



Meru Institute

Yoga ~ Ayurveda ~ Community Ministry

Introduction to Yoga Therapy *Yoga Bharati*

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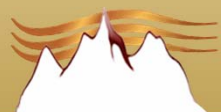
Treasurer

April 19th 2016

Health is a state of complete physical, mental, social and **spiritual** well-being and not merely the absence of disease or infirmity

—WHO Definition and its draft resolution of 1984

(WHO's instructions to the 22 member nations in 1984 to include spiritual dimension to their definition of health. The spiritual dimension is understood to imply a phenomenon that is not material in nature, but belongs to the realm of ideas, beliefs, values and ethics that have arisen in the minds and conscience of human beings, particularly ennobling ideas. Ennobling ideas have given rise to health ideals, which have led to a practical strategy for Health for All that aims at attaining a goal that has both a material and non-material component. If the material component of the strategy can be provided to people, the non-material or spiritual one is something that has to arise within people and communities in keeping with their social and cultural patterns. The spiritual dimension plays a great role in motivating people's achievement in all aspects of life)





Yoga Therapy

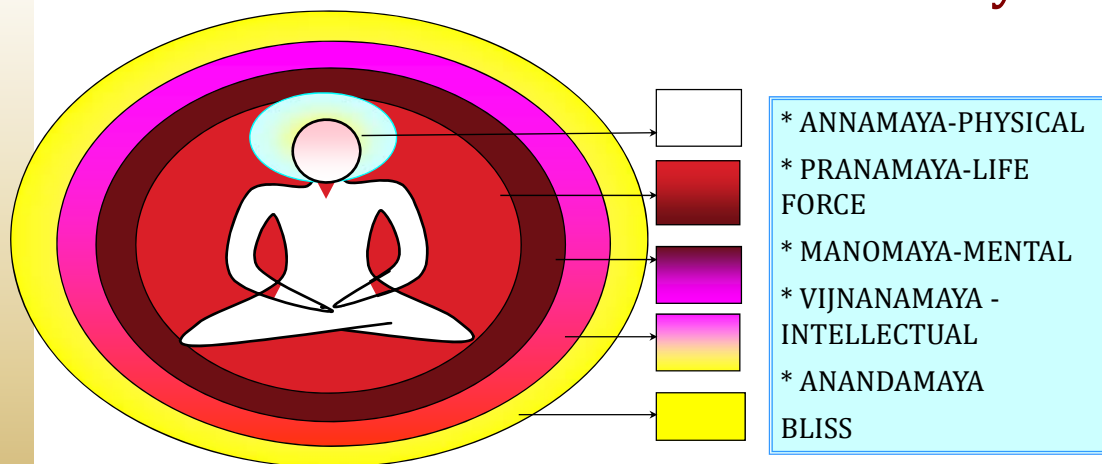
- Concept of Health
- Concept of Disease
- Stress and its Effects
- Yoga Therapy – What is it?
- Integrated Approach of Yoga Therapy
- Sample Yoga Therapy Techniques for Disease management
- Case Studies
- Research Studies on Yoga

Definition of Health

- Health is a state of complete physical, mental, social and spiritual well-being and **not merely the absence of disease or infirmity**
- Health is a state where in the Tridosha, Digestive fire, all the body tissues & components, all the physiological processes are in perfect unison and the soul, the sense organs and mind are in a state of total satisfaction (Prasanna) & content

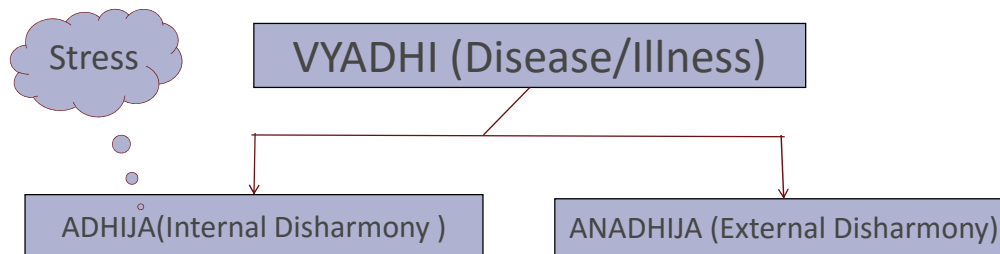


Five Sheathed Personality

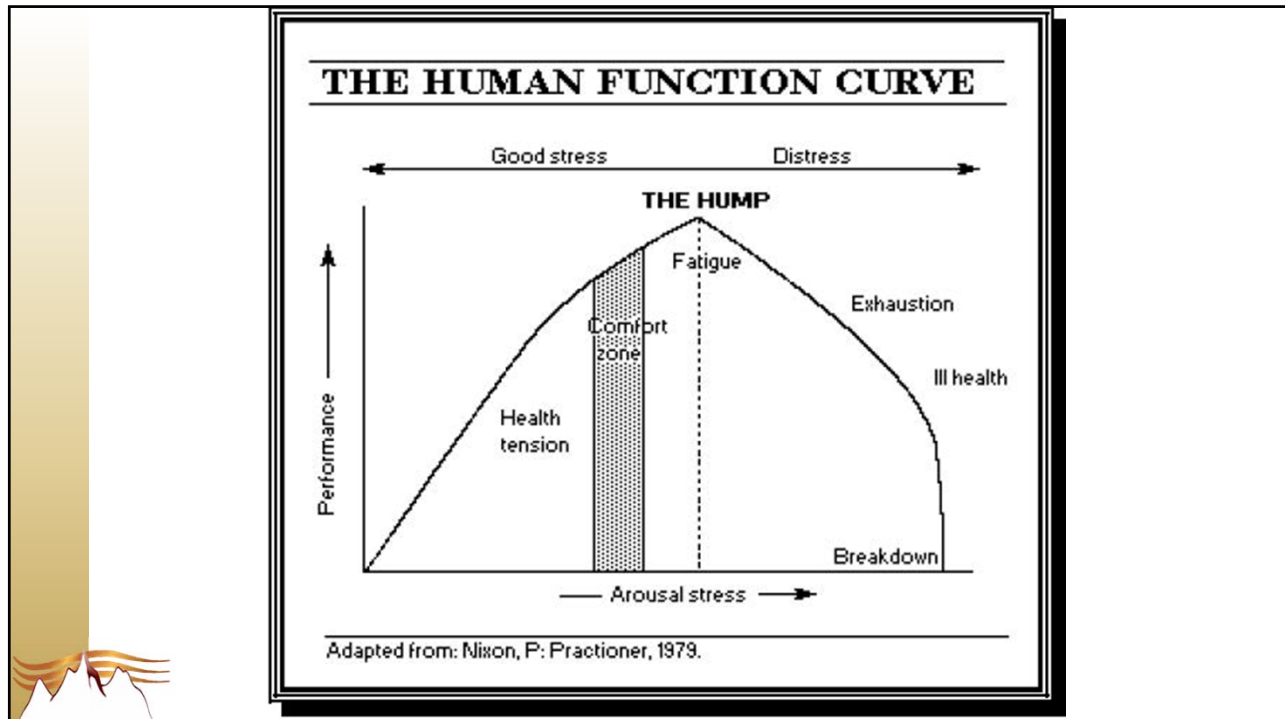


These Kosas are subtleties of existence, and not water tight compartments. They co-exist.

Concept of Disease in Yoga



- Problem starts at the mind and percolates to the Physical body through Imbalance of Pranamaya Kosa.
- Breath rate and digestive system gets affected
- Suppresses immune system
- Endocrine system get affected



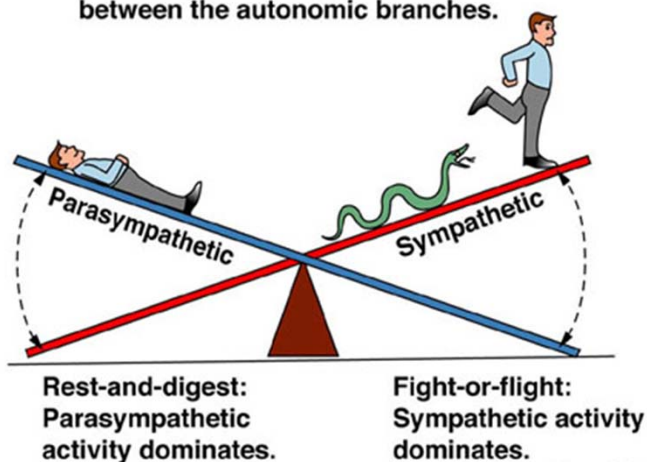
What is Stress ?

- Stress is Sympathetic Response aka Fight or Flight
- Relaxation invokes parasympathetic response



Sympathetic and Parasympathetic System and Balance

Homeostasis is a dynamic balance between the autonomic branches.



Chronic Stress – The Modern Phenomenon

THERE ARE ONLY
TWO TIMES
I FEEL STRESS:

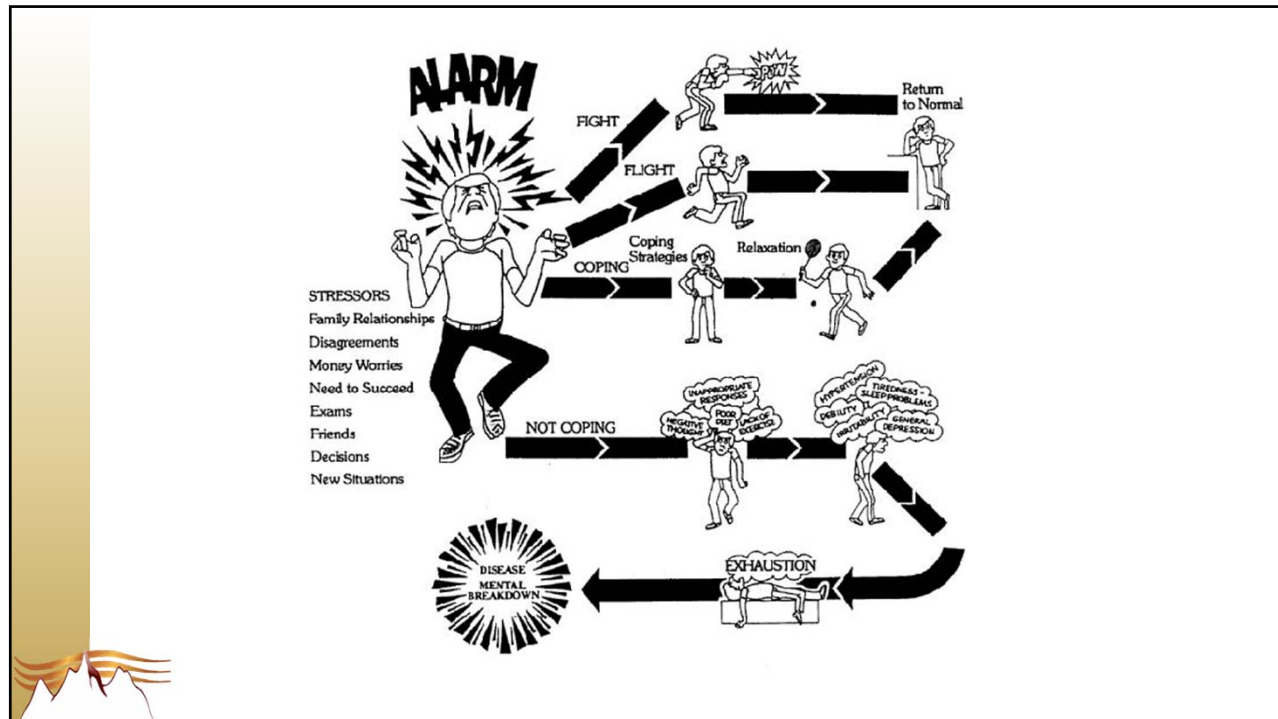


DAY

AND

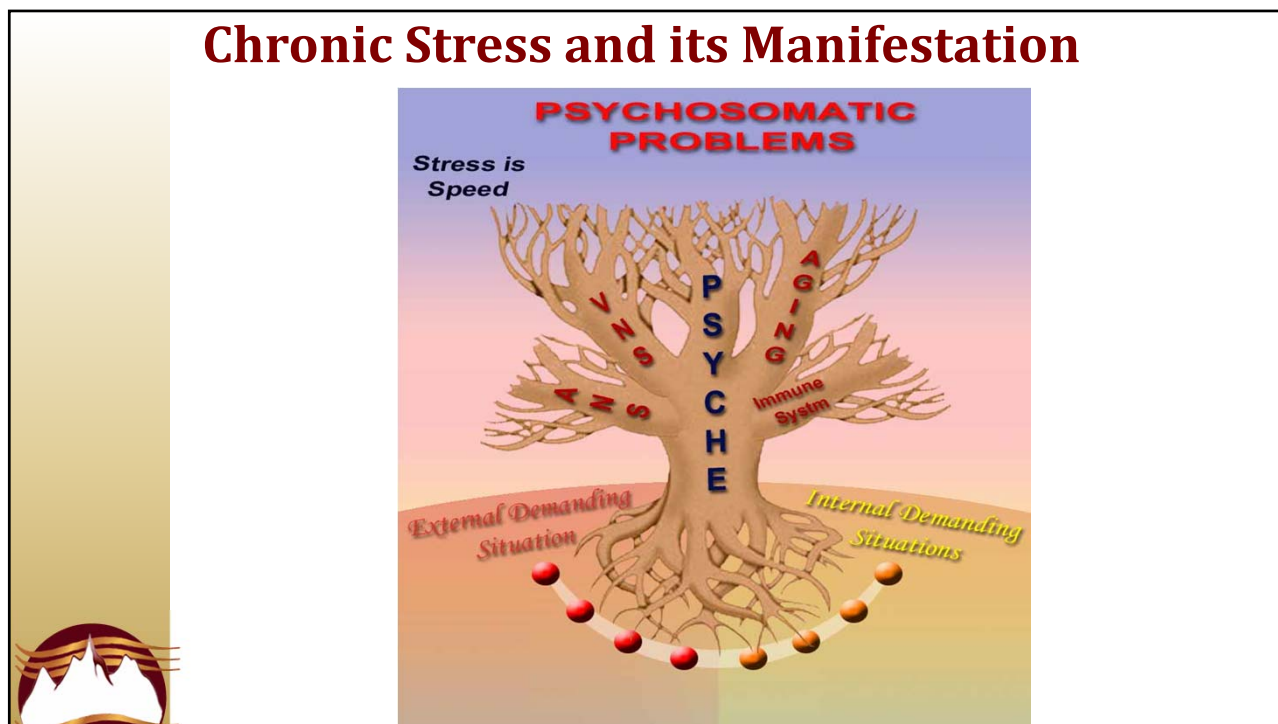
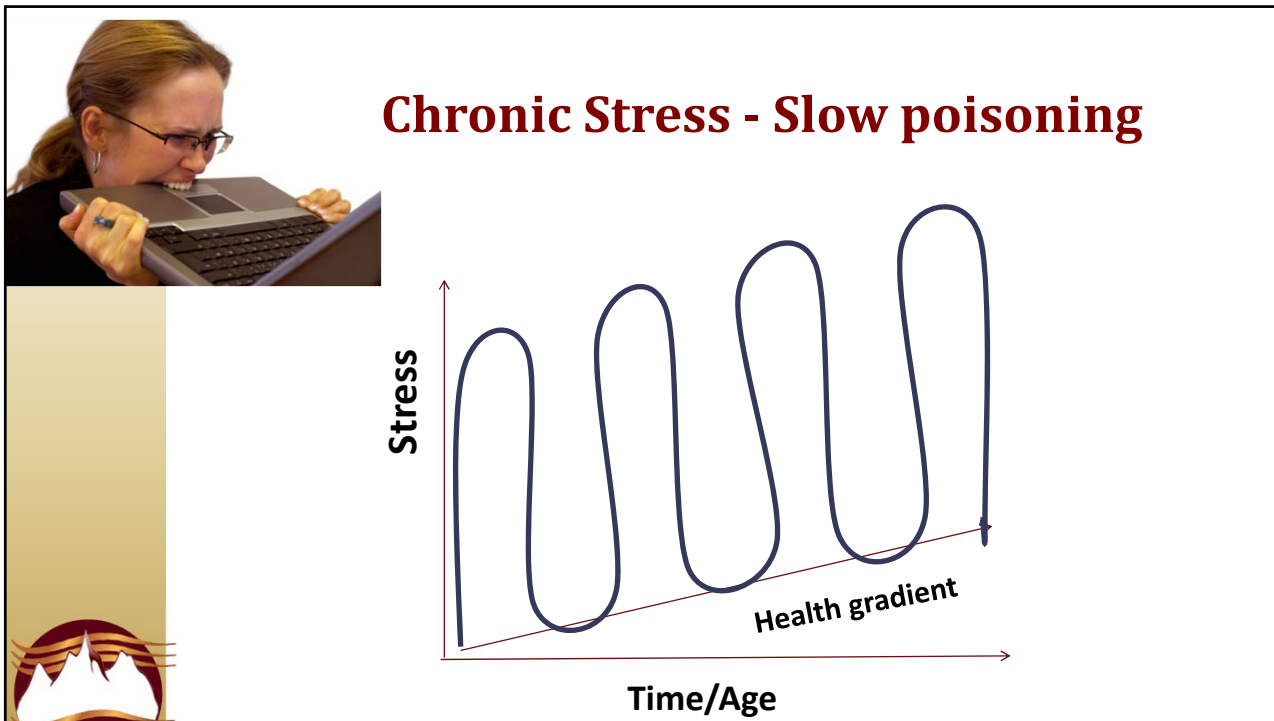


NIGHT.



Initial Manifestation of Stress

- High breath rate
- Increased pulse rate, high blood pressure
- Muscle tension
- Periodic out burst of anger, fear & depression.
- Restlessness, lack of concentration, decreased clarity of thought.





Disease Manifestation of Chronic Stress

- | | |
|--|---|
| <ul style="list-style-type: none"> • Obesity • Diabetes • Migraine • Allergy • Cancer | <ul style="list-style-type: none"> • Hypertension • Hyperacidity • Tension head aches • Auto immune diseases • Back pain |
|--|---|

- *Weakest Link gets Affected*
- *Genetic pre-disposition and tendencies play a role here*



Stress – Problem; Yoga - Solution

Good News!

Stress is Response – not the situation

You can change the response – not the situation

- Yoga is a conscious process of going back to your stress free, blissful nature
- Watch your breath - watch your thoughts !
- REST AND DIGEST – Parasympathetic System



Why Not Sleep to Relax?

YOGA	SLEEP
<ul style="list-style-type: none"> Active Relaxation; Wakeful State of Relaxation 	<ul style="list-style-type: none"> Passive – may happen; Tamasic rest
<ul style="list-style-type: none"> Control over depth of relaxation of body/mind 	<ul style="list-style-type: none"> No Control over the depth of rest
<ul style="list-style-type: none"> Better ability to handle stress response in the next episodes 	<ul style="list-style-type: none"> No change
<ul style="list-style-type: none"> Cyclic Meditation – a Yogic rest reduced BMR by 22% 	<ul style="list-style-type: none"> Sleep reduces BMR by 9%



Yoga versus Exercise

YOGA	EXERCISE
<ul style="list-style-type: none"> Works on Body and Mind 	<ul style="list-style-type: none"> Works on Body alone
<ul style="list-style-type: none"> Deep Rest to Autonomic Nervous System 	<ul style="list-style-type: none"> Works at Muscular Level
<ul style="list-style-type: none"> Stretches Muscles and Loosens Joints 	<ul style="list-style-type: none"> Contracts Muscles and Strengthens joints
<ul style="list-style-type: none"> Purpose is to decrease breath rate, increase lung capacity during and after yoga; efficient oxygen utilization by cells with no wash out effect 	<ul style="list-style-type: none"> Increases Breath rate during exercise; but exercise also helps increase lung capacity; better cellular respiration but wash out effect



What is Yoga Therapy?

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the **teachings** and practices of Yoga.

- *IAYT Educational Standards for the Training of Yoga Therapists*



Integrated Approach of Yoga Therapy

At all layers of our existence, the Pancha Kosha, Integrated Approach of Yoga Therapy should be applied

- Annamaya kosha (Physical) – Asanas, Kriyas, Diet, Bandhas
- Pranamaya Kosha (Pranic) – Pranayama practices
- Manomaya Kosha (Mind)– Meditation techniques, Bhajans, Karma Yoga
- Vijnanamaya Kosha (Intellect) – Happiness analysis, counseling
- Anandamaya Kosha (Bliss)– Working to maintain this and remove habitual thought patterns/tendencies (Vasanas)



Four Streams of Yoga

- Karma Yoga → Work with Detachment from Fruits
- Bhakti Yoga → Love and Surrender to the divine!
- Jnana Yoga → Contemplation and Happiness Analysis
- Raja Yoga → Yoga and Meditation



Techniques of Yoga Therapy

- Breath co-ordination with the body movements in yoga
- Slow down the breath, mind becomes calm and awareness increases. (*Stress from the mind percolates into the body through the breath*)
- Awareness increases when mind is fixed on breath

Results into:

- Slowing down of BMR
- Improved digestion
- Proper cell oxygenation



Techniques cont..

- Breath Awareness Practices
- Meditation – like Kriya Yoga
- Deep Relaxation with Awareness in Shavasana
- Chanting of Aum and other simple sounds or Mantras; listening of soothing music with awareness – to calm down the Verbal mind.
- Imagery and Visualization Techniques
 - Calm down the Visual mind by focusing on a passive object like a soothing picture, deity, candle flame, etc
 - Visualizing the pain going away etc.



Happiness Analysis

- Practice of contemplation on and off the mat – Yoga is a state of being; Not one hour a day; but 24X7
- Changing the paradigm from “How do I become Happy ?” → “What is Happiness?”
- Changing the concept from “I want things to be changed so I can be Happy” → “Acceptance of the situation is happiness”



Back Pain and Yoga

Cause - Lifestyle problems, posture, RSI, Degenerative, etc → psychosomatic cause (stress)

Solution

- Lifestyle changes: Sattvic food, meal modifications.
- Practices: Tiger Breathing Shashankasana, Setubandhasana breathing, Bhujangasana/Salabhasana, core strengthening practices and lumbar stretches, Pranayama, AUM, Meditation techniques, Yogic Cleansing techniques, etc
- Happiness Analysis and spiritual life coaching



Nasal Allergy and Asthma

Cause - Genetic, emotional sensitivities

Solution

- Dynamic loosening practices
- Kriyas - Neti/dhouti(DRT after kriya)
- Chair breathing for Asthma
- All Breathing practices in order to improve lung capacity and open up the blocks, especially bhramari, meditation, happiness analysis etc



Addressing Co-morbid Conditions

Yoga Therapist gives One-on-One practice and advice to the client

Examples:

- Person with mental health condition
- But a weak person with mental health conditions
- Severely chronic patients – passive clients



What Should not be done? (Examples)

- **Back Pain:** Extreme bends like Pada Hastasana practices like Kapalabhati
- **Hypertension and Heart Disease** - Bending the head below the heart-level is not recommended
- **Menstruation:** Inversion poses like Sarvangasana, Vipareeta Karani, Shirshasana and Kapalabhati should also be avoided



What Should not be done? (Examples cont..)

- Epilepsy and severe migraine patients - avoid hyper ventilation techniques like Kapalabhati.
- Tendonitis and wrist and hand problems - avoid Suryanamaskar and asana that puts pressure on the hands
- Chronic throat infections - avoid cooling pranayama.
- Jala Neti – avoid for very weak immunity conditions



General Yoga Instructions

- Practice slowly with no jerks
- Movement to be smooth and effortless
- Normal breathing through out with awareness
- Perfection is not the goal; Effortlessness is key
- Listen to your body; final pose without strain and within elastic range - a region of pleasurable pain
- Carefully feel all the changes, with passive awareness
- Please consult with your doctor before practicing yoga postures.



Specialty Programs at Yoga Bharati

- Prenatal Yoga
- Postnatal Yoga
- Back Pain Yoga
- Vision Improvement
- Weight Management Program
- Cancer Support Program



Case Studies

- Diabetes Type II

Age: 58 years old Male.

Started 1 year ago

Co morbidities: HBP and slight back pain and Obesity

Practices regularly Yoga and Relaxation Techniques

Reduced 12 lbs in 1 year and reduced FBS and RBS numbers significantly.

Case Studies

- Clinical Depression

Age: 38 years old Female.

Started 6 months ago

Co morbidities: Hypothyroid, Over weight and anxiety issues

Very reluctant in adopting any new routine or changes due to fear of death.

Practices regularly Yoga and Relaxation Techniques

Took lifestyle consultation with Dr Naveen.

Reduced depression symptoms and medicine dosage

Case Studies

- Terminal Liver Cancer

Age: 68 years old Male.

Will start this week.

Co morbidities: Over weight, Sugar issues

Will start LIP wit Dr Naveen this week

Will start personal yoga therapy sessions soon

Research Studies in Yoga

- As an aerobic exercise SN seemed to be ideal as it involves both **static stretching and slow dynamic component of exercise with optimal stress on the cardiorespiratory system** ----- *Indian J Physiol Pharmacol.* 2004;48(2):184-90
- Yoga helps reduce fasting blood glucose in patients with diabetes mellitus
- *Journal of Diabetes Complications.* 2013; 10. pii: S1056-8727(13)00327-9
- A cyclic combination yoga postures and supine rest in CM improved memory scores and decreased anxiety score – *Biopsychosocil Medicine,* 2009; 10.1186/1751-0759-3-8
- Decreased heart rate variability during sleep after CM practice – *Article Applied Psychology and Biofeedback* 2010 Volume 35 Isse 2 pp 135-140

The VYASA research papers have been arranged in the following sequence -

1. Physiology of Meditation Techniques
2. Physiology of Pranayama
3. Yoga for Rehabilitation
4. Yoga in Perception and Performance
5. Therapeutic Applications of Yoga

Acknowledgements

Thanks to CSE and Meru Institute for offering this opportunity to Yoga Bharati in offering our humble service of spreading holistic message of yoga to Meru Students

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