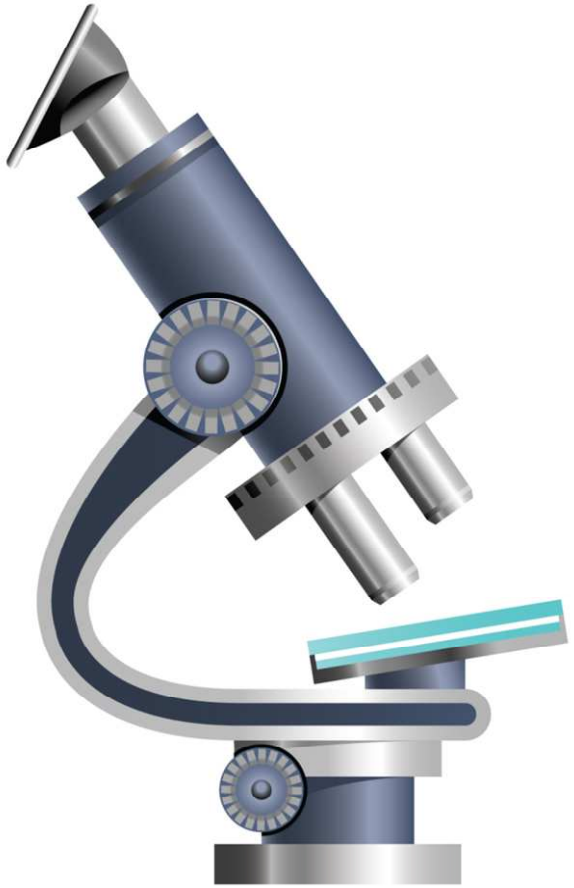
YOGA

Your first step to better health

Presented by
Dr Shikha Aggarwal

Are there similarities between modern medicine and yoga?



Vs

Is this man ill?

- 23 year old man
- Fit
- Develops a common cold

Is this lady considered ill?

- 73 year old lady
- Has Diabetes
- Has Heart disease
- Has Kidney disease
- Restricted mobility
- Gets shortness of breath

World Health Org's definition of 'Health'

A state of **complete** physical, mental and social well-being and **not merely the absence of** disease or infirmity

Yogic definition of ‘Health’

Health and well-being is a **dynamic continuum** and not just a state to be attained or maintained

Bhagavad Gita definition of ‘Yoga’

Yoga is **equanimity at all levels**.

Referred to as ***samatvam***, or “balance”

Bringing it all together

W.H.O

A state of **complete physical, mental and social** well-being and **not merely the absence of disease or infirmity**

Bhagavad Gita

Yoga is **equanimity at all levels**.

Referred to as ***samatvam***, or "**balance**"

Yoga

Health and well-being is a **dynamic continuum** and not just a state to be attained or maintained

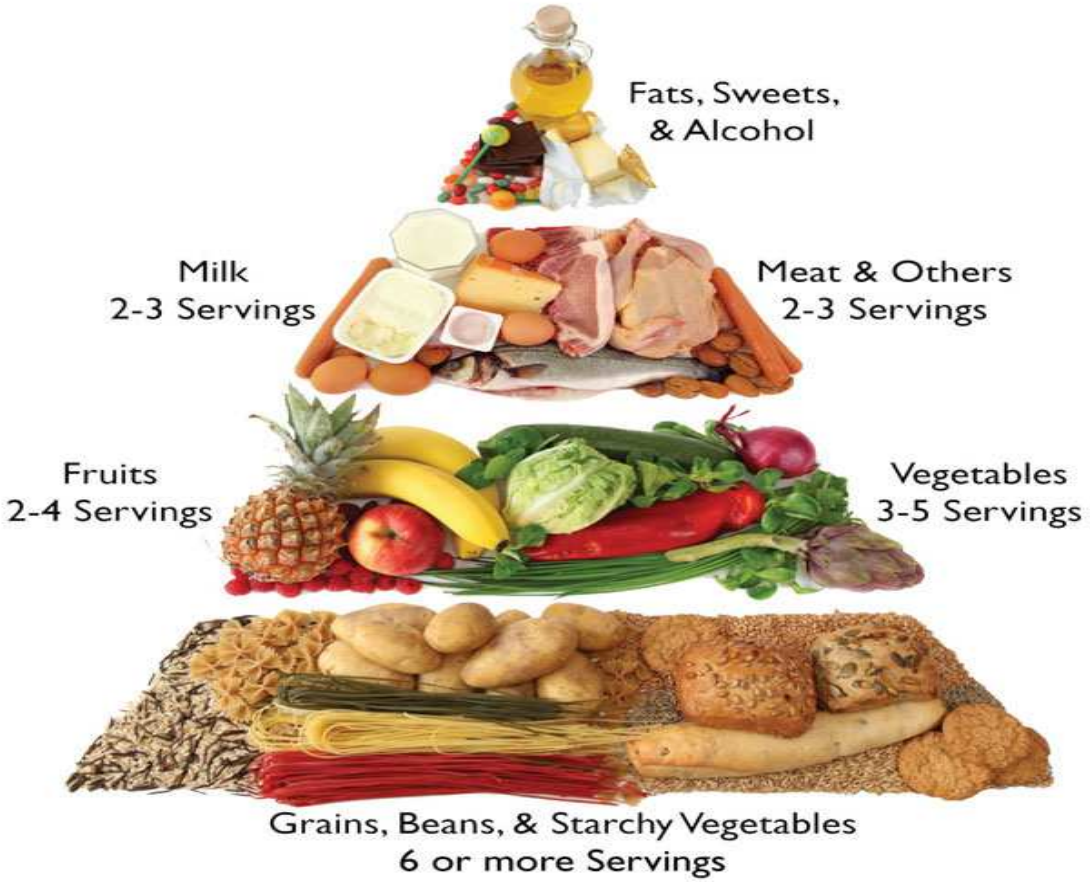
How does one achieve good health?

Healthy Eating

Regular Exercise

Stress Management

Healthy eating



The Sattvic diet

Characteristics of Sattvic diet:

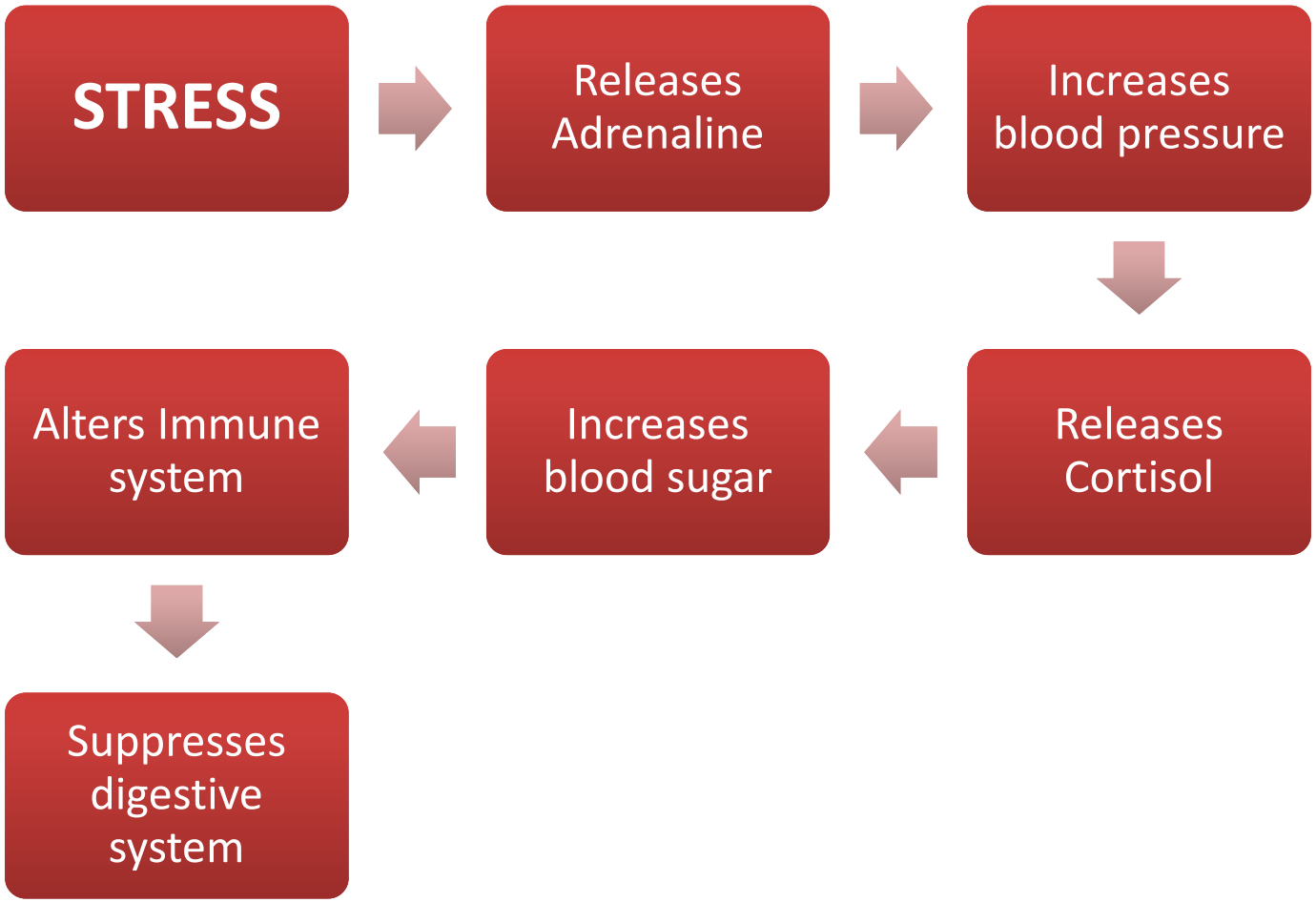
- **Light** and easy to digest
- **Includes**: cereals, honey, herbs, sprouts, seeds, nuts, legumes, butter, milk, fresh fruits and vegetables, fresh juices, and whole meal bread
- This is the **best food for yoga practitioners**
- It brings peace to the mind and is nourishing for the body
- Sattvic food is **great for overall fitness** and for a balanced energy flow

Exercise

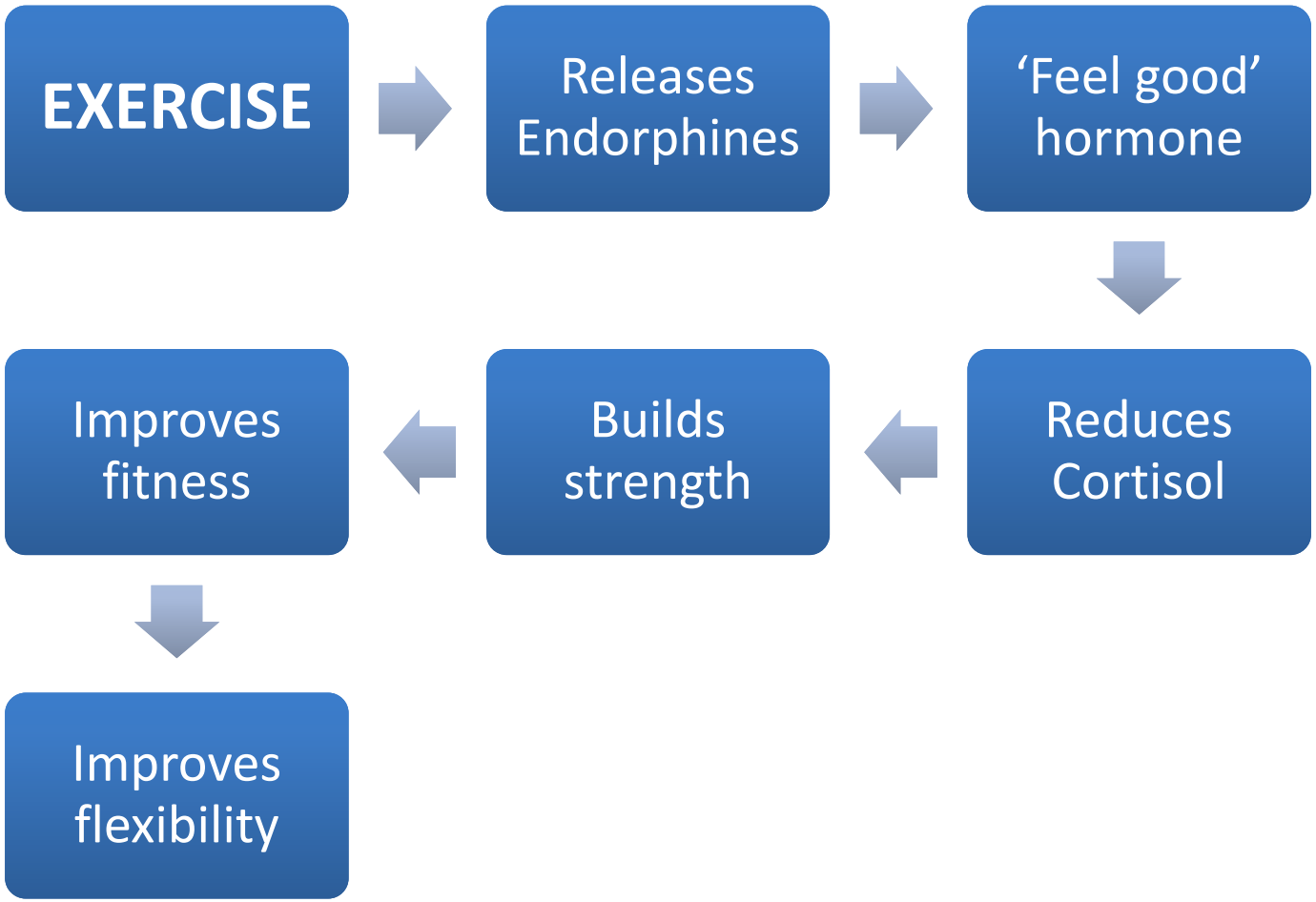
How much is necessary?

- 20-30 minutes
- 4-5x a week
- Moderate intensity

Impacts of Stress on the body



Impacts of Exercise on the body



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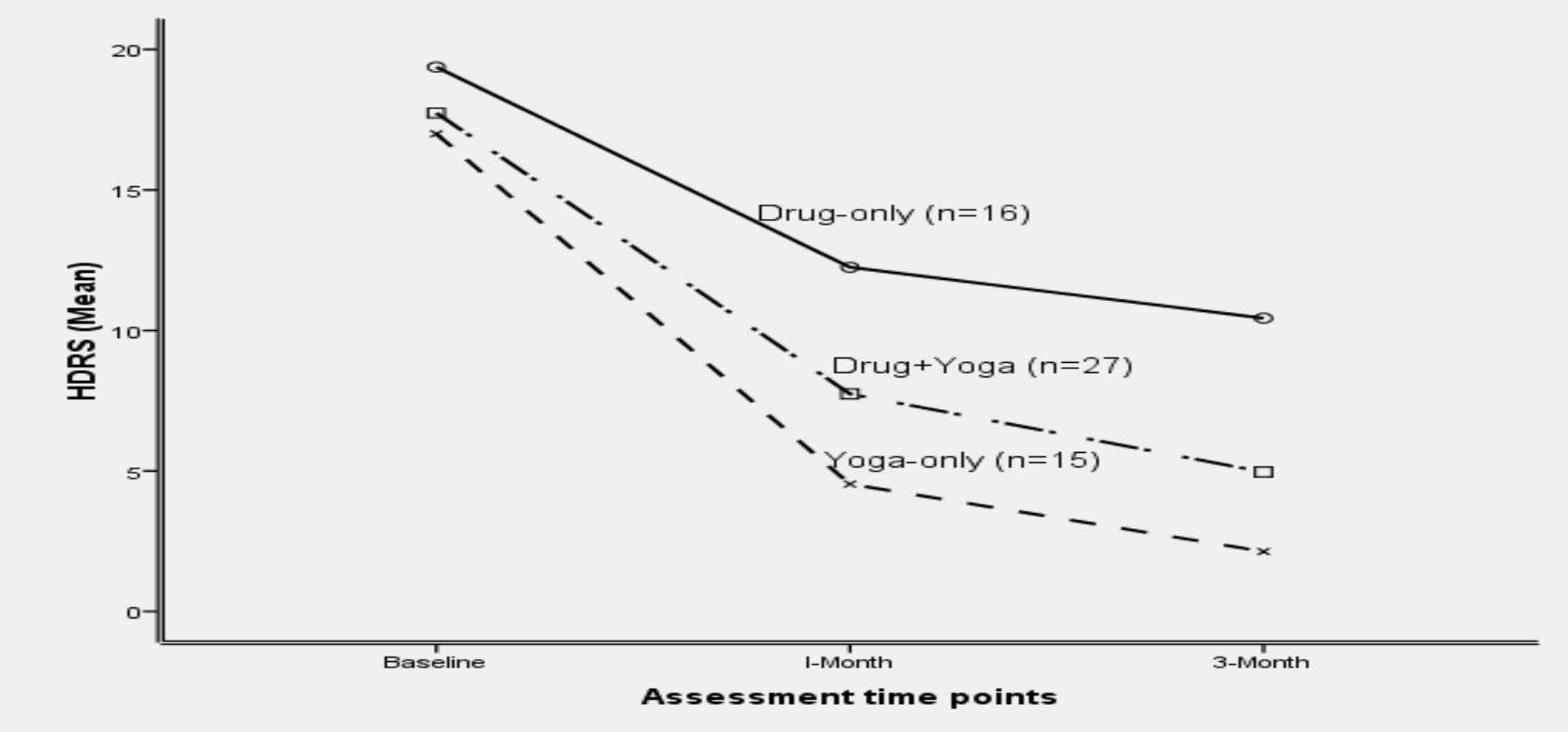
Yoga in Depression

Yoga alone helped in OP's with depression - Comparative study



Gangadhar et al, IJP 2013 (In Press)

Acutely Yoga Increases Brain GABA

JACM, 13, 419-426: 2007

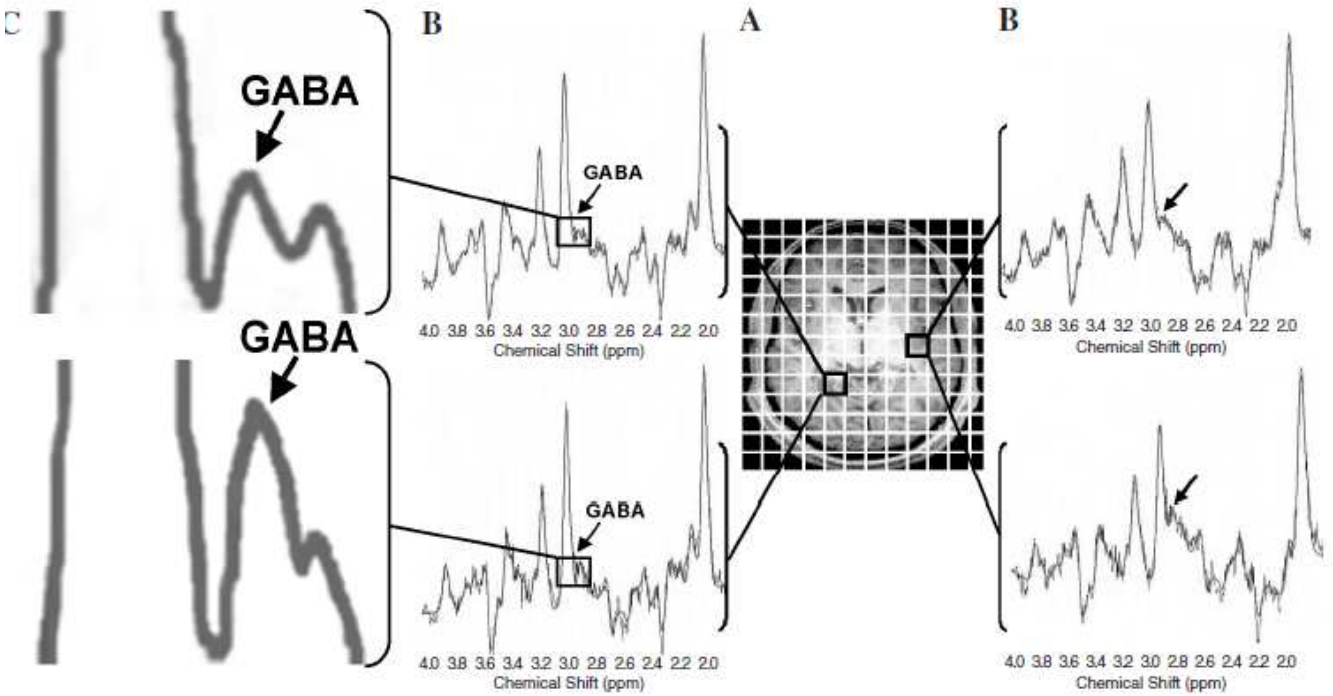
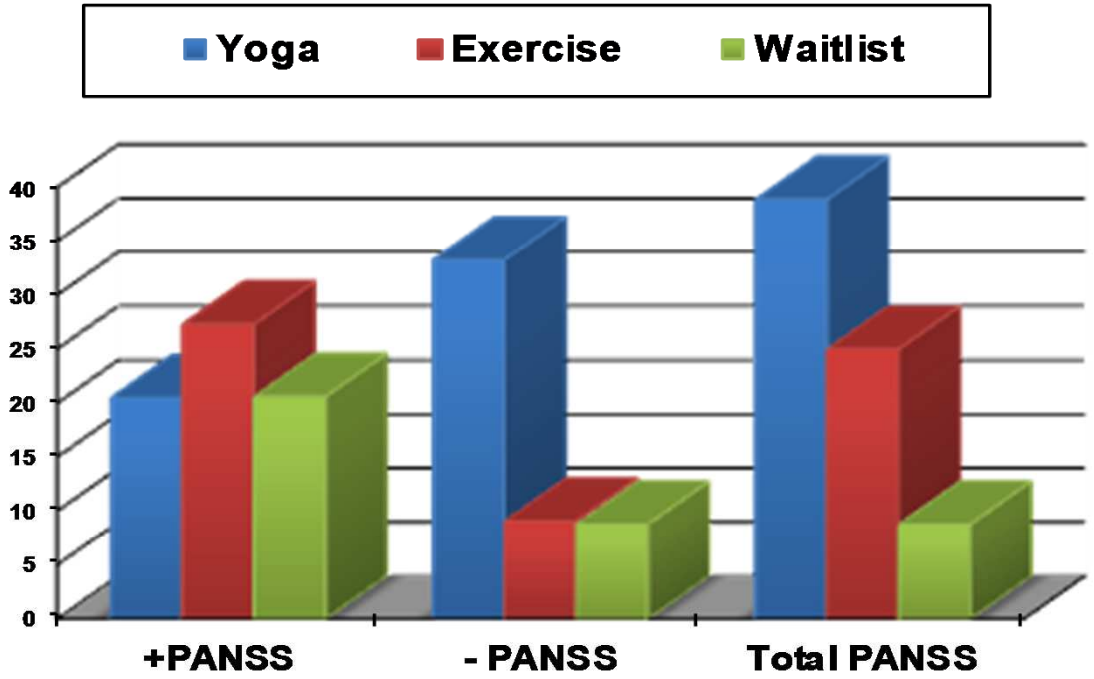


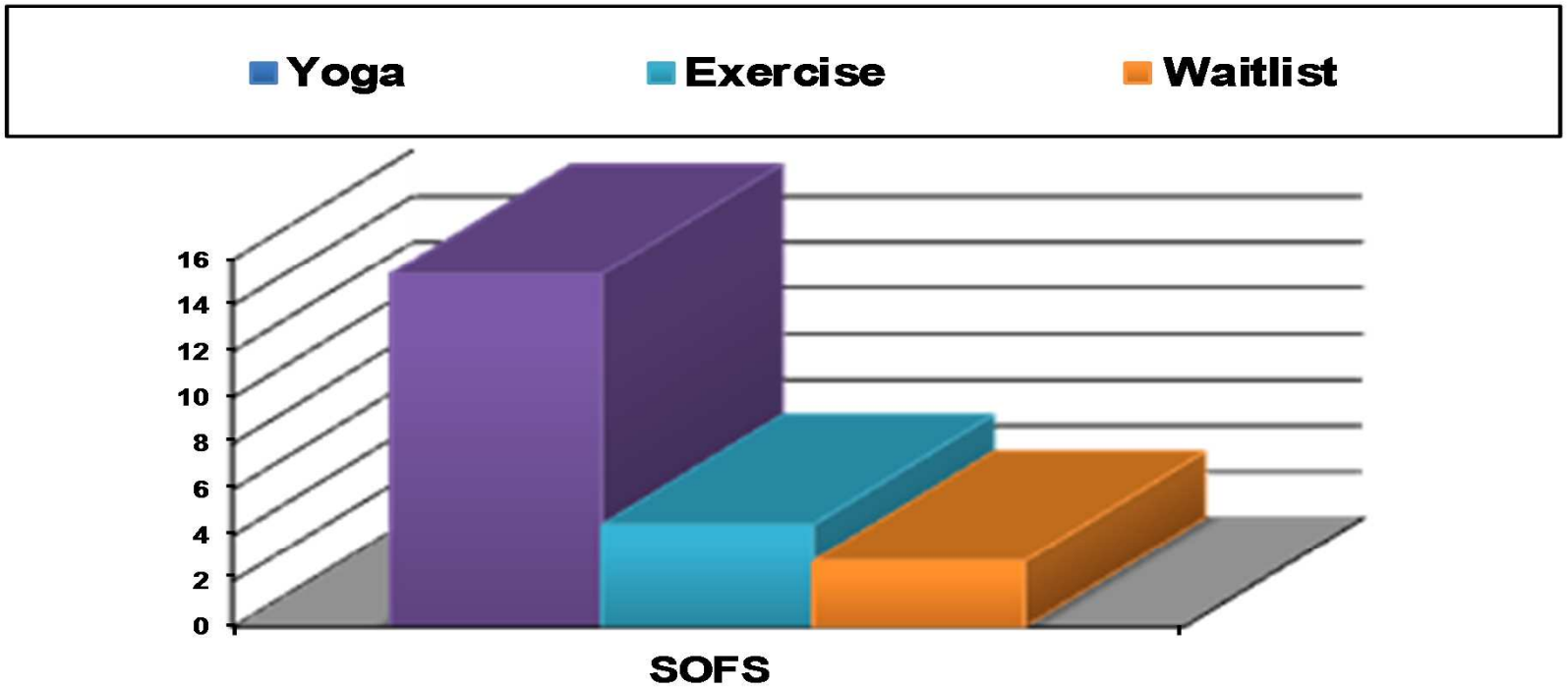
FIG. 1. (A) The chemical-shift imaging grid depicts the multiple voxels within the brain that are totaled to estimate the γ-gamma aminobutyric acid (GABA) level of the whole slab. (B) J-resolved sample spectra (J = 7.5 Hz) are shown from two regions before and after yoga practice in a yoga practitioner. Spectra are displayed with LC Model fit (Stephen Provencher, © 1992–2003) and are not filtered. (C) The spectral data are removed, leaving only LC Model fit magnified 11× to show the GABA resonance area at 2.95 ppm, which demonstrates an increase in GABA peak after yoga practice.

Higher Percentage of Schizophrenia patients were improved at 4 months after Yoga



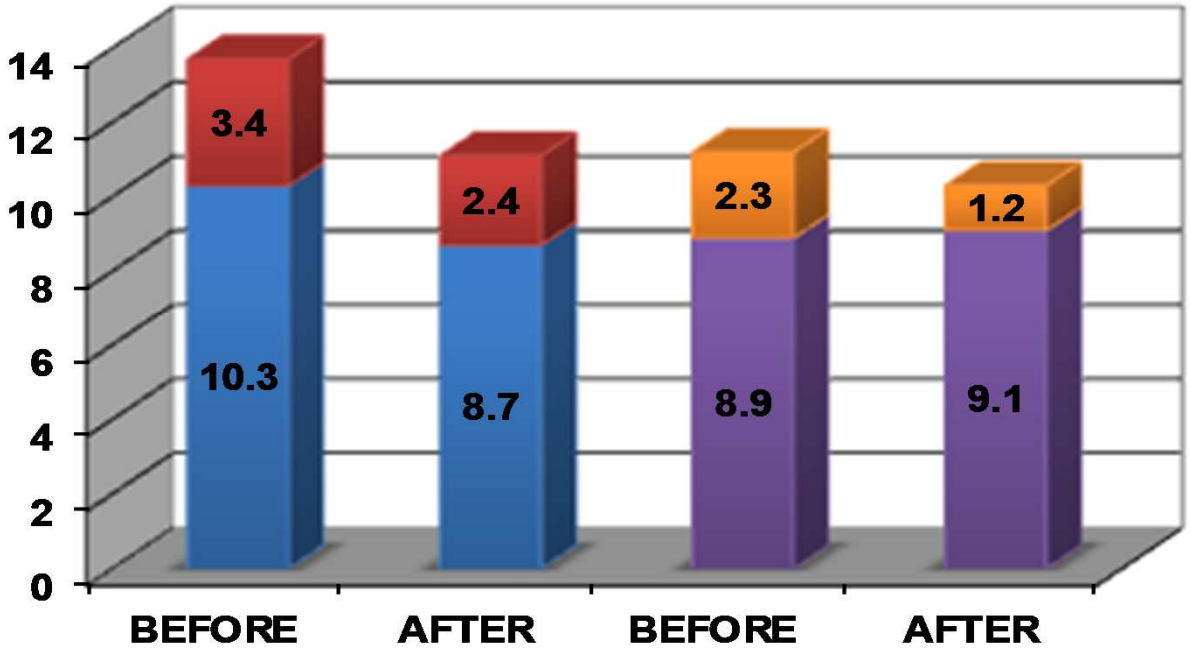
Study funded by Central Council for Research in Yoga and Naturopathy (AYUSH)

Higher proportion treated with Yoga also Improved on Social Functioning



Varambally et al, Ind Journal of Psychiatry 2012

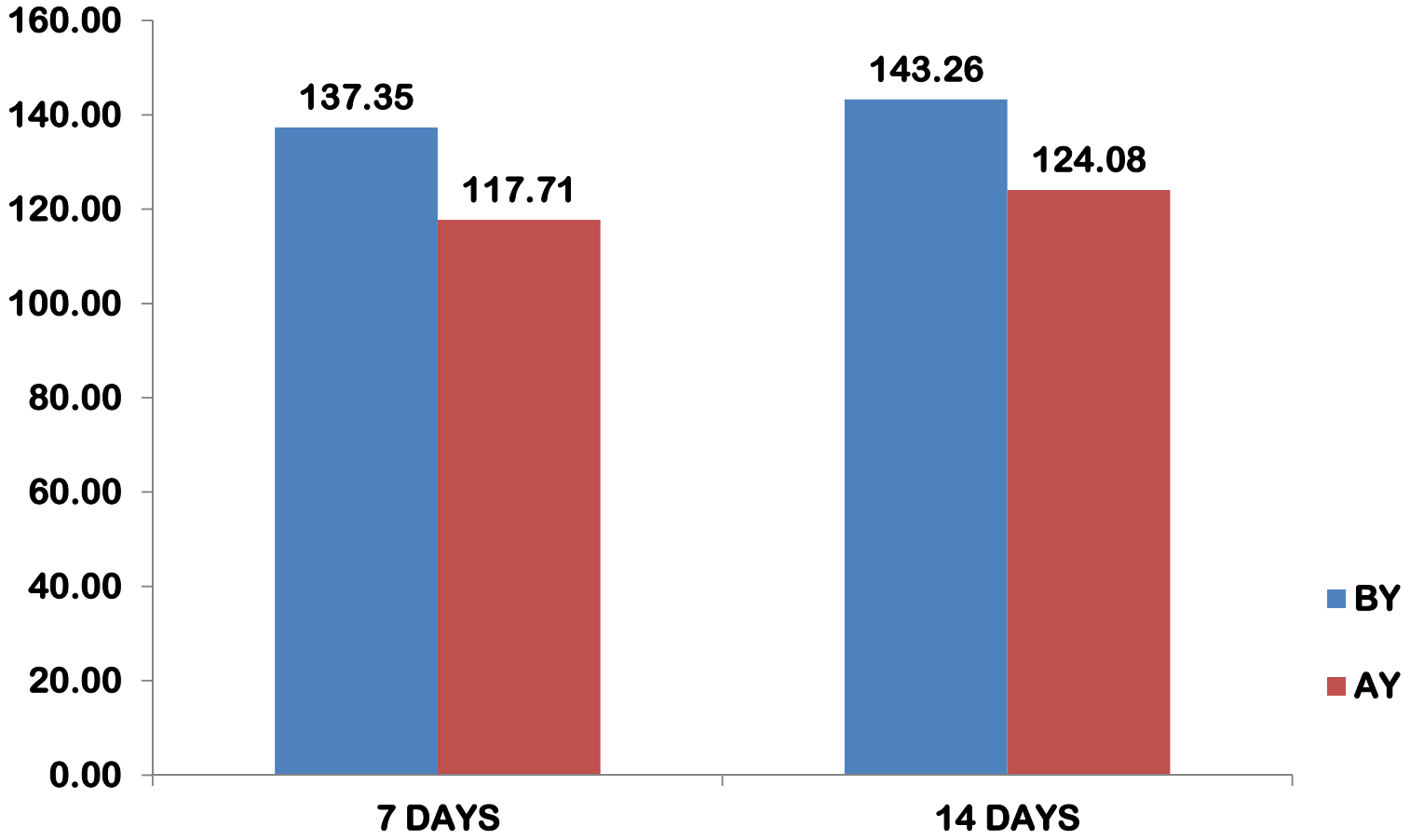
Glycated Haemoglobin



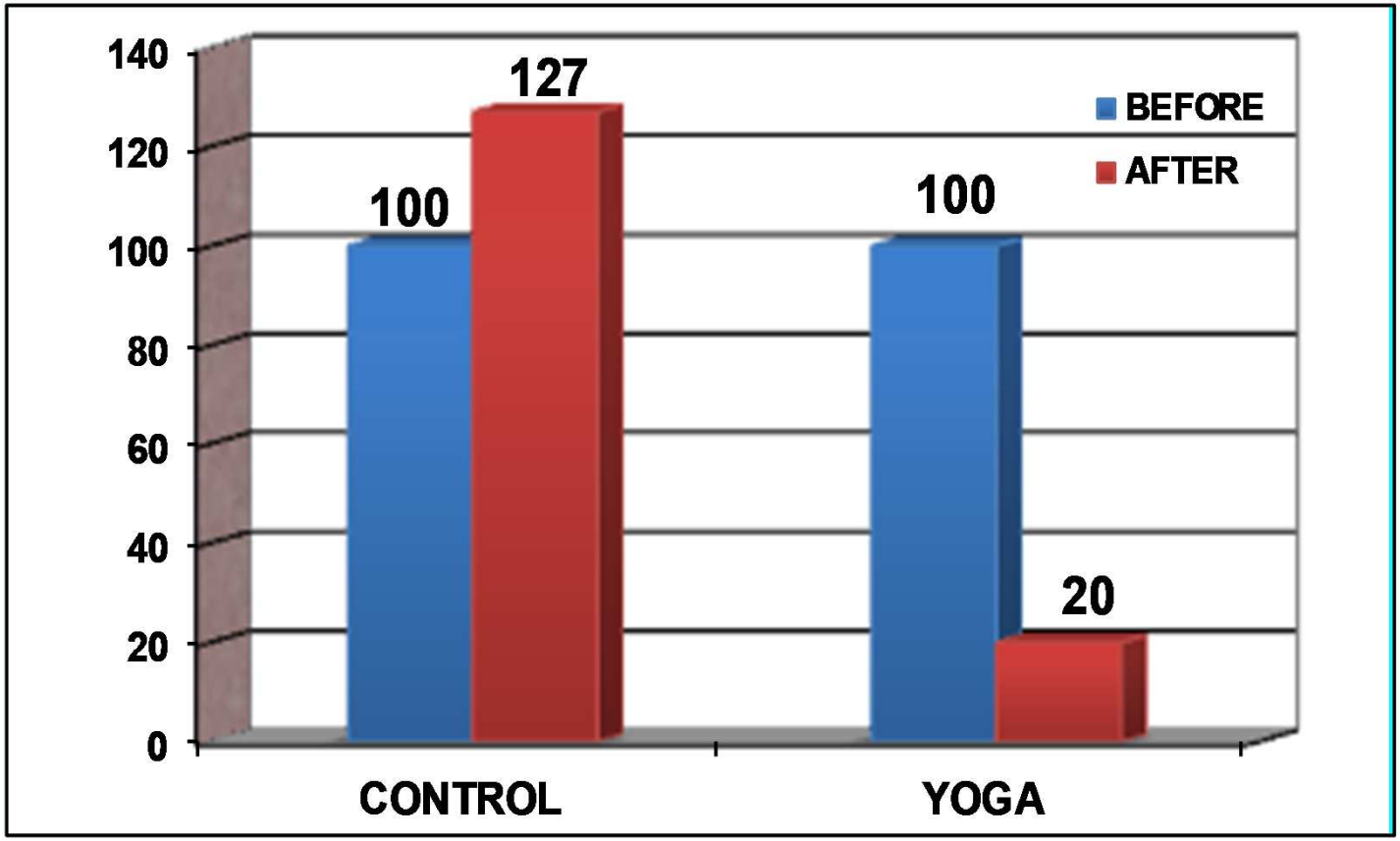
Yoga P<0.05

CONTROL

FBS

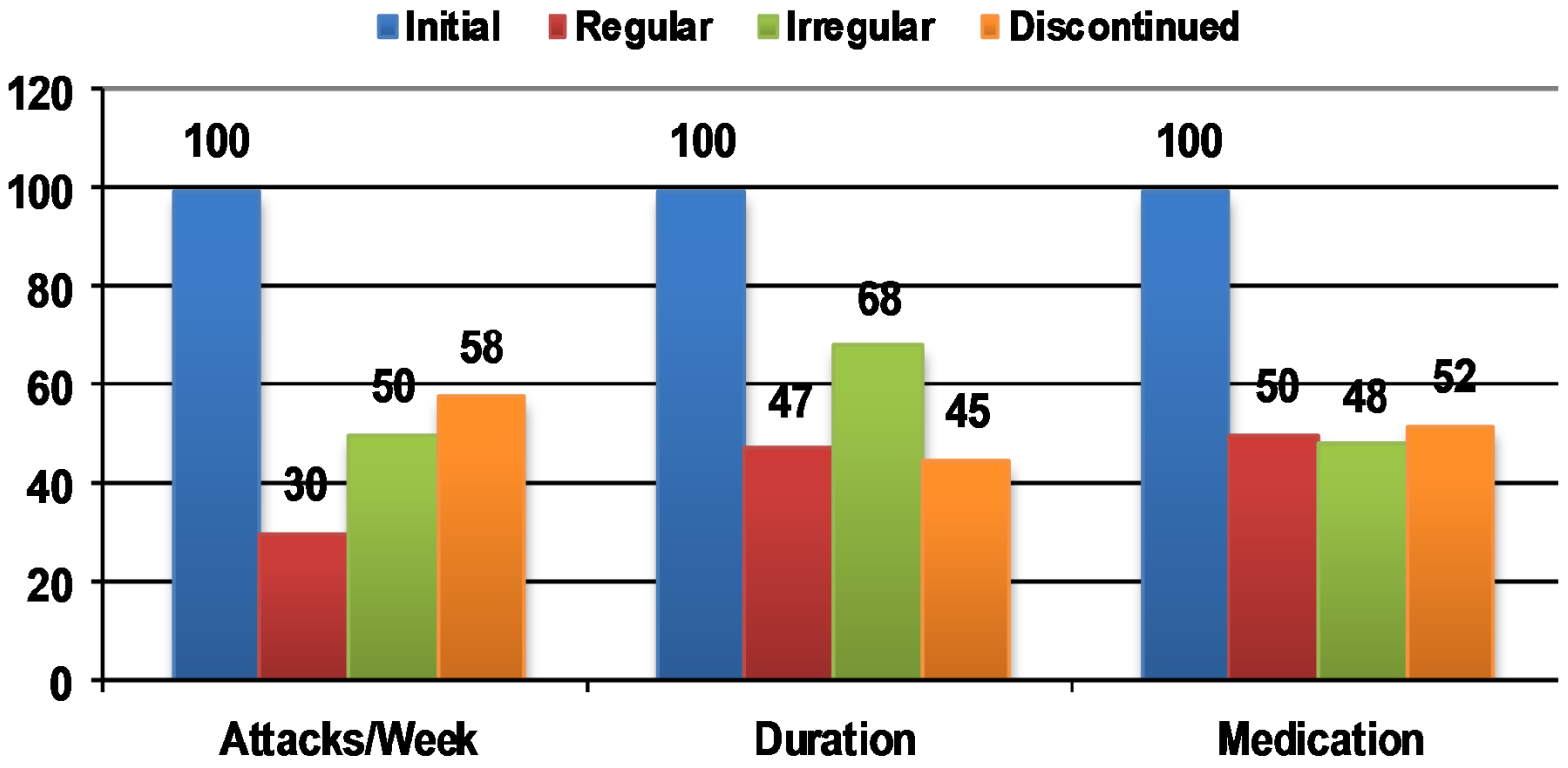

160.00
140.00
120.00
100.00
80.00
60.00
40.00
20.00
0.00
137.35
117.71
143.26
124.08
7 DAYS
14 DAYS
BY
AY

BRONCHIAL ASTHMA - DRUG SCORE



N = 53 PAIRS 3 TO 54 MONTHS 1985 BMJ

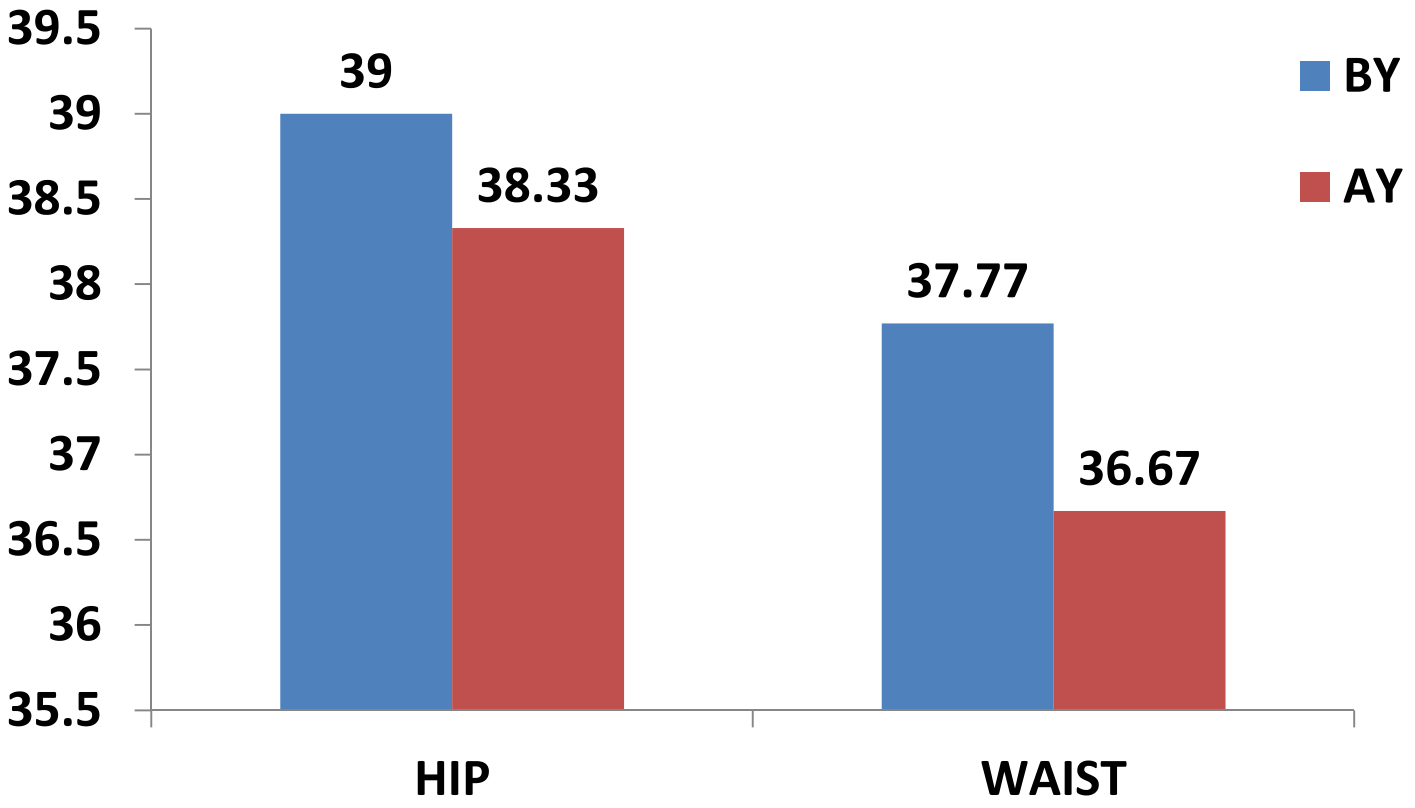
BRONCHIAL ASTHMA - A PROSPECTIVE STUDY



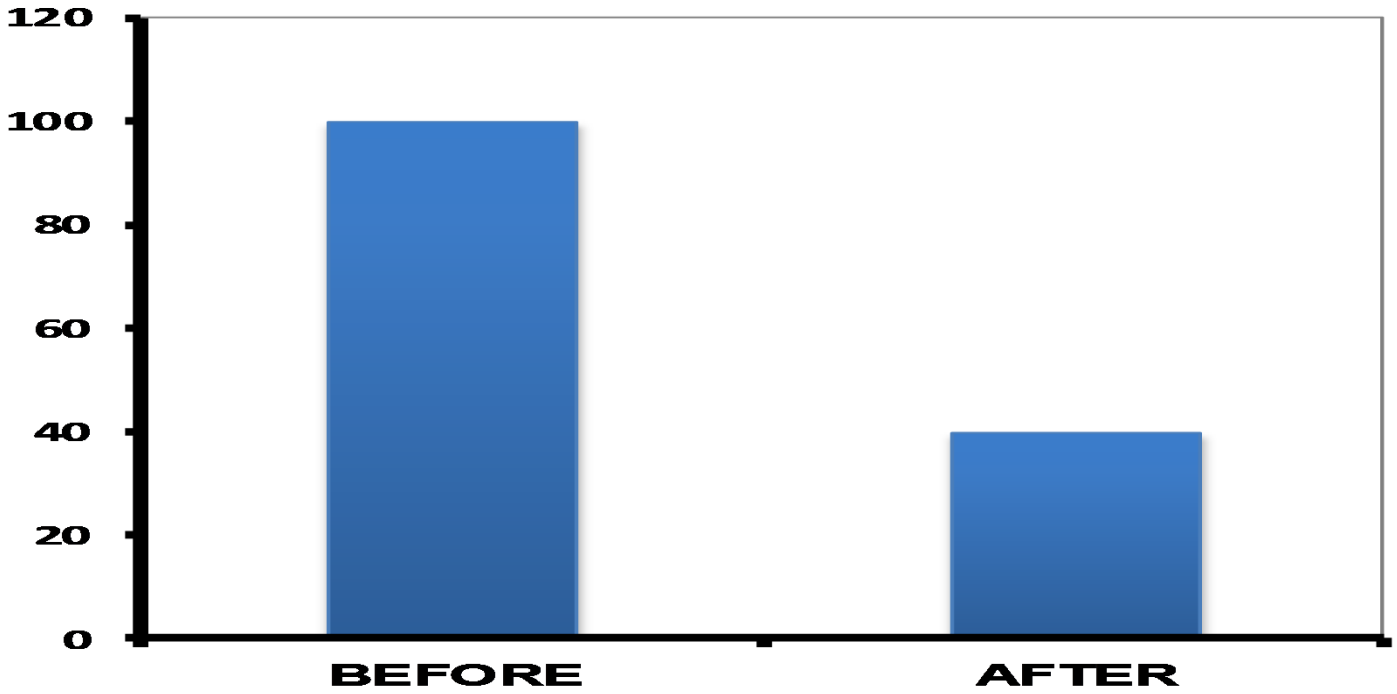
N = 570 3 TO 54 MONTHS

JOURNAL OF ASTHMA 1986

Hip and Waist circumference



SCORE OF CANCER PATIENTS SYMPTOMS (2 TO 4 WEEKS)



How does Yoga achieve good health?

Healthy Eating

Regular Exercise

Stress Management

THANKYOU