

e-ISSN 2347 - 503X

p-ISSN 2347 - 5021

Research Chronicler

International Multidisciplinary Research Journal

Vol. VII Spl. Issue I : February - 2019

Guest Editors

Dr. Arvind P. Joshi

Dr. Shailesh J. Bahadure

www.research-chronicler.com

Research Chronicler

A Peer-Reviewed Refereed and Indexed International Multidisciplinary Research Journal
Approved by University Grants Commission, New Delhi's

Volume VII Spl. Issue I-II: February – 2019

CONTENTS

Sr. No.	Author	Title of the Paper	Page No.
1	Prof. M.L. Kamlesh	Sport Psychology - A Rational Explanation and Practical Application (<i>Keynote Address</i>)	1
2	Nikita Vishnoi Dr. Anil Kawande	Effects of Yogic and Physical Exercises on Anxiety Level	6
3	Ms. Nilima Waghmare	The Impact of Attention and Arousal on Sports Performance	11
4	Nisar Ahmad Hurah	Effectiveness of Physical Education Academic Program on Psychological Characteristics among Varsity Students	19
5	Dr. Pallavi S. Deshmukh	"Effect of Specific Training Program on Maturation With Respect To Menstruation amongst the Rural Girls"	22
6	Parag Joshi	Yoga in Modern Medicine	29
7	Dr. Pradnya Bhelwa & Dr. Arvind P. Joshi	A Study of Incentive Motivation of Basketball and Volleyball Players Participating in University Level Tournaments	32
8	Dr. P. G. Gawande	Vital Role of Psychology to Extract Quality Performance from Players in Kho-Kho Game	38
9	Dr. Prashant M. Bambal	A Study of Impact of Yogic Exercises on Personality of Collegiate Level Sportspersons	40
10	Ms. Pratima Vashishtha	Impact of Yoga Package on Frustration of Sr. Sec. School Students	45

Yoga in Modern Medicine

Parag Joshi

B. D. P. College, Pandhar Kawada, India

Abstract

Prevention is better than cure and yoga is widely recognized as an effective tool inculcating a healthy life style thus acting as vaccine against life style related disorders. As Yoga Chikitsa or Medical Yoga Therapy, ideally, is an individualized, personalized and holistic approach that takes into account not only the patient's mind, body but as part of patient's individualized treatment plan. It is different from a yoga class, starts with detailed history and physical examination and assessment from the health practitioner. The studies demonstrate that yoga intervention produced predictable changes in neurodegenerative disorders and neurobehavioral Science.

Key Words : Yoga Chikitsa, GABA, GSH, Telomeres, Practices

Introduction:

Yoga is amazing contribution of exploiting various bodily postures and regulation of oxygen consumption postures and regulation of oxygen consumption during the processes forms the basis of the age long success of this clan as a popular traditional medical technique.

Yoga is an important area for service as well as research in both clinical and pre-clinical departments over longer. It is popularized in relation to mental health and neuroscience.

Recognition of yoga as therapeutic method in modern medicine has started with the pioneering scientific research on yoga by Swami Kuvalyananda's work in the 1920s who published first experimental research in physiological effect of Asanas, Pranayama and meditation in Western biomedical terms. Subsequently, the Swami Vivekananda Yoga Research Institute near Bangalore (SVYASA) made Yoga therapy an accepted and wide spread one.

In 1999 the National Institutes of Health created the National centre of complementary and Alternative medicine (NCCAM). One of the major branches of complementary and alternative medicine is yoga with in mind-body intervention.

Incorporation of yoga in modern medicinal practice has identified by National Institute of Mental Health and Neuro Sciences (NIMHANS) setup advanced center with MOU and collaboration with Morarji Desai National Institute of Yoga in 2007. This led to opening of regular yoga service for the patients.

International acceptance of this trend resulted in formation of Yoga therapy centers, integration of yoga in hospital programs, professional trainings of staff for yoga therapy, Associations of Yoga Therapists, (India and abroad) publication of professional and scientific literature has made knowledge in this field widely available.

Recent-Research suggests that yoga has beneficial effects in mitigating the impact

of Neurodegenerative Disorders example include dementias degenerative muscle disorders, acquired brain damage related deficits, developmental disorders.

The theme was to examine the current state of medicalize Yoga and its application from a mental health perspective.

a) Medical Yoga Prescription :

It is considered the use of yoga practices for the prevention and potential treatment of medical conditions. It also incorporates appropriate, breathy techniques, mindfulness, meditation and study in order to achieve the maximum benefits.

As Medical Yoga therapy or Yoga Chikitsa, different from a yoga class, starts with a detailed history and physical examination and assessment from the health practitioner.

The ideal medical yoga prescription includes the yogic practices of breathing techniques, bodily postures, meditation techniques and self reflection/study, a healthy nourishing diet, reducing substances such as caffeine, tobacco, drugs and alcohol healthy sleep hygiene and appropriate support, which may include family, spouse, children, friends and or support groups.

b) Neurotransmitters and Yoga :

Yoga practices can increase multiple neurotransmitters and hormones such as GABA is one of the body's chief inhibitory neurotransmitters and acts as an important player in the body's response to stress, fear, depression, anxiety and sleep regulation. Lower than normal levels of GABA in the brain have been associated with schizophrenia, depression, anxiety, post-traumatic stress disorders, and epilepsy and sleep disorders.

Multiple studies have shown that the practice of yoga and meditation may work in increasing GABA levels in the brain.

c) Telomeres and Yoga :

As meditation, mindfulness practices and yoga may work to keep our minds and bodies potentially stabilizing and even lengthening telomeres (end part chromosome).

Telomeres are small, repetitive and found at the end of chromosomes which protect the chromosome from deterioration and cell death.

As they shorten, proceeds with cell death, premature aging-related diseases including cardiovascular disease, stroke, obesity, Alzheimer's.

In 2008, Dean Ornish found a significant association between comprehensive lifestyle (including Yoga, Meditation, breathing, Stress Management and a healthy whole-food, plant based diet) increased telomerase activity in human peripheral blood mononuclear cells.

d) DNA and Yoga :

Regular practice of yoga correlating the study upon improvement mechanism of the antioxidant acting of glutathione status of body.

Glutathione (GSH) by nature is water soluble tripeptide found in all cells of the body, inside body, due to several endogenous and exogenous factors, oxidative damage to DNA resulting causes various necrotic and metabolic disorders including cancer.

Practicing pranayama every day in a routine manner not only increases the capacity of lungs but also increases the oxygen supply to the body which

positively impacts upon the production of ATP in mitochondria (most important requirement for the synthesis of endogenous Glutathione is ATP)

Result:

Yoga practices have been shown to be beneficial as Yoga Chikitsa in the treatment of a wide variety of psychological and medical conditions such as depression, anxiety, post-traumatic stress disorder, hypertension, cardiovascular disease musculoskeletal, chronic pain, balance problem because yoga has been found to be effective in inducing autonomic arousal and in counteracting the factors, which are known to affect stress disorders.

Clinical Implication:

Yoga techniques are associated with:

References:

1. Stephens Ina. Medical Yoga Therapy 2017 <http://mdco.com>
2. Mukhopadhyaya R. Impact of yoga upon DNA repair mechanism, J Traditional Knowledge, 2017, pp 117-121.
3. Marie Charlene, Yoga as Therapy for Neurodegenerative disorders, 2014 (2) 33-38.
4. Sen J, Yoga: Therapy, J clinical practice, 2013 (2) 118-121.

- Decrease in Sympathetic activity with a corresponding increase in parasympathetic activity.
- Tone down mal-adoptive nervous system arousal and can be helpful practice for patients with post-traumatic stress disorder (PTSD)
- Effects on cognitive activity and Cerebral neurophysiology with release of Serotonin for 'feel good'
- Yoga can increase brain GABA levels and optimizes the symptoms of panic, anxiety, obsession, depression which helps in an individual's ability to calm down, relax and sleep.

Conclusion:

The Yoga is thus an alternative medicine in both preventive and curative therapy with high yielding and relatively low risk improvement to overall health.