

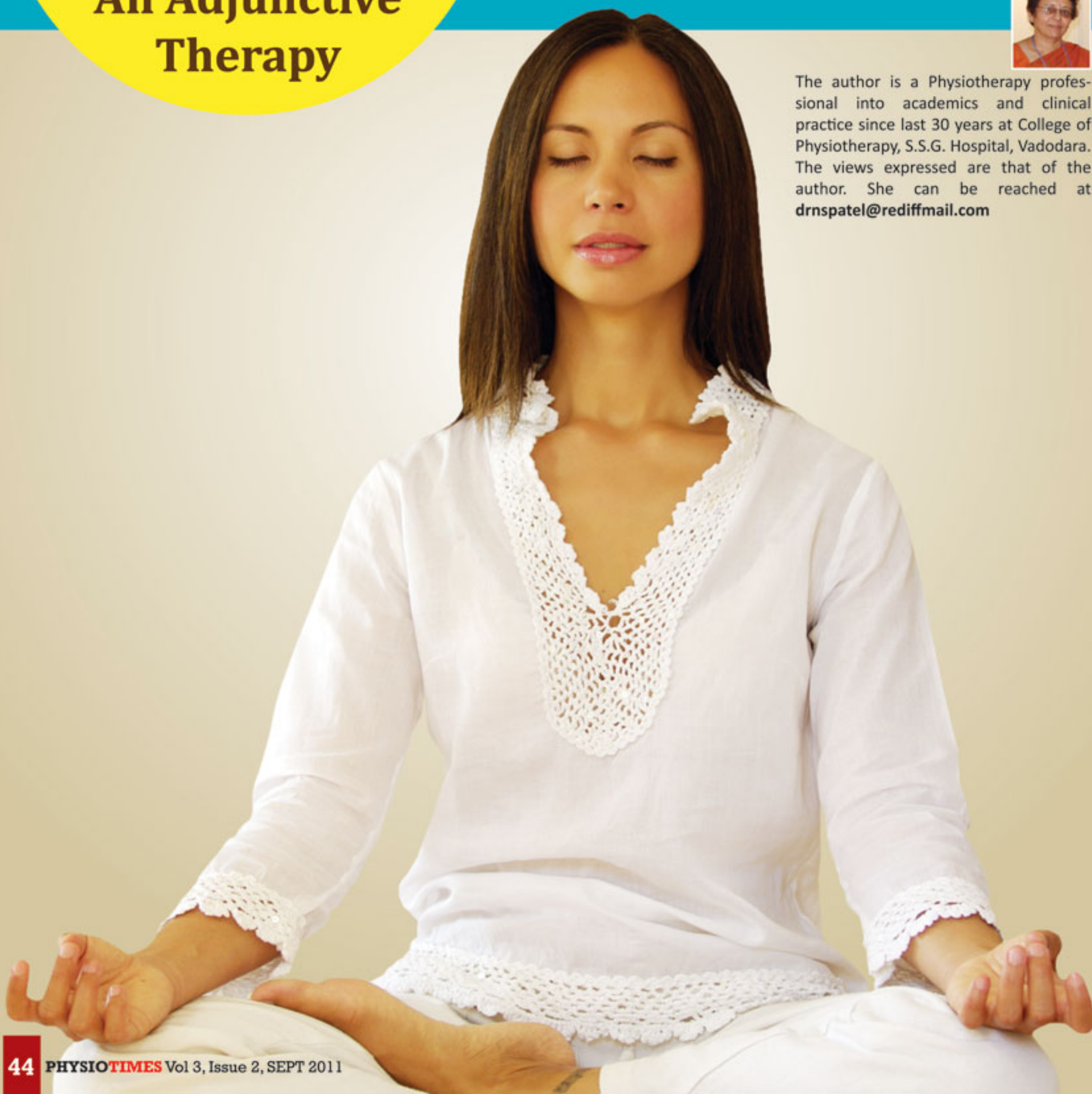
# YOGA THERAPY

## An Alternative Therapy or An Adjunctive Therapy

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. Research has shown that if a patient feels at ease with their doctor, it facilitates the healing process. If they want to incorporate spirituality into their treatment, they need to bring it into their lives as well.



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The term 'alternative medicine' is generally used to describe practices used independently or in place of conventional medicine. The term 'complementary medicine' is primarily used to describe practices used in conjunction with or to complement conventional medical treatments.

There is no clear and consistent definition for either alternative or complementary medicine. In Western Culture it is often defined as any healing practice "that does not fall within the realm of conventional medicine", or "that which has not been shown consistently to be effective."

## Alternative Therapy

Alternative therapies in health and medicine are becoming more and more popular as people are becoming more aware that what they put into their bodies and minds have a major effect on their physical, mental and spiritual being. Alternative Therapy is any healing practice "that does not fall within the realm of conventional therapy". It is frequently grouped with complementary therapy. Although heterogeneous, the major Complementary or Alternative Therapy systems have many common characteristics, including a focus on individualizing treatments, treating the whole person, promoting self-care and self-healing, and recognizing the spiritual nature of each individual.

Unlike mainstream medicine, Complementary or Alternative Therapies often lack or has only limited experimental and clinical study; however, scientific investigation of CAT is beginning to address this knowledge gap. Numerous mainstream scientists and physicians have commented on and criticized alternative medicine.

**These Complementary therapies are often used in palliative care or by practitioners attempting to manage chronic pain in patients and is considered more acceptable in the interdisciplinary approach used in palliative care.**

## Adjunctive therapy

Treatment used together with the primary treatment. Its purpose is to assist the primary treatment. Adjunctive therapy refers to any treatment that is used in conjunction with another to increase the chance of cure, or to increase the first treatment's efficacy. In other words, adjunctive therapy acts as an aid to the primary treatment.

**Most illnesses occur, usually, because of psychological and spiritual malfunctioning. 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 at a later date.**

## What brought me to the topic?

My first experience with yoga came during a stressful time in my life, where I probably would have been prescribed only medication, if I had sought only medical help. Instead, I found a *yoga guru*, who helped me through that period. The 'Ashtangyoga' Yoga course I attended was the turning point in my life and my approach towards patient care. It provided me with the opportunity to begin to breathe through my problems and to stretch my tense, stiff body. Yoga calmed my mind and allowed me to relax my physical body enough to dissipate the physical and mental stress I was experiencing. As I continued my new yoga practice, I felt my illness slowly lifting. Not much had changed in my life but I felt better after each session. I found that the grass was definitely "greener" on the other side of the yoga class. Recently I have returned to a regular yoga practice and although I am not suffering from any level of stress I did then, I still experience a positive effect on my mood and a reduction in my stress level.

Yoga has been found to have a positive effect on the neurotransmitters in the brain that affect mood. One study conducted at Banaras Hindu University in Varanasi, India found that three and six month practices of yoga improved the functioning and mood of people with any Psychosomatic disorders. The yoga practice resulted in a significant rise in serotonin levels and a decrease in monoamine oxidase levels both of which cause a boost in mood. Also the Cortisol levels and levels of other stress hormones in the blood declined significantly (McCall 2007, p. 266).

Yoga can play just as important a role as medications in improving the health and recovery of those suffering with any disease. It is not a quick fix but certainly is safer than long-term use of medications or modalities. As I look back on my own struggle with stress due to illness, I can see that by using the eight tools that *Ashtangyoga* offered me, I was able to help not only my emotional body, but my physical and spiritual body. Today, even though I might not always be actively practicing yoga, I can always utilize some of the tools that I learned through yoga to help reduce my stress level and bring peace to my physical, spiritual and emotional bodies.

Prescription medication and modalities may be needed at times to reduce the desperation for recovery but as a long-term solution, it does not restore health and connection to the self. It is expensive and has serious side effects. Yoga can touch the whole being.







## YOGA AS AN ADJUNCTIVE THERAPY

As a fitness approach, yoga offers tremendous benefits, which are valuable in their own right. At the same time, it is important not to lose sight of the deeper potential yoga offers as a therapy for healing and transformation. Yoga therapy is the therapeutic use of yoga, specifically to help alleviate or manage disease conditions.

Yoga therapy holds promise as adjunctive therapy to standard care. Practicing yoga sessions carefully under the guidance of a yoga physiotherapist, approaches body's needs in a careful, logical and practical manner that is different from medicine's approach to physical therapies. When worked with physiotherapeutic yoga protocols it decompresses the spine, creates space for the intervertebral discs and lifts the pressure off the internal organs.

Yoga is a way of right living. Yoga therapy uses the ancient science of yoga to enhance health and wellness at all levels of the person: physical, emotional, and spiritual. Yoga therapy focuses on the path of yoga as a healing journey that brings balance to all aspects of life through an experiential awakening of our essential nature. Yoga therapy is useful both for people who seek relief for specific health challenges, as well as for people who want to enjoy good health, prevent disease, and slow the progression of aging.

Yoga therapy is based on a view of the individual as wholeness. For true health to occur, all aspects of a person must be addressed as a whole. Many forms of yoga therapy, such as Integrative Yoga Therapy, use the ancient Vedic model of the "*Five Koshas*" as a framework for creating wholistic healing and transformation.

In yoga therapy, the tools and techniques of yoga serve to reconnect each person to him or herself at all levels - from the physical body to the breath, the energetic body, mind and emotions, the higher wisdom faculty, and to the spirit. Many people wonder what the difference is between yoga and Yoga therapy, and which one is right for them. Some of the main ways in which yoga therapy differs from yoga are:

**1. Yoga therapy works with one's goals.** Each session is tailored to individual needs, whether one want to gain relief from chronic pain, facilitate injury recovery, improve flexibility, reduce stress, improve well-being, get help with depression, or simply retain youthful appearance and energy.

**2. Yoga therapy targets the practice to specific disease condition.** Most disease conditions benefit from some yoga asanas or yoga breathing techniques and not others. A yoga therapy program for back pain, for example, would be very different from a yoga therapy practice targeting depression. Some yoga therapists specialize

mainly in one disease condition, while others have a more broad focus.

**3. Yoga therapy adjusts the poses to one's body's needs.** A yoga therapist shows how to modify and adjust poses to body's specific needs, using props, modifications, and alignment assists. This ensures that one get the full benefits from each pose.

**4. Yoga therapy uses adjunct techniques to speeden the progress.** When called for, some yoga therapists may use deep tissue massage and fascia release work while one is in the pose to release tight muscle groups and facilitate a deeper core awakening.

**5. Yoga therapy deepens body awareness.** Yoga therapy is offered in individual sessions or small classes, enabling the therapist to guide in the fine subtleties of muscle relaxation, stretching, and strengthening. This increases body awareness and helps one make more rapid progress in reshaping the body and recuperating from illness.

When practiced in the right way-with attentiveness, awareness and without strain, pushing or forcing, yoga creates extraordinary effects on many levels. Yoga is an Adjunctive therapy because it takes us out of sluggishness and inertia and sets us on a path of transformation and growth. Yoga therapy affects a gentle mind-body repatterning, which enables us to let go of habits that no longer serve us and embrace lasting change and growth.



Several studies have shown yoga to be a powerful adjunct therapy to reduce the frequency and intensity of asthma attacks as well as to decrease medication use. Pain Syndromes, Cardiorespiratory disorders, Geriatric problems, Neuromuscular disorders, Disorders related with Women's Health and almost all the conditions that the physiotherapist comes across for therapeutic interventions, Yoga therapy works best as an Adjunctive therapy.

**Yoga is not an Alternative therapy.** Yoga is not a substitute for conventional western medication. Since Yoga believes that the mind is central to a diseased condition, pacifying and placating it would, in itself, help cure the disease to a great extent. This comes through increased self-awareness.



According to yoga traditions, we are not just bodies made up of individual parts. We are wholistic, *multi-dimensional* beings made up not just by our physical form, but by many different, interactive levels. These include our body, our vital energy, our mind and emotions, our higher wisdom self, and our deepest essence of Self. Yoga therapy has such wide-reaching effects because *yoga asanas* work multi-dimensionally, on all levels of our being.

For healing to be complete and lasting, according to the yoga therapy tradition, it must affect change multi-dimensionally, involving all levels of our being. This is exactly what yoga therapy does and why yoga therapy can create positive changes for such a broad range of disease conditions.

Just as a plant recovers more quickly with the aid of healthy soil and frequent watering, so too, the human body often responds better to medical treatments when they are combined with adjunctive modalities, like Yoga therapy.

**I feel, believe and would like to recommend to all the academicians and clinicians in the field of Physiotherapy to experience the power of this rich traditional adjunctive healing therapy along with the conventional methods of approaches in patient care.**

## HOT & COLD THERAPY



### Hot / Cold Pack with Towel Cover available in all sizes

- SI : 2879 Small ( 9" X 5" )
- SI : 2880 Medium ( 11" X 7.2" )
- SI : 2881 Large ( 11" X 14.5" )
- SI : 2882 Contour Shape ( Neck )



### CRYO THERAPY UNIT

Applies safe compression to minimize hemarthrosis and swelling, and cold to minimize pain. The Cryo/Cuff system consists of three parts : a cuff that covers the specific body part with pressurized ice water, a cooler that holds enough water and ice for 6 to 8 hours of cryotherapy.



Ankle Cuff.



Shoulder Cuff.



Elbow Cuff.



Hand/Wrist Cuff

### Cold Therapy Unit with 12 Packs



Unit is made of heavy gauge powder coated metal sheet with well insulated top and sides. Top loading unit with 1 removable basket fitted with heavy duty cooling unit and a temperature controller to keep packs ready when needed. A drain valve is provided for easy defrosting and cleaning. Mounted on ball bearing castors for mobility.

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