

# SCIENCE & SPIRITUALITY

To enrich,  
empower  
and nurture the  
rehabilitation  
program



Illnesses are caused, not by intrusion of biological agents or environmental factors, as we always mistakenly think, but by our wrong relationship with our own bodies, to other people, to our complicated minds; and with emotions and instincts at war with one another due to poor stress coping mechanisms. Modern medicine tackles the diseases only at a physical level, ignoring or even being unaware of the influence of mind in the aetiology of illnesses. Just removing the physical symptoms, without undergoing a spiritual healing, could result in the spiritual disharmony manifesting in another disease (complications/side effects) at a later date.

**“I am proud to be a physiotherapist (IQ), enriched my knowledge with psychology (EQ), empowered it with yoga science (SQ) to nurture the rehabilitation process wholistically.”**



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## SCIENCE

Deals with the truth of the physical world (the macrocosm) and searches the Health problem outside. It studies the phenomena of the observable universe with the bodily senses or by scientific apparatuses helpful to the senses. Modern science and Medicine have become one sided and regard the human body merely as a Machine. Science has outlined the problem and shown us some of the mechanical means by which we can try to solve it, but science cannot change us. Only we can change ourselves.

## SPIRITUALITY

Spirituality looks at the human body from Wholistic angle (Body Mind & Spirit). If you have a spiritual orientation, you develop an inner faith that you are not alone in the universe and that there is a source of guidance and support that is available at times of confusion and discouragement. It essentially includes the development of the individual's inner potential through practices such as meditation and prayer. The search of self generated health problem inside. Spirituality brings about change from the inside and therefore, is the key to reversing the injury.

## WHY SPIRITUALITY FOR REHABILITATION

Plan an effective treatment compatible with the needs and goals of the patient and also the health care team.

Enhance the clinical decision making in functional diagnosis and functional rehabilitation with the team members.

To promote & increase the availability of physiotherapy services for patients in the field of Complete Health (Physical, Mental, Intellectual, Social, Moral and Spiritual).

To maintain and further a high standard of physiotherapy treatment by means of discussion groups, lectures, congresses and postgraduate courses.

## SPIRITUAL HEALING

Based on the wholistic viewpoint that the body, mind and soul exist as a single entity, Spiritual consciousness can heal many physical as well as mental problems. Scientific observations by some workers have shown that there is an external field outside the body that can be utilized in healing. Meditation and prayer can contribute to healing.

## IMPORTANCE OF SPIRITUALITY IN MEDICINE

Scientific studies have shown that Spiritual consciousness has an effect on the body and mind. Meditation can change the wiring in our brain to create a more positive frame of mind. It does change an individual's consciousness. Negative thoughts create a friendly environment for diseases to take form.

## PHYSIOTHERAPIST'S ROLE AS A SPIRITUAL HEALER:

Physical health and mental health are intimately intertwined, and so it is difficult to have one without the other. Physiotherapists are facilitators for the improvement of the mental health in conjunction with the physical health of their patients. Therapist should be cautious enough not to develop a "disciple like" adherence to one approach. Variety of interventions is likely to be the most effective approaches in meeting the diverse needs of the patients. These approaches improve "Functional Skills".



Physiotherapists are required to make an holistic assessment of the patient's problems and nowhere, is this more apt than in the field of mental health, where body and mind are inseparable. Physiotherapists today practice in many complex environments and are called upon to reach increasingly complex decisions under significant practice constraints.

## REHABILITATION

### The National Council Of Rehabilitation:

**Objectives:** To restore of an individual to his fullest social, economical, functional, psychological, emotional capability or usefulness.

**Outlook:** Mental rehabilitation facilitates Physical rehabilitation

**Application:** Cultivate, restore and conserve human resources with a multidisciplinary and multidimensional concept.

### MY CONCEPT: WHOLISTIC APPROACH:

The secret of rehabilitation is to give right help at right time as Each and every patient is "unique" – human being. It is identification, analysis and utilization of one's own self,

the immense existing capacities within one's self to make life more worthwhile and meaningful in spite of the dysfunction, disorder and disability.

### SCIENCE & SPIRITUALITY IN NEURO REHABILITATION

Pranayam influences the hypothalamus directly, the area of the brain that controls endocrine activity, and helps prevent neurological disorders.

Pranayama basically increases the oxygen supply to blood. This leads to a concept called cosmic rhythm inside our body and helps garner positive influences.

Pranayama affects to major activities of the brain viz. alpha activity (Increased alertness) and beta activity (Relaxed state of mind).

It improves the Ventilation Perfusion ratio thereby enhancing tissue health

It improves gas exchange at both, the Peripheral and Central level, thereby aiding vascular sufficiency by its cleansing effect.

### WOMEN'S HEALTH: SCIENCE & SPIRITUALITY

Women's health encompasses a broad spectrum of issues that can be treated by physiotherapy. From pregnancy back

pain to incontinence problems faced by older women. Asana helps in Prevention Of Postural Problems of both, Maternal & Fetal Health. Pranayam aids Relaxation at all levels of womanhood. Mool Bandh and Uddiyanbandh (Pelvic lock and Abdominal lock) works best as Kegel's Exercise and Post Natal Abdominal Toning. Meditation enhances Energy Conservation with a Feeling Of Well Being – Mother Child Health.

### SCIENCE & SPIRITUALITY FOR PAIN MANAGEMENT

For patients with chronic pain 'life isn't about waiting for the storm to end – it's about learning to dance in the rain'. Research revealed that CBT approaches appeared to help people cope with pain, as CBT Believe in Acceptance and Commitment Approaches

### Cognitive Behavioural Therapy (CBT) intervention comprising

Education about the pain syndrome  
Distraction from the painful stimuli  
Relaxation for pain relief  
Positive mood development for pain tolerance  
Self-coping strategies for pain acceptance

What we include in pain management is as important as what we exclude.

One should exclude Stress (source of pain), Anger and rage (cause of pain), Anxiety and worry (consequence of pain).

One should include Relaxation (mental and physical) and The Wholistic approach.

### SCIENCE & SPIRITUALITY IN GERIATRIC REHABILITATION

According to yoga philosophy, it is the flexibility of the spine, not

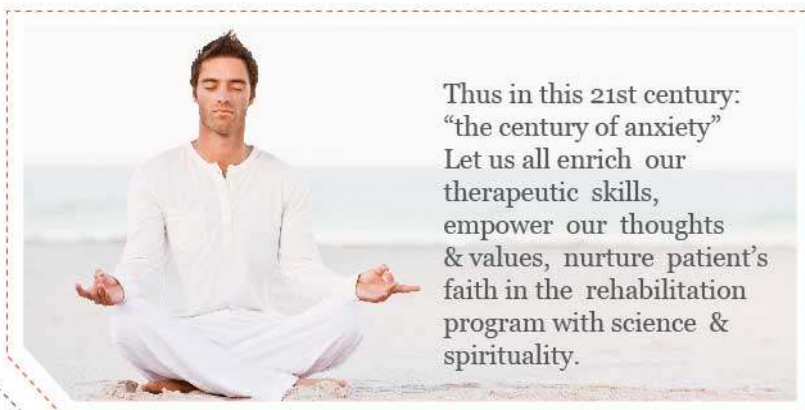
the number of years, which determines a person's age. "Beautiful young people are accidents of nature, but beautiful old people are works of art." Aging is not lost youth but a new stage of opportunity and strength.

### Six suggested dimensions of successful ageing include:

No physical disability over the age of 75 as rated by a physician  
Good subjective health assessment (i.e. good self-ratings of one's health)  
Length of undisturbed life  
Good mental health  
Objective social support  
Self-rated life satisfaction in eight domains, namely marriage, income-related work, children, friendship and social contacts, hobbies, community service activities, religion and recreation/sports

### SCIENCE & SPIRITUALITY IN RESPIRATORY CARE

It is noteworthy that those living creatures who breathe more slowly tend to live longer than those with rapid breathing. The science of breathe begins with awareness and ends with awareness. In respiratory disorders



Thus in this 21st century: "the century of anxiety" Let us all enrich our therapeutic skills, empower our thoughts & values, nurture patient's faith in the rehabilitation program with science & spirituality.

a physiotherapist does not treat a "diagnosis" but uses all techniques available to her, to help solve patient's problem. Respiratory disorders are reversible. Understanding the cause is important than just treating the symptoms for long lasting effects. A regulated, controlled and correct breathing patterns gains self control, peace, calmness and tranquility, leading to prevention and management of Obstructive and Restrictive lung disorders.

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#### WHY PRANAYAMA FOR RESPIRATORY CARE?

Prana-Life force-the Yogic breathe.It is regulation of voluntary breathe thatFacilitates gaseous exchange and has maximum benefit on ventilation-perfusion ratio, It Improves expiratory functions, quality of reserve volume, stress coping mechanism and immune system. It alsoBrings sympathetic and parasympathetic into harmony.

#### SCIENCE & SPIRITUALITY IN CARDIO-VASCULAR DISORDERS

Psychoanalytical research and

studies on Coronary Artery Disease have documented that Mind centered lifestyle factors that triggers the incidences and accelerates the disease are, Strained Interpersonal relationships, Social Isolation, Personality traits of negativity, Hostility, Hatred, Jealousy and competitive drive.

Heart Centered lifestyle factors that promotes and accelerates healing in such disorders are Core Values of Love, Compassion, Humility Unity and Integrity.

Yogic lifestyle is safe, economical, drug free with no side effects,age old authenticity, time tested reliability, prevention oriented with personal meaning and healing effect in prevention and management of Coronary Artery Diseases and Peripheral Vascular diseases.

Thus In This 21st Century: "The Century Of Anxiety" Let Us All Enrich Our Therapeutic Skills, Empower Our Thoughts & Values , Nurture Patient's Faith in the Rehabilitation Program with Science & Spirituality. Science and Spirituality indeed is the need of the day based on Reality Principle for Healthy Life.

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