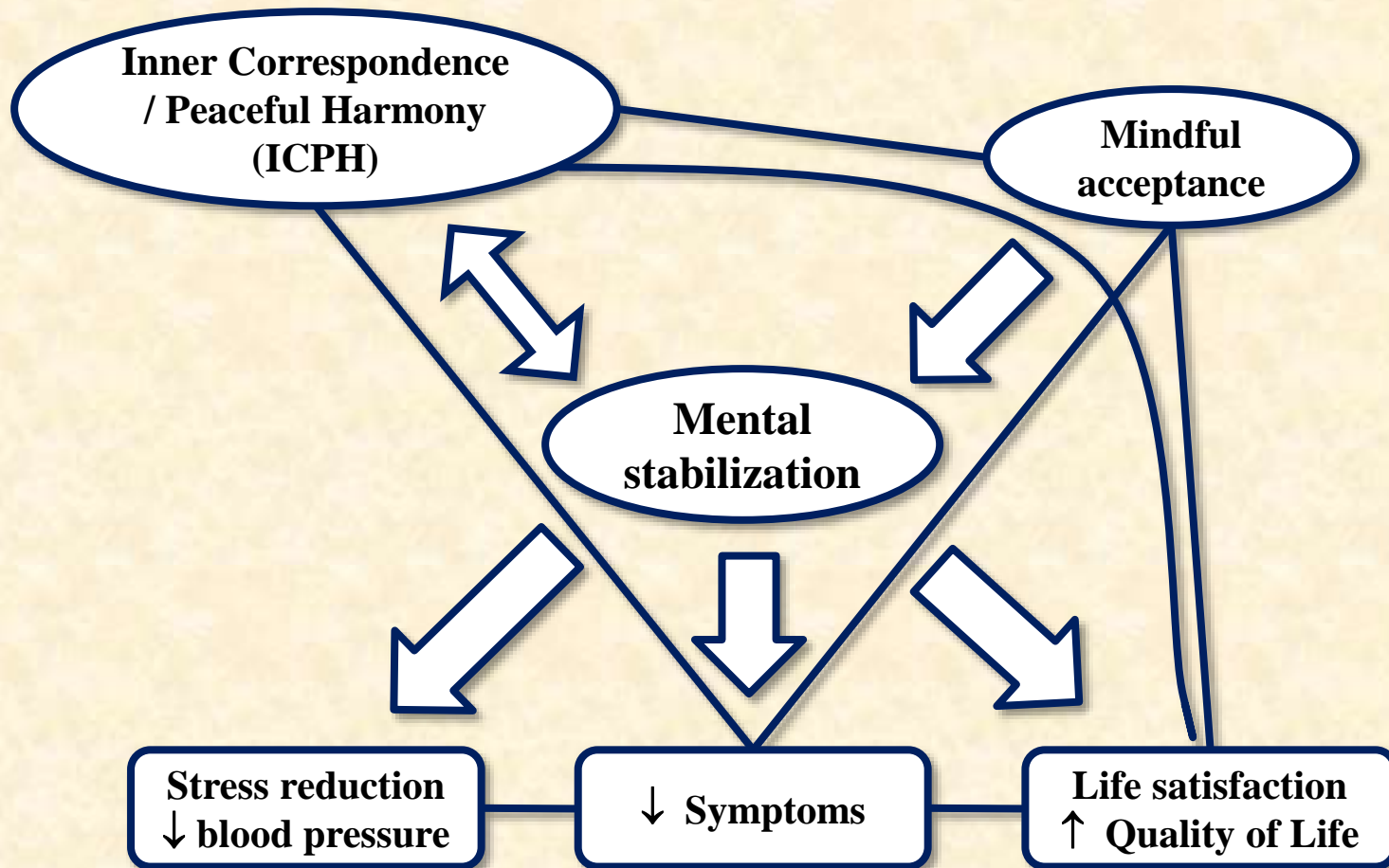


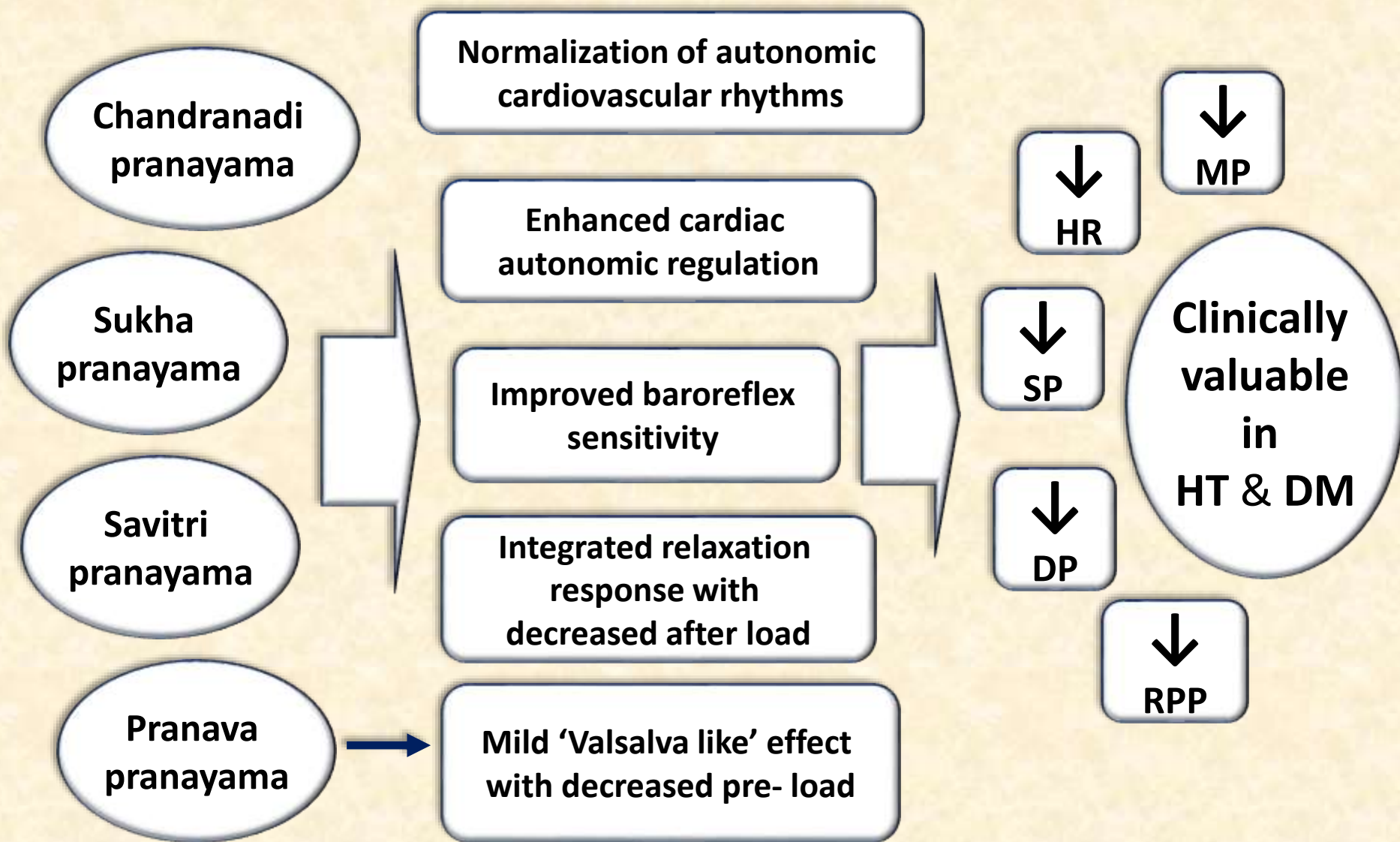
Innes KE, Vincent HK. The Influence of yoga-based programs on risk profiles in adults with type 2 diabetes mellitus: A systematic review. *eCAM* 2007; 4: 469-86.

Possible pathways by which yoga may attenuate the distressing symptoms associated with RLS



Interconnections between Inner Correspondence / Peaceful Harmony (ICPH), mindful acceptance & mental /emotional stabilization in response to mind-body interventions such as Yoga.





A 10-point Yogic plan!

1. Yogic counseling to develop awareness
2. Cultivation of appropriate attitudes
3. Healthy Heart Friendly Diet (satvic)
4. Breath-Body Coordination Practices
5. Yoga Asanas with modifications
6. Pranayamas to balance energy flows
7. Kriyas to cleanse the toxins
8. Mudras to reset neural mechanisms
9. Yogic Relaxation and visualization for self healing
10. Dharana and Dhyana for inner vision

An Integrated Approach

- The need of the modern age is to have an integrated approach towards therapy.
- Yoga therapy can be utilized in coordination and collaboration with other systems of medicine; Allopathy, Ayurveda, Siddha & Naturopathy
- Physiotherapy, osteopathy and chiropractic practices may be used with the Yoga if needed
- Advise on diet and life style is very important
- Adoption of right attitudes through Yogic counseling.
- This is happening at Sri Balaji Vidyapeeth since 2010.

In Conclusion

- The ancient art & science of Yoga has infinite possibilities for issues faced by modern humankind.
- We however want it to be a miracle pill, that we take only once - immediate solution to all problems!
- Yoga is a w-holistic science and must be learnt and practiced in its wholesomeness.
- The dedicated practice of Yoga as a way of life is no doubt a panacea for psychosomatic, stress related lifestyle disorders.
- The individual is empowered!
- Integration of Yoga and modern medicine can help create a healthier and happier world.



***“Health and happiness are your birthright.
Do not forsake your golden culture for the
plastic playthings of the modern world.
Learn and live Yoga for then you will know
true health and happiness”***



Yogamaharishi
Dr Swami Gitananda Giri
Guru Maharaj
(1907-1993)

Founder
ICYER at Ananda Ashram,
Pondicherry

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Thank you !



CENTRE FOR YOGA THERAPY, EDUCATION AND RESEARCH

1st floor, I Block, MGMCRI Campus, Pillayarkuppam Pondicherry-607 403

Tel: 0413-2615449-58 (Ext: 317) Email: yoga@mgmcri.ac.in

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