

# PHYSIO-YOGA IN PARKINSONISM



**PARKINSONISM NEEDS TO BE UNDERSTOOD  
THEN BE TREATED**

# A GREAT FEELING OF GRATITUDE

## GURUJEE - DR. VISHNUPRASAD

### ACHARYA

### INSPIRATION

### BLESSINGS



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

# HEALTH: WORLD HEALTH ORGANIZATION

Health is just not absence of disease



**BUT IT IS...**

**"a state of complete physical, mental, and social well-being"**



# POSITIVE HEALTH...

- ❖ Physical Health
- ❖ Mental Health
- ❖ Intellectual Health
- ❖ Social Health
- ❖ Moral Health
- ❖ Spiritual Health





# HEALTH: MY OUTLOOK

- Good health can neither be bought nor bartered.
- It cannot be robbed or acquired by force.
- It is a culture of internal and eternal cleanliness exercise, dietary control, mind regulation and rest.



# IDIOPATHIC PARKINSONISM



- Is It Stress Induced Disorder
- Is It Due To Poor Stress Coping Strategies
- Is It A Result Of Personality Traits Like Perfectionism, Anxiety, Dependency, Hostility And Low Self Esteem
- Therefore Parkinsonism Needs To Be Understood & Managed Then To Be Treated
- Physioyoga Approach Is The Answer For Functional Rehabilitation

# THE BEGINNING WITH “A VALUE BASED APPROACH” PHYSIOTHERAPY & YOGA Science & Spirituality



EXERCISE ORIGINATED FROM THE WORD  
“EX” MEANS “OUT”

“ERC’ Derived from “ARCERE” MEANS TO “LOCK”

EXERCISE MEANS “OUT OF LOCK” OR “TO UNLOCK”

“YOGA” MEANS “TO UNITE”, “CONNECTIVITY OF BODY MIND &  
SOUL”

**DR. JAYANT JOSHI AND DR. PRAKSH KOTWAL**  
**Essentials of Orthopedics & Applied Physiotherapy**

# PHYSIOYOGA



- **ITS AN INTEGRATED, COMPREHENSIVE, VALUE-BASED, ECLECTIC APPROACH BASED ON BIOMECHANICAL & FUNCTIONAL ASSESSMENT, EXERCISE THERAPY PRINCIPLES ,ASHTANGYOGA GUIDELINES AND HATHYOGA APPLICATIONS FOR PREVENTIVE, PRESERVATIVE AND PROMOTIVE HEALTH CARE**

# What is Stress



- The wear and tear our bodies experience
- The state of threatened homeostasis
- Stressors cause imbalance
- Body tries to balance
- Yoga can be a great help balance the imbalance!



# Why Stress Happens?



- When a Situation/Condition is not acceptable to us
  - When we want/get to do something but are unable
  - When Ego is hurt (Comments, Criticisms)
  - When we loose something which we feel is important
- 
- Stress is mainly due to
    1. Fear of the Past
    2. Worry about the future (Live in Present)
    3. Stress is perception of Mind. Different people perceive the same stress in different ways

# Stressors



- Can be positive and negative.
- Positive stressors-can help compel us to action, can result in a new perspective.eg:Birth of a new baby, a job promotion, getting married.
- Negative stressors-can result in feeling of distrust,rejection,anger etc.eg:death of a loved one, loosing a job, getting divorced.

# ATTITUDE & STRESS MANAGEMENT

*IT IS A WAY YOU LOOK AT THINGS  
MENTALLY*



**POSITIVE ATTITUDE**



*LIFE IS BEAUTIFUL*



**HAPPINESS**

**NEGATIVE ATTITUDE**



*LIFE IS UGLY*



**SORROW**

# What is Stress & How Does it Affect



- Stress is our body's response to any kind of demand both good and bad
- Can alter our state of health, our mood and emotions
- Can affect cognitive function - Impairs
  - Concentration
  - Attention
  - Decision making ability
  - Creativity

# What Can One Do?



1. Understand how stress works
1. Identify stressors in your life
1. Engage in healthy stress management techniques such as:
  - Diaphragmatic Breathing
  - Paced Respiration
  - Progressive relaxation
  - Exercise and stretching
  - Yoga
  - Meditation
  - Visualization
  - Laughter



# Stress Response Controlled by the Autonomic Nervous System



**Controls the body's reaction to stress by through a balance between its 2 branches:**

- **Sympathetic**
  - responsible for the "fight-or-flight response"
- **Parasympathetic**
  - responsible for the "relaxation response"

# THE VAGUS NERVE

- The 10th cranial nerve – derived from the word “vagabond” – “to wander” – extends from the medulla through the diaphragm to the abdomen.
- Main nerve of the parasympathetic nervous system and responsible for:
  - slowing respiration
  - reducing heart rate
  - lowering blood pressure
  - stimulating digestive activity



# ILL HEALTH AND YOGIC APPROACH

ILL= I Lack Love

ASHTANGYOGA explain the causes to ill health as:



1. Disease: dis-ease: Body consciousness

2. Laziness: Low energy levels

3. Doubt: Lack of faith

4. Cessation of struggle: Lack of interest

5. Desires: Worldly pleasures

6. Heaviness: Fatigue

7. Lack of Concentration: Due to disease laziness & doubt

8. Low Self esteem: Lack of Self confidence.

WHOLISTIC REHABILITATION FOCUSES ON HEALING AND  
TREATING (SPIRIT-MIND –BODY CONCEPT

- **PHYSIOTHERAPY: TREATMENT, THERAPY & REHABILITATION**
- **YOGA: HEALING & WELLNESS THROUGH WHOLISTIC CARE**
- **ITS AN INTEGRATED, COMPREHENSIVE, VALUE-BASED, ECLECTIC APPROACH BASED ON BIOMECHANICAL & FUNCTIONAL ASSESSMENT, EXERCISE THERAPY PRINCIPLES, ASHTANGYOGA GUIDELINES AND HATHYOGA APPLICATIONS FOR PREVENTIVE, PRESERVATIVE AND PROMOTIVE HEALTH CARE**

DR. NILIMA PATEL

# REHABILITATION & PHYSIOYOGA



- **THE VALUE:** Human Beings are to be respected even in their weaknesses, vulnerability, limitation and dependence because human life is sacred.
- **THE GOAL:** To cure sometimes, to comfort often and to care always.
- **THE ORIGIN:** Latin word “habil” means “able- return of ability.
- **TO REHABILITATE:** To restore to, to reestablish a previous privilege, rank, reputation, character or condition.
- **IN HEALTH CARE:** To restore to quality of life functionally.



**“A THINKING THERAPIST IS AWARE  
THAT THE PATHOPHYSIOLOGY  
&  
RECOVERY OF PATIENT  
IS NOT THE SAME IN ALL PATIENTS  
AND  
THEREFORE CANNOT BE TREATED  
IN THE SAME PATTERN”**

# GROUP THERAPY-A Psychomotor Approach



**Shoulder & Chest**



**Conductive Education**



**Mobility Exercises**



**Stretching Exercises**



**Relaxation Guidelines**



**Coordination Exercises**

- **Motivation & Stimulation---** A healthy rivalry
- **Encouragement** from fellow peers
- **Self concept** of progress
- **Economy of time & energy** for both—Patient & Therapist
- **Rhythm and performance** improves with music and communication
- **Feeling of belongingness**

# PHYSIOTHERAPIST'S'S ROLE AS A SPIRITUAL HEALER



DR.NILIMA PATEL





ARE WE AWARE  
OF  
THE MEANING  
“EXERCISE”



# YOGIC EXERCISE

## TO UNLOCK

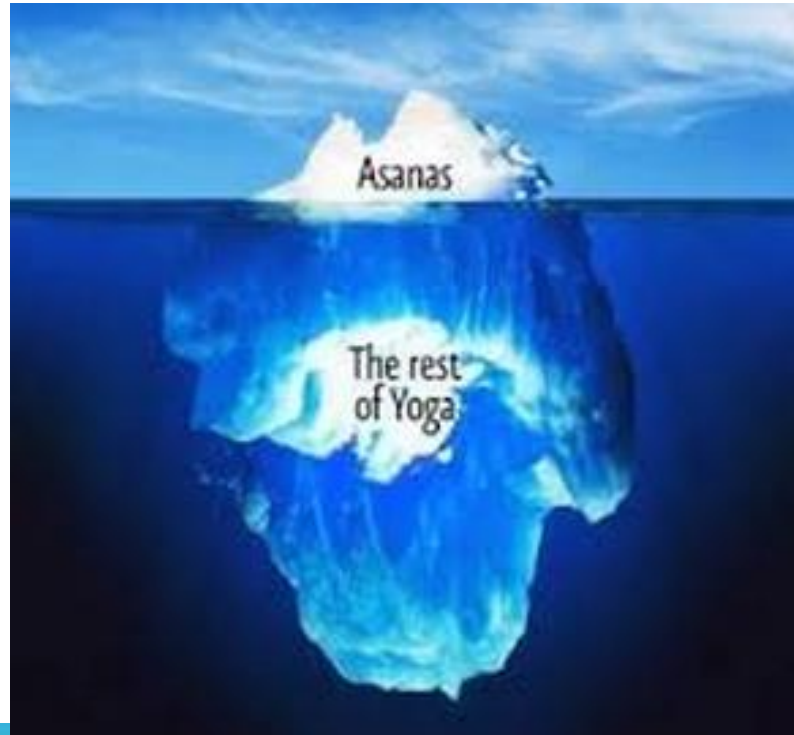
- Physical Dimension
  - Mental ”
  - Intellectual ”
  - Moral ”
  - Social ”
  - Spiritual ”



# AIMS OF PHYSIOYOGA EXERCISES

1. REPLENISH ENERGY STORES. (YOGIC POSTURES)
2. REMOVE PHYSIOLOGICAL & METABOLOIC WASTES (SHODHAN KRIYAS)
3. REPLENISH OXYGEN RESERVES IN THE TISSUES (PRANAYAM)
4. REJUVINATE WITH ABUNDENT SUPPLY OF OXYGEN FOR MUSCLE RELAXATION (YAMA & NIYAMA)
5. RECHARGE PERSON'S ATTENTION, MOTIVATION & FEEDBACK. (DHARANA)
6. RESTORE A SENSE OF "WELL BEING". (ASTANGYOGA)
7. REGULATE MIND AND BODY (PRANAYAM)
8. REHABILITATE THE PHYSICAL, MENTAL, SOCIAL, INTELLECTUAL, MORAL AND SPIRITUAL ASPECT OF A PERSON.





Yoga is more than  
a practice,  
but a way of life



PHYSIO YOGA  
HEALTH • WELLNESS • REHAB

# YOGA TO ME AS PHYSIOTHERAPIST

- Yoga is not to stand on one's head, but is to stand on one's feet firmly and face life with all its pressures, stresses and tensions – Mental and Physical.
- Yoga is Self Discipline
- Yoga Is To Convert Human Potential Energy Into Kinetic Energy





# What do we know about Yoga for people with Parkinson's?



- Mobility.
  - Balance.
  - Strength.
  - Flexibility.
  - Mood & Sleep.
- 
- The psychosocial benefits associated with yoga are important for disease management.
- Yoga can offer group support, improved confidence and self-efficacy. The calming effect of yoga (by enhancing parasympathetic output) may lessen perceived stress, enhance relaxation, and benefit sleep in PD.

# WHAT DOES RESEARCH SAY??

- Yoga practices, specifically Ashtangyoga has great benefits in understanding the symptoms and managing the motor skills like balance, flexibility and posture.
- The promising results are experienced in the non motor symptoms such as anxiety, depression, mood swings by improving the stress coping strategies and acceptance of the situation.
- Yoga aims to support independent living, and reduce distress and healthcare utilization in persons with PD, dementia and their caregivers.
- Yoga is an adaptable practice, with both functional and psychosocial benefits, that can be suited to a variety of abilities



# WHAT DOES RESEARCH SAY??



- In the research and testing of Parkinson's treatments, alternative and complementary medicine are of great interest in the medical community.
- According to the American Parkinson Disease Association (ADPA), yoga therapy has been shown to visibly reduce tremors and improve the steadiness of an individual's gait.
- Yoga is one of the most beneficial complementary therapies for Parkinson's disease (PD), helping to increase flexibility; improve posture; loosen tight, painful muscles; build (or rebuild) confidence; and, through these benefits, enhance quality of life.
- Researchers emphasize the need for more long term large scale clinical trials to fully understand the impact of disease progression

# YOGA: THE HISTORY



- The Ancient Scriptures.

More than 5000 years-Mohanjodaro



## The Medieval Period.

The Era 2000 years back-Buddhism



## The Modern Age.

The Awareness or the Craze???

# WHAT IS YOGA

- Yoga originated in India
- From sanskrit word “yuj” meaning union between mind, body and spirit.
- Include ethical discipline, physical postures, breathing control and meditation.
- Yoga is not only stretching.
- There are 8 limbs of yoga.
- Physical postures called “Asana” is just one of the eight limbs of yoga
- Majority of types more concerned with mental and spiritual well



## ◆ What Yoga is not ????

- It is not a form or type of exercise.
- It is not a gymnastic or acrobatic skill.
- It is not an Alternative Therapy.
- It is not penance as always misunderstood.
- It is not to be experimented & proved.



# Yoga is...



- It is a special type of exercise through mind regulation.
- It is a means & measure to achieve Positive Health.
- It is to be experienced & felt.
- It is an Adjunct Therapy.

# YOGA, THE HUMAN BODY & THE VEHICLE



- THE COOLING SYSTEM
- ELECTRIC CURRENT
- FUEL
- LUBRICATION
- A SENSIBLE DRIVER:

- COMPLETE RELAXATION.
- PRANAYAM /YOGIC BREATH.
- THE FOOD, WATER AND AIR.
- THE ASANAS OR THE POSTURES.
- MEDITATION & MIND CONTROL



# HOW YOGA CAN HELP

- Practicing yoga can be a best thing a provider can do for himself/herself
- Doing simple “Pranayam” (breathing technique) in breaks can calm their mind.
- Practicing yoga for ½ hr. a day can make their body fit to take care of others.
- Yogic thought process- will teach not to work only for money
- **YOGA PRACTICES ARE CONSIDERED BEST AS ADJUVANT THERAPY FOR INDIVIDUALS WITH PARKINSONISM.**

# HATH YOGA:

## UNION BY BODILY MASTERY

“HA” MEANS POSITIVE MALE ENERGY LOCATED NEAR NAVAL AREA.

“THA” MEANS NEGATIVE FEMALE ENERGY LOCATED IN HEAD REGION

“HATHA” THUS MEANS HARMONIZING OF THESE TWO ENERGY CURRENTS OF THE BODY AND THUS REGULATING THE BREATH, MIND AND BODY BY YOGIC PRACTICES.

THE MEANS TO REACH THE GOAL IS THROUGH ASANA(YOGIC POSTURE), PRANAYAMA(BREATH REGULATION TECHNIQUE), MUDRAS (BODILY SEGMENTS POSITIONS) AND BANDHS (LOCKS).

HATHYOGA REGULAR PRACTICE HAS BENEFITS ON THE VITALITY AND HEALTH OF NERVOUS SYSTEM, GLANDS AND VITAL ORGANS.

IT IS THE WAY OF PHYSICAL MASTERY

## PHYSIOLOGICAL YOGA



# ASHTANGYOGA (RAJYOGA) A WHOLISTIC APPROACH



# RAJA YOGA: UNION BY MENTAL MASTERY

IT IS SAID TO BE THE “ROYAL PATH”, WHICH IS SIMPLE, PRACTICAL, ECONOMICAL, NON INVASIVE, RATIONAL AND NON ADDICTIVE PATH.

IT IS ALSO BELIEVED AS SAGE PATANJALI'S ASHTANGYOGA (EIGHT LIMBS)

IT WORKS UPON THE MIND , REFINING AND PERFECTING IT AND THROUGH THE MIND UPON THE BODY.

THIS PATH OF YOGA IS THE FOUNTAIN FOR THE OTHER PATHS OF GYANA, BHAKTI, KARMA, HATHA AND MANTRA YOGA.

IT IS THE ARCHITECTURE OF THE “INNER SELF” AND MASTERY OVER “THE SELF” IS RAJYOGA

IT IS FOR THE VITALITY , VIGOUR AND VALUES IN LIFE.

YOGA FOR MEDITATION



PADMASAN

**“THE SPIRITUAL TOOL- SELF”**  
A simple, practical, realistic,  
economical and subjective  
tool “The Self”.

**THE ASHTANGYOG LADDER**  
**OF SAGE PATANJALI.**

Spiritual core of  
assessment.  
(Empathetic Listening)

Spiritual Approach of  
management  
practiced (Interpathic  
Guidelines)

DR. NILIMA PATEL

SAMADH  
DHYANA  
DHARNA  
PRATYAHARA  
PRANAYAMA  
ASANA  
NIYAMA  
YAMA

Illumination  
Meditation  
Concentration  
Sense Withdrawal  
Yogic Breathing  
Yogic Posture  
Individual Discipline  
Social Discipline

MIND BODY  
ONE  
MIND BODY  
HARMONY  
MIND ON BODY  
MIND &  
BODY  
BODY  
BODY  
MIND  
MIND

# ASHTANGYOGA IN REHABILITATION



**PREVENTIVE : MODIFIABLE RISK FACTORS' CONTROL**

**THERAPEUTIC :**

**RELAXATION : YOGA POSTURES, PRANAYAMA**

**ABNORMAL REFLEX INHIBITION : YOGA POSTURES**

**SENSORIMOTOR FEEDBACK: YOGA POSTURES**

**POSTURAL CONTROL: MEDITATION, PRANAYAM & YOGA POSTURES**

**FUNCTIONAL MOBILITY: ASHTANGYOGA PRINCIOLES & YOGA POSTURES**

# ASHTANGYOGA

## SELF DISCIPLINE

### • I. SOCIAL DISCIPLINE

### II. INDIVIDUAL DISCIPLINE

PSYCHOSOCIAL FACTORS HAVE GREAT BENEFIT ON IMPROVING THE  
QUALITY OF LIFE OF A PARKINSONISM PATIENT

# THE TEN COMMANDMENTS FOR A HEALTHY LIFE



## 1. Peace

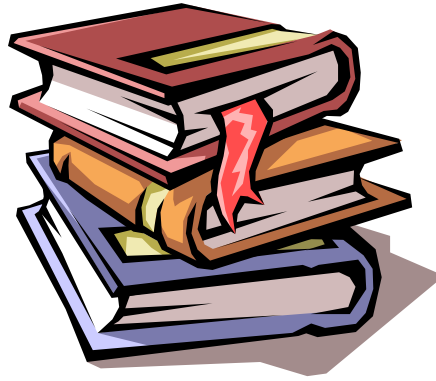
Give 15-20 minutes to oneself daily  
in silence.

## 2. Physical Care

Physical exercises &  
Deep breathing exercises  
5 times in a week.







### 3. Abundant Knowledge

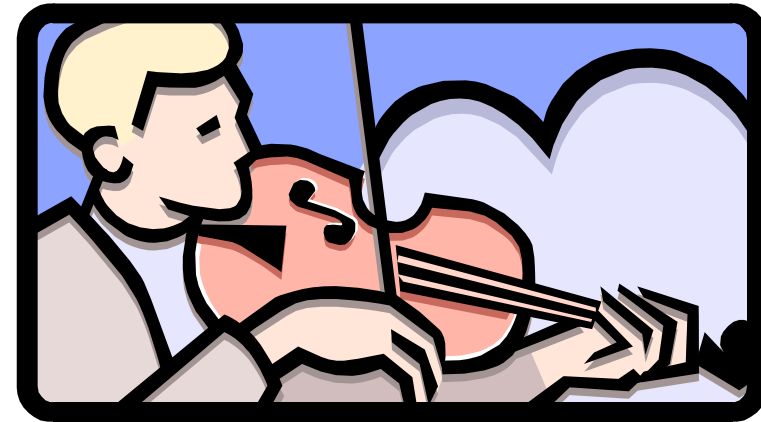
Books extract from us what  
is within us.

30 minutes a day good reading.

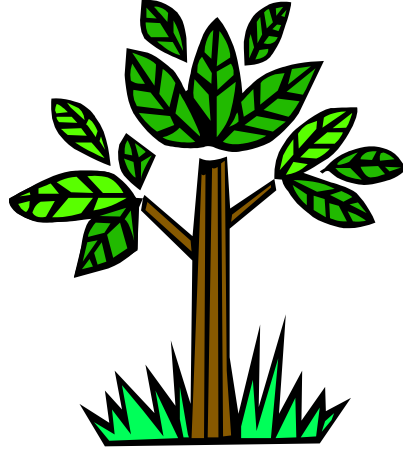


### 4. Music

Music is essence of life.  
Music relaxes the mind and  
nourishes the soul.



## 5. Live Nourishment-Food



Eat Live Food which are created through natural interaction of Sun, Air, Soil & Water.

Vegetarian Diet

## 6. Early Awakening

"Early to bed early to rise,  
makes a person healthy wealthy  
& wise."



Prayers.



## 7. Simplicity

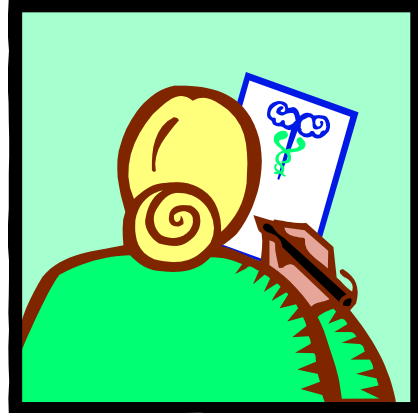
"Simple Living High Thinking."  
Simplicity in words, deeds and actions.

## 8. Spoken Words

Kind words reflect clear mind  
and kind heart.

Spoken words makes one fearless  
and improves self-esteem.





## 9. Personal Reflection

Sound mind-Sound sleep-Sound body.  
Judgement and decision making.

## 10. Congenial Character

Character is higher  
than intellect.  
Values and attitudes  
in life shapes character.



# III. YOGASANA ASHTANGYOGA



- STHIR SUKHAM ASANAM
- PRAYATNA SHAITHILYAM
- ANANTA SAMAPTIBHYAMA
  - *SAGE PATANJALI*

- Posture Is That Which Is Stable. Pleasurable And Comfortable
- By Letting Go Of The Effort. Alignment With The Infinity Is Attained
- Through this one is able to be unperturbed by the opposites and distractions
- Thereby veil over the inner light is obtained

## SPIRIT-MIND BODY CONCEPT

# III. YOGASANA- A PSYCHOPHYSICAL POSTURE HATHYOGA



- An effortless, stable & balanced state with a cheerful mind and spirit focused on infinity.
- Two Dimensions: 1. Dynamic  
2. Static
- Two aspects: 1. Technical  
2. Experiential

**YOGASANA IS A HOLY TEMPLE WHERE  
THE SOUL/SPIRIT/SELF RESIDES**

# .The Psycho – Physical Concept: Yogic Postures



- Yogic Postures are Psycho-physical postures.
- YogA believes in self prescription and self management approach.
- Every movement begins in a posture and ends in a posture.
- Yogic posture fulfills the Close Kinematic Chain principle- proximal stability must for distal mobility.
- Relaxed tranquil mind and regulated breath controls spasticity.
- Joint Approximation Technique.
- Proprioceptive Neuro- Muscular facilitation approach.
- Bilateral limb activity – Symmetrical approach.
- They are to reeducate sequence of activity rather than a set of exercise.
- They are Economical, Flexible, Sequential, Ontogenetic feedback systems.

# THE FIVE FUNDAMENTAL YOGA POSTURES ENERGY CONSERVATION



- YOGASANA NOURISH AND STRENGTHEN SELF CONFIDENCE AND GIVE A FEELING OF WELL BEING, HENCE REGULARITY, SINCERITY, CONTINUITY AND PATIENCE IN THEIR PRACTISE ARE ESSENTIAL FEATURES TO PREVENT AND OVERCOME PSYCHOSOMATIC DISORDERS .

THE EXPERIENTIAL ASPECT OF A  
YOGA POSTURE NURTURES  
HEALING

- “HEALING THE MIND HEALS THE BODY”
- “TRAINING THE MIND TRAINS THE BODY”
- “RESTORING THE IDENTITY IS THE SUCCESS KEY FOR REHABILITATION”

1. SHAVASANA (SUPINE LYING)

2. MAKARASANA (PRONE LYING)

3. DHRADASANA (SIDE LYING)

4. DANDASANA (SEATING)

5. TADASANA (STANDING)



# PHYSIOYOGA RELAXATION POSTURES

## BALKASANA



## MAKARASANA



**Mental poise, calm, and control enhances and achieves muscular relaxation**

**Relaxation economizes nervous energy.**

**Yogic practice's ultimate goal is Energy conservation.**

# MAKARASANA THE ENERGY CONSERVATION POSTURE



**BODY: BIOMECHANICAL FACTORS**  
**MIND: BREATH AWARENESS**  
**SPIRIT: THE SURVIVAL INSTINCT**

# MAKARASANA (THE CROCODILE POSTURE)

## PRONE LYING YOGA POSTURE



DR, NILIMA PATEL

- This is a relaxation asana. (Mind)

This posture is biomechanically most aligned posture as centre of gravity is lowest and base of support is wide which relaxes the antigravity postural muscles and improves the rib cage expansion in all three directions to improve oxygen saturation in the body

- Crocodile is said to be great survivor. (Spirit)

When this instinct one develops, self image, confidence and esteem is strengthened

- Crocodile does not waste energy in unnecessary movements. (Body)

Same way an individual should not get exhausted and fatigued with unnecessary thoughts. Relaxed mind leads to a poised and stable body. This posture is a yoga posture for energy conservation.

- ONE OF THE BEST ENERGY CONSERVATION POSTURE
- ABNORMAL REFLEX (TONIC LABRINTHINE SUPINE) INHIBITING POSTURE
- PRIOPRIOCEPTIVE FEEDBAK POSTURE

# YOGA POSTURES FOR EMPOWERMENT

## The Bridge Pose



## The Cobra Pose





# SETUBANDHASANA: THE BRIDGE POSTURE



- “Setu” The bridge signifies connectivity
- The connectivity of mind, body & Spirit
- The connectivity of vital force of energy in the body with the cosmic energy
- Breath is the connecting link between mind & body
- Hence unless you live with a feeling of grounding to the mother earth, deeply rooted in character and broad-mindedness, the pelvic diaphragm(Mool Bandh) the abdominals (Uddiyan Bandh) the respiratory diaphragm (Anahat chakra) and the Isometric Neck stabilizers) breath awareness and respiratory functions (Vishudh chakra) cannot be channelized to govern the life force- The Prana
- Regular practice of this posture with these experiential dimension induces calmness in all situations, quality of sleep
- **ENHANCES PROXIMAL STABILITY** Immunity strengthens and one experiences light
- **PRIOPRIOCEPTIVE FEEDBACK THROUGH PALMS 27 FEET**
- **BREATH REGULATION STRENGTHENS THE NEUROMOTOR CONTROL & FUNCTIONAL MOBILITY**

# SARPASANA: THE SNAKE POSTURE

DR. NILIMA PATEL



- Snakes have the characteristic of their ecological roles in pest control and nutrient cycling their physical adaptations for survival.
- Wisdom, intuition, grace charm and determination are their inborn qualities as per Chinese culture
- Complete transformation as per the need guides one to change and adapt oneself with the need and change
- Flexibility is their basic nature which they utilize as a defense for survival with intelligence, strategic action and targeted goal
- Snakes are also known for loyalty and caring nature and are capable of forming deep bonds
- These qualities when experienced with yoga posture practice enhances reciprocal relaxation at all levels
- Postural Health, Women's Health, Respiratory Health, Community & Postural Alignment results of this practice with breath awareness

# BHUDHARASANA





# YOGIC POSTURES IN REHABILITATION:



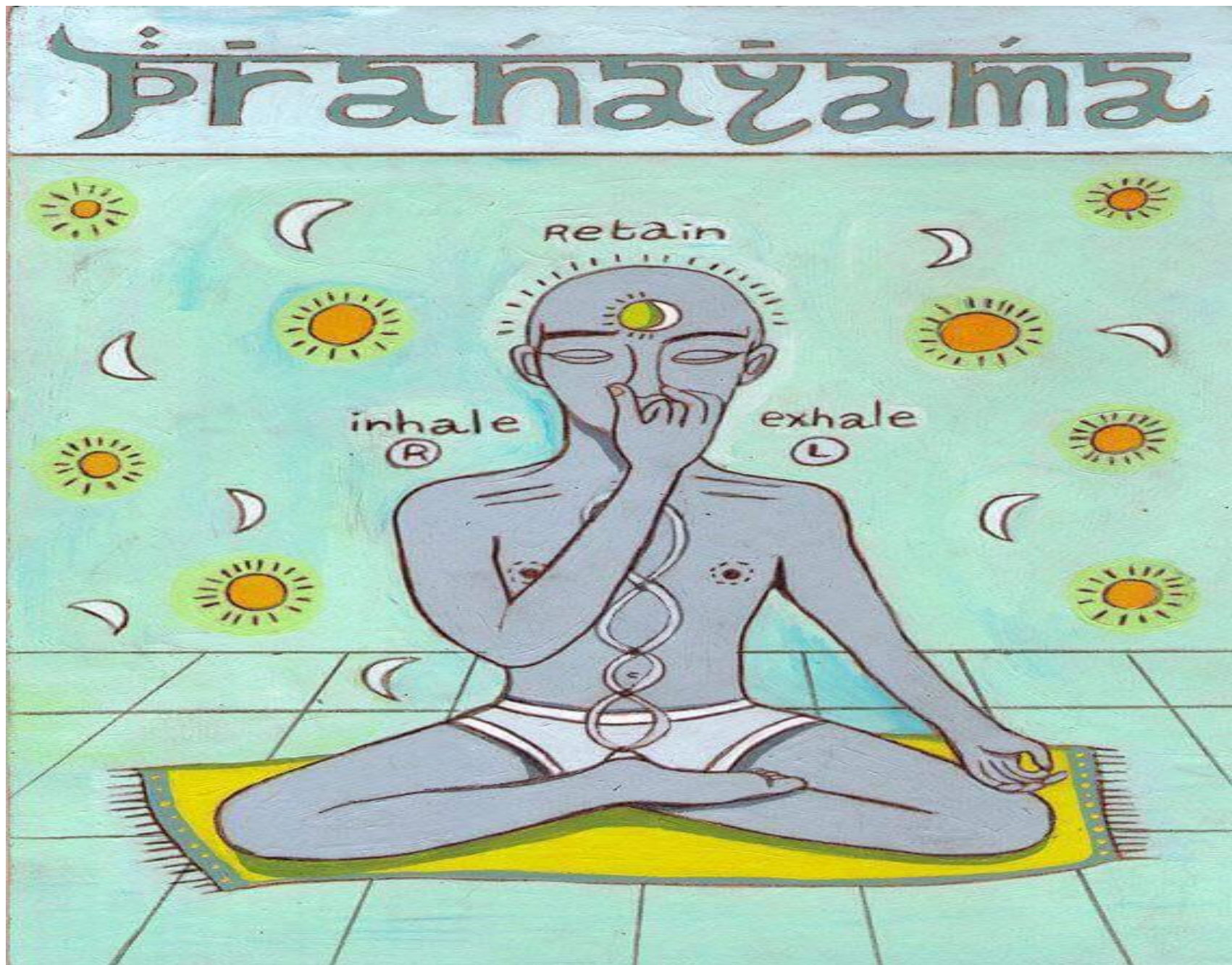
Asana are described as rich "proprioceptive" food for the central nervous system and thus a catalyst to normalization of tone and movement pattern.

Kinesthetic, proprioceptive, and vestibular feedback is deemed very important for CNS organization and all asana have abundant of that.

Practicing yoga postures can increase flexibility, strengthen muscles, improve posture, and enhance circulation.

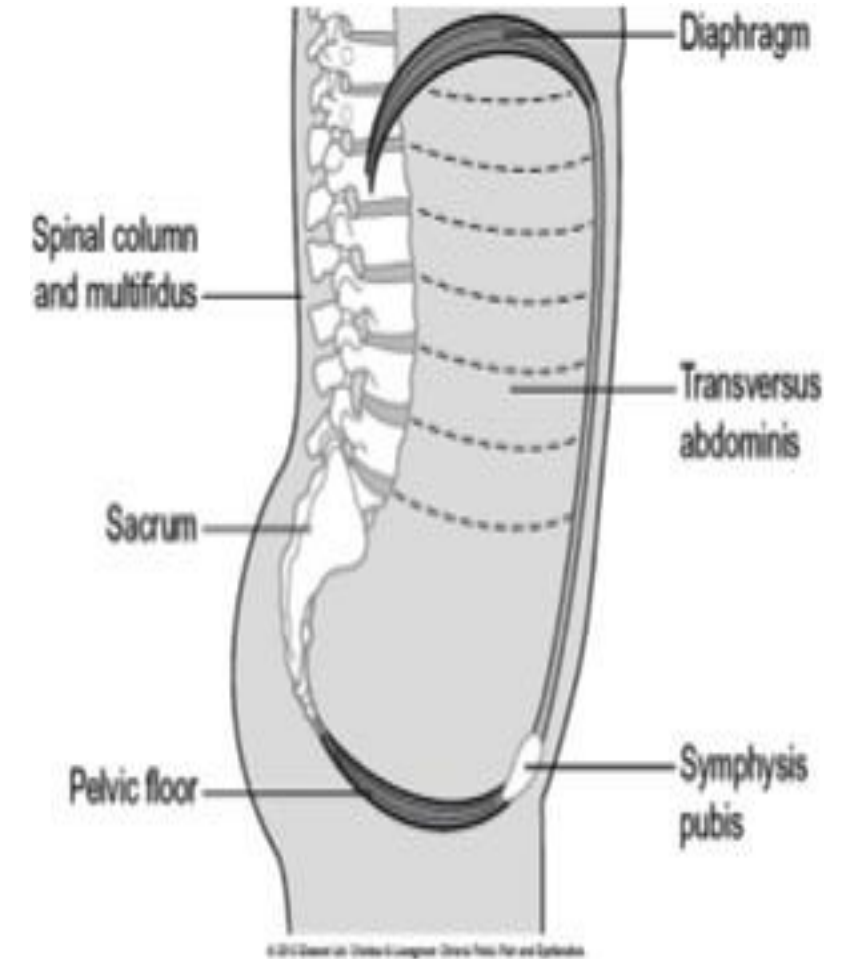
The practice of yoga is much more than a system of physical fitness; it is a science for balanced living and a path for realizing full human potential.





# God designed breathing to be as effortless as possible

## THE UMBRELLA CONCEPT





# PRANAYAMA



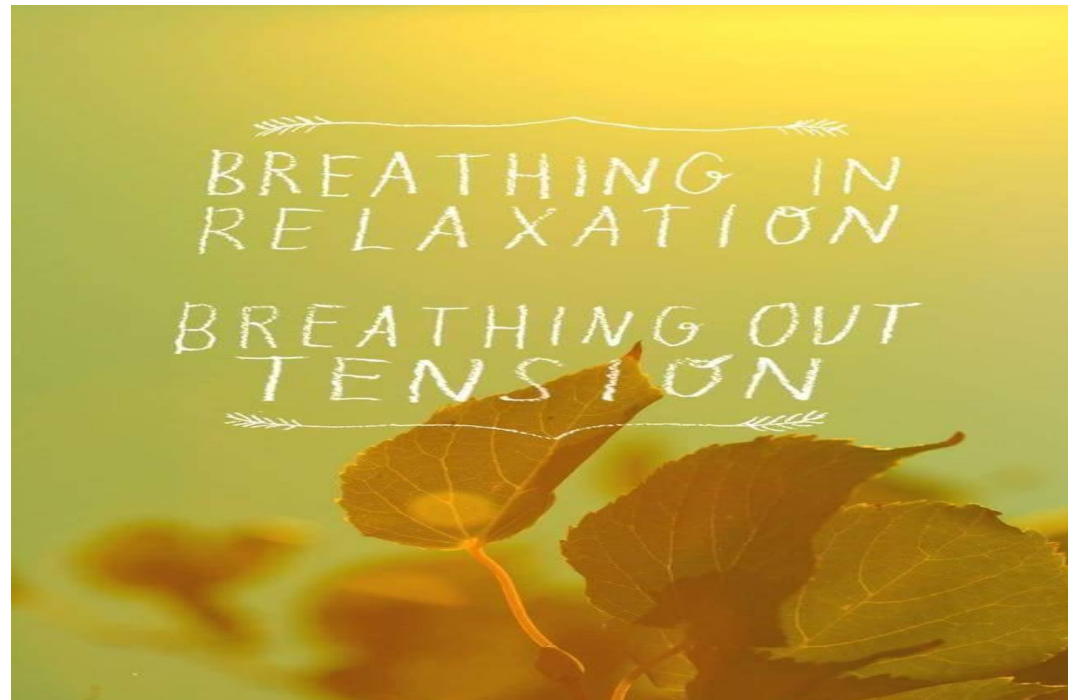
# POSTURE & BREATHING



**Self Discipline = Good Posture = Good  
Breathing**

# BREATHING EXERCISE OR BREATH AWARENESS

**Breath awareness helps the body**



***BREATH AWARENESS IS A KEY TO RELAXATION & HEALING***

# YOGA BREATHING



- **Using the diaphragm as one breaths, can stimulate the vagus nerve and help reduce stress**
- **A large component of every yoga class is controlled breathing**
- **One very effective breathing technique is The Royal Breath (Ujjayi breathing) and Bhramari Pranayam (The Humming Bee)**

# UJJAYI BREATHING

- A balancing and calming breath which increases oxygenation and builds internal body heat
- Inhalation and exhalation are both done through the nose. Sound is created by narrowing the airway as air passes in and out – as it would narrow with a whisper. Try whispering as you breath in and out.
- The length and speed of the breath is controlled by the diaphragm
- You will feel a faint rubbing/vibration in the throat
- The inhalation and exhalation are equal in duration and are controlled in a manner that causes no distress





# V. PRATYAHAR RISK FACTOR CONTROL

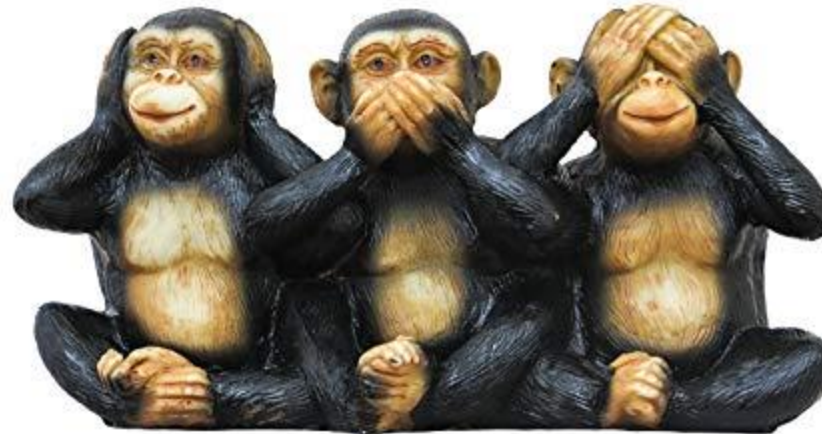


Yogic Pratyahara &  
Psychological Immunity



# LIFESTYLE MODIFICATIONS

## Restraining the Senses – “Yoga Chitta Vritti Nirodh”



- LIFE STYLE MODIFICATIONS

# V. PRATYAHAR: LIFE STYLE MODIFICATIONS



## DIET:

- Food is equivalent to medicine
- Yogic Concept: Sattvic food
- Regularity in time

## EXERCISES

- ❖ Spiritual– Yogasana
- ❖ Mental– Relaxation
- ❖ Physical– Walking
- ❖ Social-- Communication

# EDUCATION & GUIDENCE

## FOOD

*Food acts like Medicine*

## CLOTHING

- *Right choice of Clothing can also go a long way in prevention and management of Pain Syndromes*



AVOID



ACCEPT



# FOOT WEAR

**Footwear - Flat heels can increase Lumbo-Sacral dysfunction**

**High heels can increase Postural Backpain**

**Correct  
Footwear**



## VI. DHARNA: CONCENTRATION

- Biologically clocked lifestyle encouraged.
- The Proverb “Early to bed early to rise, makes a person healthy, wealthy and wise”.
- The advice, “Be frank, free, fresh and flexible in communication always”.
- The moral to be followed, “I am O.K, You are O.K and everything is O.K”.
- The guideline: Regularity in practice. “Abhyas



# DHYANA: MEDITATION



# MEDITATION

## OM CHANTING WITH OCEAN WAVES



# BREATH AWARENESS MEDITATION

- Breathing based meditation techniques have also been shown to reduce traumatic stress disorder (Mental & Physical)



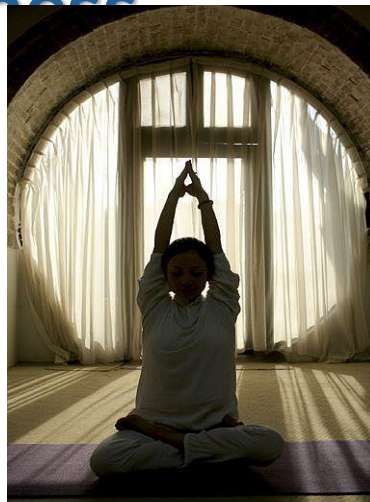
DR.NILIMA PATEL



# DHYANA - MEDITATION

## Four Elements Basic To Traditional Yogic Meditation

- A quiet environment
- A comfortable posture
- An object to dwell upon
- A passive mental attitude or poised awareness



- Meditation is not a religious practice.
  - It is an intensely personal and spiritual experience.
  - The entire process of meditation usually entails the three stages of
    - concentration (धारणा )
    - meditation ( ध्यान )and
    - enlightenment or absorption (समाधि )
- These three constitute the internal limb of  
अष्टांग योग.

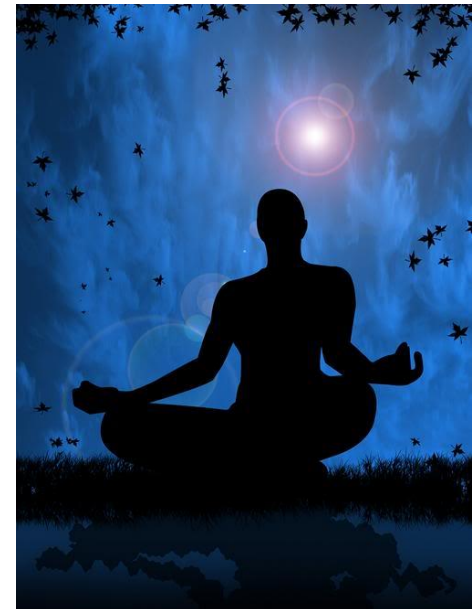


# Behavioural Components of Meditation



1. Relaxation
2. Concentration
3. Altered state of consciousness
4. Suspension of logical thought processes
5. Maintenance of self-observing attitude

(Perez-De-Alberiz & Holme, International Journal of Psychotherapy)



# WALKING





# PHYSICAL EXERCISE & SUNLIGHT



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# LAUGHTER THERAPY





# Types of Meditation – Classification

## Concentrative Meditation

1. Mantra Meditation
2. Breath Watching Meditation
3. Gazing

## Mindfulness Meditation



# “AUM” MANTRA

**SUKHASAN**



**Duration: 5 to  
10min. Or as per  
capacity.**



**AUM Mantra chanting, concentrating on ‘M’ as it controls rage, destroys negativity, improves tolerance. This aids mental and physical relaxation.**

**AUM Mantra chanting strengthens Parasympathetic Nervous System activity thereby aiding vascularity, oxygenation, tissue nourishment mental relaxation & improved endocrine functions, hence eliminating all types of Psychosomatic Pain syndromes.**



# YOUR LIFELONG COMPANION: YOGA



PASCHHIMOTANASAN

- SELF DISCIPLINE

“AHAR” ---- FOOD

“ACHAR”---  
RELATIONSHIPS

“VICHAR”--- THOUGHTS

“VIHAR”--- RECREATION



# YOGA: THE FIVE PRINCIPLES.

- 1. Proper Relaxation.



- 2. Proper Exercise.



- 3. Proper Breathing.



- 4. A Proper Diet.



- 5. Positive Thinking & Meditation.



# THE NEURAL TONIC & NOURISHER (YOGA SCIENCE PRINCIPLE)

# COMMUNICATION



**FRANK, FLEXIBLE, TRANSPARENT,**

# HAPPINESS



**Happiness = Gratitude + Generosity + Sincerity**



# PEACE



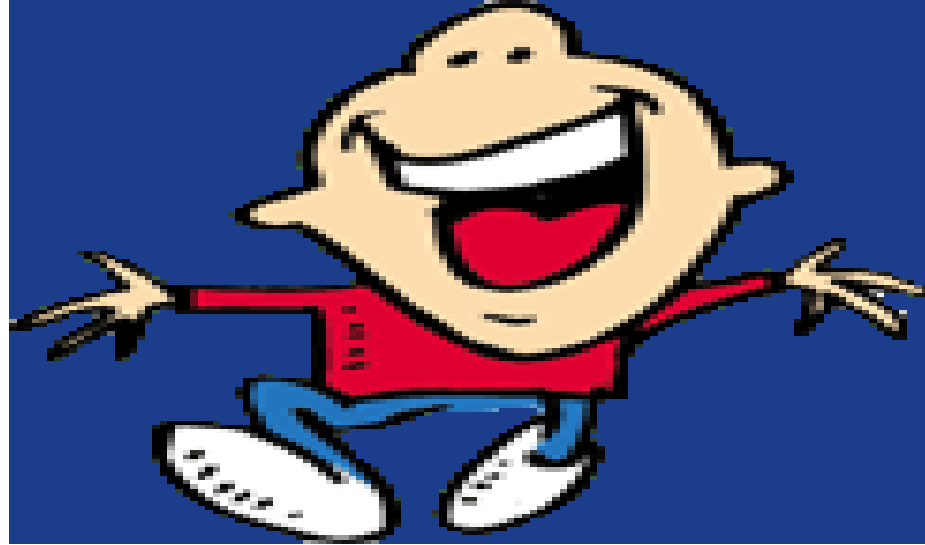
**WE CREATE PEACE BY BEING AT PEACE**

# SERENITY



**Serenity comes when you trade expectations for acceptance**

# LAUGHTER



LAUGHTER IS THE BEST  
NEURAL MOBILIZATION EXERCISE  
AND ONE OF THE MARVEL TO RELIEVE STRESS AND  
FACILITATE RECIPROCAL RELAXATION.

# YOGIC PRACTICE...



- ❖ **ULTIMATE GOAL OF YOGA IS ENERGY CONSERVATION.**
- ❖ **ENERGY CONSERVATION FACILITATES NORMAL POSTURAL CONTROL & BALANCE A PRIME REQUISITE FOR PARKINSON'S PATIENT**
- ❖ **NORMAL POSTURAL MECHANISM PREVENTS FATIGUE PATTERNS IN THESE PATIENTS**
- ❖ **DISEASE MAY NOT BE CURED BUT EMOTIONS CAN BE CALMED DOWN WHICH HELPS IN UNDERTANDING THE NEEDS OF THE SITUATION AND CAN IMPROVE QUALITY OF LIFE WITH YOGIC**

# THEREFORE



## RELIEVE STRESS & PROMOTE WELLNESS



# RECOMMENDATIONS

- FUTURE RESEARCH:

- 1, More research is needed especially longitudinal studies, to understand the long term effects of Yoga practices on Parkinson's and how it may affect the progression of the disease

2. Postural Health needs to be focused in any rehabilitation program for any patient affected by A Motor and Movement Disorder, because movement begins in a posture and ends in a posture,

3. Posture is reflection of our inner self. Yoga is SELF DISCIPLINE as per Sage Patanjali's Ashtangyoga. Practice Science and Spirituality both in Rehabilitation as both compliment each other



# YOGA & PARKINSONISM

## THE PRACTICE SESSION

# Reduce Stress with 20 Minutes of Chair Yoga



# 20 MINUTE CHAIR YOGA



- The following yoga poses/exercises can be done anytime and anywhere to reduce stress and re-energize yourself during the day
- Begin the practice with slow breathing through the nose – try the Ujayii breathing and continue on to refresh and renew.....



# CHAIR YOGA



- Begin by sitting on the edge of a chair with your feet placed squarely on the floor about hip distance apart, toes facing straight forward.
- Place your palms flat on your thighs, and feel length in your spine—head balanced over heart, heart balanced over hips.
- Inhale and exhale evenly for five counts each.
- Repeat inhale/exhale 2 times.

# **SIGNIFICANCE OF “CHAIRYOGA” WELLNESS**

**Neuro Muscular Disorders**

**Cardio Vascular Disorders**

**Respiratory Disorders**

**Musculo Skeletal Disorders**

**Women’s Health**

**Paediatric Disorders**

**Geriatric Disorders**

**Burns & Cancer Ailments**

**Sports Fitness**



# Shoulder Rolls and Stretch



- Circle your shoulders by slowly rolling them up, back and down
- On the fourth roll, interlace your fingers behind your back with your arms as straight as you are able to make them



- If you don't have room behind you, reach back and hold onto the outside edges of the back of your chair and stretch your shoulders and chest

# Core Twists With Hands On Shoulders (Twisting Right And Left)





# Seated Side Stretch

- Inhale and lift your arms overhead, taking hold of your left wrist with your right hand.



- As you exhale, bend to the right. Stay there for two breaths.

- As you inhale, come back up to vertical and change wrists.



- Exhale, and bend to the left. Stay there for two breaths.

- Inhale back up to a tall spine.

- Exhale, release your arms down to your side

# SEATED SPINAL ROTATIONS



- INHALE.
- AS YOU EXHALE, TWIST YOUR UPPER BODY TO THE RIGHT, STARTING FROM THE BASE OF THE SPINE. YOU CAN PLACE YOUR LEFT HAND ON THE OUTSIDE OF YOUR RIGHT THIGH AND YOUR RIGHT HAND ON THE BACK OF YOUR CHAIR.
- AS YOU LOOK OVER YOUR RIGHT SHOULDER, MOVE YOUR EYES TO THE UPPER RIGHT CORNER OF YOUR EYES AND THEN THE LOWER RIGHT CORNER. REPEAT 2 X
- CLOSE YOUR EYES AS YOU UNTWIST BACK TO CENTER
- REPEAT TO THE OTHER SIDE



# Namaste!



- Bring your knees back to center, hip distance, sit up tall
- Take 2 deep cleansing breaths as you raise your arms up overhead and back down
- On the third breath, bring the palms of your hands together, with the thumbs touching your chest
- Close your eyes and breath normally for a few seconds and you have completed your chair yoga break!

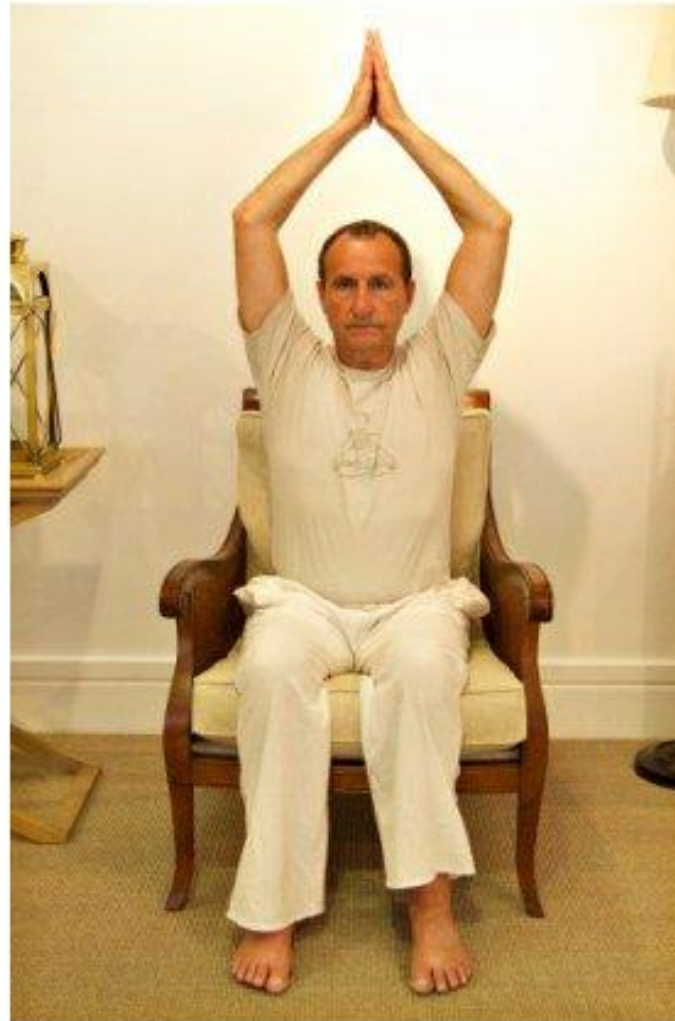
# Seated Mountain Pose



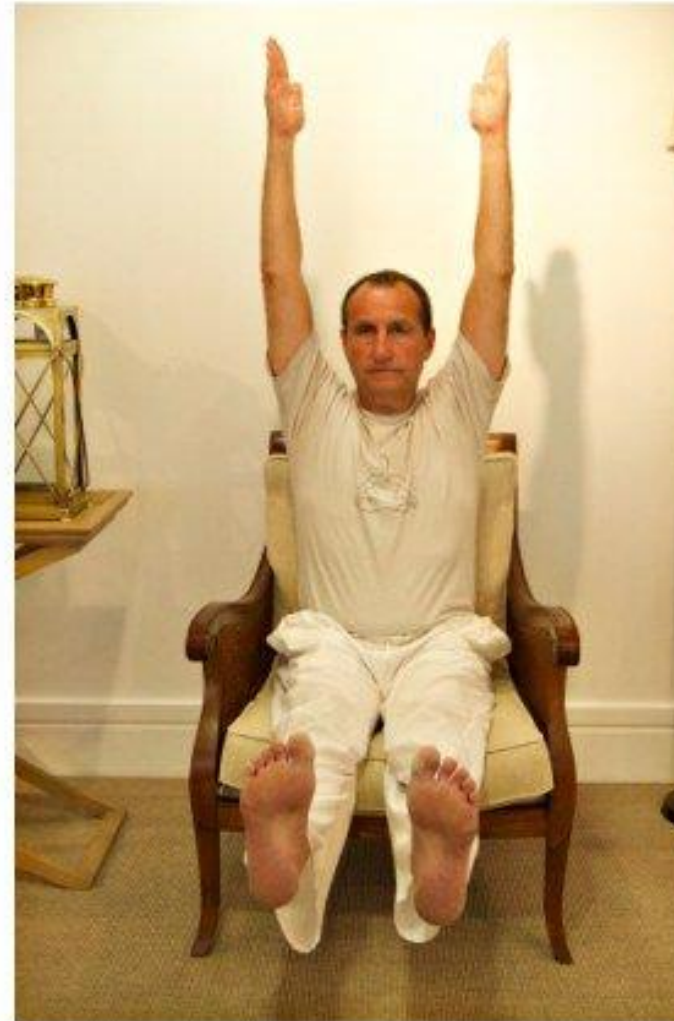
- Place both arms down by your side and as you inhale slowly for 4 counts reach arms out and up with palms facing up while lifting arms overhead
- Exhale as you move arms down with palms facing towards the floor as you exhale for 4 counts.
- Repeat 4 times

# MODIFICATIONS OF CHAIR YOGA POSTURES

## WARM UP



CANDLE POSE  
hold for 30 seconds



RAISED HANDS POSE  
hold for 30 seconds

# Seated Cat/Cow



- Place hands on your knees. As you inhale, lift your chest, and arch the back
- As you exhale, tuck your pelvis and pull your navel in toward the spine, round your spine back toward the back of the chair – keep your head in line with your spine – don't drop the head.
- As you move, inhale and exhale deeply and feel the broadness of the back of the body
- Repeat 3 more times



# SEATED CAT –CAMEL POSE



# THE SKYSCRAPER

- Sit with your legs together and feet flat on the floor.
- Clasp hands in front of you, interlocking your fingers.
- Turn your palms outward and raise straight over your head.
- Stretch yourself up as if touching the sky.
- Inhale as you stretch..
- Exhale as you release
- Continue alternating for one minute





# PRANAYAM:



- The Yogic Breathe
- The vacuum cleaner of all the body channels including the Neural channels
- The Pulmonary feeder.

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# CHAIR YOGA AND PRANAYAM



**BREATH AWARENESS  
PRANAYAM**

**DR. NILIMA**



**THE HUMMING BEE  
PRANAYAM**

# CHAIR YOGA- SHVASANA DHYANA



# MANTRA DHYANA



- Man=Mind
- e=now
- Ta= energy force
- Ra=sun
- The mantra is composed of current sounds, usually in Sanskrit or in other languages
- If the rhythm and the concentration are good and you let it go, the central nervous system begins to vibrate and only you listen.

# THE TRANSFORMATION OF 'SELF' WITH THE SPIRITUAL TOOL 'SELF' TRANSFORMS ANY SITUATION, ENHANCING RELAXATION & STRESS FREE LIFE

THE THANKS GIVING POSTURE.



SAMARPANASANA



# THE OUTCOME OF “PHYSIOYOGA”

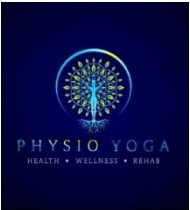
## Functional Independence & Social Integration

- Balance, Coordination and Precision
- Self Confidence
- Physical, Mental, Emotional, Social and Spiritual  
rehabilitation

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