



Health for all

*Welcome
to Karnataka
THE YOGA CAPITAL
OF THE WORLD*

International Conference on Yoga, Naturopathy and Arogya Expo-2012

THEME: YOGA AND NATUROPATHY FOR HOLISTIC HEALTH

February 9-13, 2012
Bengaluru, Karnataka, INDIA



SOUVENIR



ORGANISERS

Dept. of AYUSH,
Government of Karnataka



Sri Dharmasthala Manjunatheshwara
College of Naturopathy and
Yogic Sciences & Hospital, Dharmasthala



Swami Vivekananda
Yoga Anusandhana Samsthana
(S-VYASA Yoga University), Bengaluru



Karnataka Indian Medicine
Manufacturer's Association
Bengaluru



Sri Ramanuja Mission Trust
Chennai



International Naturopathy Organization
New Delhi



Karnataka Pradeshha Prakruthika
Chikitsa Parishad, Bengaluru



Swamy Vivekananda Yoga, Research and
Holistic Health Trust, Bengaluru

www.icyn.net



DEPARTMENT OF AYUSH GOVERNMENT OF KARNATAKA



The Department of AYUSH manages the following Health systems:

- A: Ayurveda
- Y: Yoga and Naturopathy
- U: Unani
- S: Siddha
- H: Homeopathy

The Department has following wings:

1. AYUSH Hospitals(103 No) And Dispenseries(659 No)
2. AYUSH Medical Colleges(Govt-6, Aided-5, Private-65)
3. AYUSH Pharmacy(Govt-1,Private-185)
4. AYUSH Drug Control
5. AYUSH Drug Testing Laboratory

Doctors Registration and Regulatory Board:

- a) Karnataka Ayurveda and Unani Practitioners Board
- b) Karnataka Homeopathy Practitioners Board

Systemwise AYUSH Dispensaries:

Ayurveda	- 561
Unani	- 50
Homeopathy	- 43
Nature cure	- 5

Programmes Implemented by the Department:

1. **Yoga Programmes:**
15 taluks covered under this programme more than 2000 teachers covered-Beneficiaries- 2 lakh students
2. **Anemia project:**
Adopted 60 schools covering 6000 students



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SOUVENIR

www.icyn.net



About the Conference

The first international conference on Yoga and Naturopathy is creating a global platform for all stakeholders to engage in intellectual exchange to strengthen the evidence based practice of Yoga & Naturopathy, to network with each other and to reaffirm their sense of purpose to establish Yoga & Naturopathy as a system of choice to deal with challenges of lifestyle diseases. It showcases advances in relevant fields, orients students and facilitates interaction between health care professionals, therapists, academicians, policy makers, saints & health educators. This conference is being envisioned as a single largest platform to unite Yoga and Naturopaths across the world together; thereby capitalize on each other's strengths and work towards evidence based-traditionally authentic education and clinical practice of Yoga & Naturopathy. There is a desperate need to engage in high quality research to demonstrate the clinical benefits of Yoga & Naturopathy, thus meet the regulatory requirements in establishing Yoga & Naturopathy as a recognized system of healing.



About the Arogya Expo 2012

The AROGYA Expo 2012 at International Conference on Yoga and Naturopathy is slated to be the largest of its kind in Complimentary and Alternate Health care system. Arogya Expo is aimed at showcasing the best of Complimentary & Alternative health care system. The Expo is unique in terms of Scale, Exhibit variety because of Visitor Turnout, Business Volume, and involvement and support of trade & business houses & associations of National & International importance in AYUSH Sector, besides state and central government organisations.

Taking into consideration the interest and awareness levels about Yoga & Naturopathy in general public, backed by publicity in Print, Audio Visual Media. AROGYA Expo 2012 is expected to bring in not less than 5 Lakh visitors.

Visitor profile of the Expo is diverse and includes AYUSH Practitioners, Marketing Strategists, Professionals and Consultants, Policy Makers, Diplomats, representatives of foreign corporations, industry associations and trade delegations from India and Abroad, Businessmen, Manufacturers, Retailers and the general public. Taking into consideration the interest and awareness levels about Yoga & Naturopathy in general public, backed by publicity in Print, Audio Visual Media.

The visitors benefit from an array of exhibits put out by Yoga & Naturopathy Institutions, Practitioners, Organisations, Yoga centres, besides other AYUSH Practitioners, Hospitals and Pharma segment of all AYUSH Systems. AYUSH based service institutes and centres, Research Institutes and Departments, Laboratory Equipments and machinery manufacturers, Hospital and Surgical equipments, Insurance Companies, Health Tourism Industry with special focus on Naturopathy Centres, Herb Traders and Medicinal plant cultivators.



About the International Working Group

On Feb 13, 2012, the International Working Group would be established. All the international experts would participate in the day – long deliberations to form an agenda for the working group.

The expected outcomes of the working group are:

1. A focused group working on research; education; and clinical agenda of Yoga and Naturopathy as a system of medicine
2. Explore research collaborations between the leading institutions
3. Initiate student and faculty exchange programs between Indian institute and recognized global schools in Yoga and Naturopathy
4. Explore the possibility of establishing 'equivalency' between Indian courses and international courses offered in different countries
5. The working group will be an advocacy agency in recommending right regulatory policies for Yoga and Naturopathy



About the Pre-Conference Workshops

Department of Ayush Govt of Karnataka, with leading Yoga and Naturopathy organization of the country has conducted the international Yoga and Naturopathy conference on 9th to 13 February at Gaytri Vihar palace grounds, Bengaluru. This conference has explored detailed knowledge about Yoga and Naturopathy to the world. All though the aim was to explore globally this becomes impossible. for everyone to attend at the destination. to overcome this lacuna pre conferences were held at different parts of the world.

The pre conferences were conducted to educate the general public Yoga, Naturopathy and related Indian healing systems. Education, information and communication through demonstrations, presentations and conducting workshops were the events to reach the public.

we have entered a record breaking more than 400 symposia globally by more than 108 organizers, it is an unbelievable phenomenon still it a fact! It will remain always as cherished memories. It started as a single man show which is initiated by Sri Devaraj at the month of May 2011 at the end it was a huge success and more and more people joined hands with thus to make this pre conference a grand success. When we look back we thought of crossing 100 workshops is a reality now it crossed 400 and it's going on like a flow of river. We wish it should continue forever after main conference too, for us sky is limit.

We have done pre conferences not only in villages of India but also across the world in 19 platforms viz US.A, South Korea, Germany, & Singapore which is hub of pre conferences. The subject discussed multi-dimensional and specially related to known and unknown ancient Indian healing system! The direct beneficiaries of this conference crossed 1 lakh directly and others not documented.

The Moto of our pre conference organizers is to create awareness, in-



depth knowledge, and research of the great ancient Indian healing system and document it for the future generation. With all your kind hearted help we have achieved targeted population across the society from SEVA BASTI (slum) TO UNIVERSAL STUDIO! The major breakthrough work shop for jail inmates, Gramena yoga Abhiyana, and Holistic health for school children, women empowerment, and yoga for Trans gender, HIV infected and sex workers etc....

On the other side special workshop were designed to document and promote hidden, unknown, and popular therapies which are up to know less known to the society. like Vaasi yoga, dance therapy, music therapy, jeevanathatva therapy, fingertip revolution, etc

The highlight of our pre conference is conducting workshops in prestigious institutions like Jayadeva instate of cardiology, Shree dharmas-talamanjunathaeswara college of naturopathy and yoga, ujire, SVYSA Bangalore, central instate like CFTRI, DFRL, Corporates like CIMAP etc.....the objective of such type of workshop is not only to popularize the Holistic health but show the scientific world the proven efficacy of traditional healing system.

Features

- Souvenir/ brochure is a unique, comprehensive collection and documentation of the unknown ancient hidden traditional healing systems of india and will be a data base of all resource persons, organizations and will become a directory.
- Track is a platform for all the pre-conference organizers and resource persons to exchange their knowledge among each other.
- Pavilion is a display of all the pre conferences conducted, showcase of therapy and case results with photography
- Newspaper ad before the main conference, to bring it to the attention the general public and record the event.
- CTD is a space selected for consultation, training and demonstrations by the pre-conference organizers and resource persons will be active on all 5 days of the conference 9th- 13th feb.2012.



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Foreword

HONARARY CHAIRMAN:

Dr H R Nagendra, ME, PhD

Why is that yoga and naturopathy as also Ayurveda being considered today in USA and also in many advanced countries? Failure of the reductionist matter-based approach of modern science which worked so well to deal with contagious and infectious diseases, has failed to offer a cure to modern life style non-communicable diseases (NCDs) which have become a new Pandemics of the modern era and Science and technology. Why? Mater-based approach is dealing with the physical and the challenge for the modern pandemics

What is the way out? A multi-dimensional solution offered by Yoga, Naturopathy and ancient healing systems of AYUSH developed and practiced for thousands of years in India. Based on the Consciousness-based approach saying that Consciousness is primary and matter is the end product and not the reverse as modern scientists have been trying to think and use.

Acceptability of these systems needs validation in the modern language of the West – standardized drugs and the gold standard RCT double blind studies for drug trials. And to some extent even to non-pharmacological intervention systems as yoga and Naturopathy. But the mind set of AYUSH practitioners that “such research is not needed, as we have established these systems for ages” has prevented scientists of lore in these systems from evolving newer methods of research or adoption of present gold standard methods of investigation to establish



the efficacy of these interventions. But the young brains trained in modern scientific research methods have accepted this challenge and have started research in these AYUSH systems also. Many conferences have been held over the last 20 years to update researches going on throughout the world. Among these this conference on Yoga and naturopathy is the first of its kind largest conference with nearly 5000 delegates taking part in the event in the silicon valley of India, Bengaluru which is also known for its spiritual growth and Yoga institutions and a university bringing Yoga into academic excellence. The conference will be an eye opener for thousands if not millions about the efficacy of Yoga and naturopathy as an effective non-pharmacological adjunct to other systems of medicine including modern medical system. It will stimulate large number of practitioners of these systems to take up intensive and extensive research to tackle these NCDs in general and Diabetes, a national challenge and HIV, challenge of Karnataka in particular.

The conference has brought many key institutions of lore in Yoga and naturopathy learning to work as a harmonious whole co-ordinating our strengths to achieve success through this conference paving way for bigger collaborations in future. The support of Govt. of Karnataka Dept of AYUSH has added strength to this venture and we hope that bigger support for research to unearth the hidden secrets of our ancient healing systems will be forthcoming in future.

As the Honorary Chairman of the executive Committee, I am grateful to all members of our team who have worked day and night for weeks if not months to make this event such a success.



Foreword

ORGANIZING CHAIRMAN:

Sri G N Srikantaiah, IFS

While the word Yoga means 'union', it also means that 'divine grace and opportunity' to experience every single domain of life. Thus, I have this unique Yoga of heading Department of AYUSH, Government of Karnataka and Suyoga [special grace & opportunity] to organize this first International conference on Yoga and Naturopathy. The scale and technical exposition of this conference is first of its' kind and setting standards for future events. The vision of this conference was evolved by connecting with distinguished professionals and organizations in the field of Yoga and Naturopathy and I am very pleased that we have been able to put together a grand show for professionals in AYUSH systems, conventional medicine and public alike. This conference is the first ever attempt to bring all the stake holders viz., decision makers; policy makers; researchers; academicians; Yoga & Naturopathy physicians; Yoga therapists; allied healers; health educators and patients living the life of Yoga & Naturopathy- together on one grand platform. Accordingly, our scientific committee has evolved a unique conference structure under five parallel tracks to cater to the needs of all the stakeholders listed above. Our souvenir committee has conceptualized and structured this souvenir to make this as a 'table top reference book for Yoga and Naturopathy' with numerous features and sections. Yoga & Naturopathy community in India has never been connected to the rest of the world, in this direction; we have one of the largest representations of international experts from across the World. The conference is embedded with a large scale health exhibition – arogya EXPO 2012, to showcase the concept of Yoga & Naturopathy in home pavilions; display therapies and products through over xxx stalls. Yoga & Naturopathy is the ONLY drugless; mind-body medical system amongst the five AYUSH/ Indian systems of medicine, which can integrate with conventional medicine as lifestyle intervention. The goal of this conference is to make Yoga & Naturopathy a preferred system of medicine which is rooted in tradition with scientific evidence leading to health, wealth and happiness.



Preface

CHAIRMAN, SOUVENIR COMMITTEE:

Dr Naveen Visweswaraiah, BNYS, Ph.D.

The demography and the epidemic proportions of the modern diseases viz., non-communicable diseases; neuro-degenerative disorders and all forms of carcinomas; commonly referred to as stress-related; lifestyle related and psycho-somatic diseases endorses the relevance of Yoga and Naturopathy as one of the most promising lifestyle medicine. In this context, the timing and scale of the first international conference on Yoga & Naturopathy matches the desperate need for an urgent corrective measure in healthcare especially in countries like India. This conference brings wisdom from diverse stakeholders and hence is structured with unique features viz., Plenary talks; Research symposium; Education symposium; Public advocacy sessions in Hindi & Kannada; and Training & Skill Development Workshops. The conference and the souvenir embraces international format in having theme based symposium with invited talks and free communications presented as posters. To encourage scientific temperament the best 20 papers would be presented as oral presentations. The integration of Yoga & Naturopathy with conventional medicine is possible when Yoga & Naturopathy professionals actively interact with professionals from the conventional medicine. To ensure this much needed interaction, researchers & clinicians from conventional medicine are well represented in each of the five tracks. Outside India, Yoga & Naturopathy is separately taught; practiced and regulated, whereas in India, Yoga & Naturopathy has evolved to be one consolidated drugless; mind-body medicine. To share and incorporate this invaluable Indian experience, we have one of the largest and influential representations from Yoga & Naturopathy communities from across the World. The challenge was to bring out a souvenir that represents this memorable effort. In this regard, the souvenir emerges as 'a must read reference book' with first of its' kind features viz., concept papers, position papers and technical directory. Thus, this conference heralds a new beginning for the global community of Yoga & Naturopathy.



CHIEF PATRON

Sri D.V. Sadananda Gowda

Hon'ble Chief Minister, Karnataka State

Rajarshi Padma Bhushan Dr. D. Veerendra Heggade

Dharmadhikari, Sri Kshetra, Dharmasthala

Prof. S.A.R. Prasanna Venkatachariar Chaturvedi Swamiji

Founder Chairman, Sri Ramajuna Mission Trust, Chennai

PATRONS

Sri S.A. Ramdas

Hon'ble Minister of Medical Education, Govt. of Karnataka

Padmavibhushana Justice M.N. Venkatachalaiah

Former Chief Justice of India

Justice Dr. Rama Jois

Former Chief Justice & Former Governor of Jharkhand State

Sri Jai Prakash Agarwal

Chairman, International Naturopathy Organization, New Delhi

Sri Poobalan

Chief Executive Officer, VSL Group, Bengaluru

Dr. Mohan Alva M.

Chairman, Alva Group of Institutions, Moodabidre



Conference Executive Committee



from left - Sri Neelakanthachar, Sri Manjunatha Swamy, Dr. Prashanth Shetty, Sri Devaraj, Sri G.N. Sreekantaiah, Dr. H.R. Nagendra, Sri J.S.D. Pani, Sri Anant Biradar

Sl No	Name and Institute of the Institute	Designation
1	Dr. H.R. Nagendra Vice Chancellor, S-VYASA Yoga University, Bengaluru	Chairman
2	G. N. Sreekantaiah Director, Department of AYUSH, Government of Karnataka, Bengaluru	Chairman
3	Dr. H. Sreenivasaiah President, Karnataka Pradesha Prakruthika Chikitsa Parishath, Bengaluru	Vice- Chairman
4	Sri. J.S.D. Pani President, Karnataka Indian Medicine Manufacturer's Association, Bengaluru	Secretary
5	Sri Devaraj President, Swamy Vivekanada Yoga Research & Holistic Health Trust, Bengaluru	Co-ordinator
6	Dr. Prashanth Shetty Chief Medical Officer, Sri Dharmasthala Manjunatesheshwara College of Yoga and Naturopathy, Dharmasthala	Member
7	Sri Ananth Biradar General Secretary International Naturopathy Organization, New Delhi	Member
8	Sri. Varadan Chandar Trustee, Sri Ramanuja Mission Trust, Chennai	Member

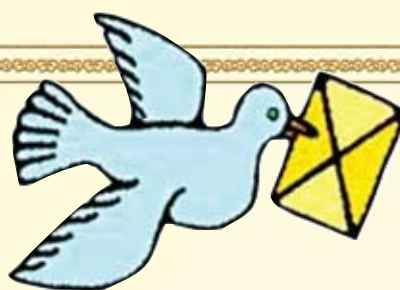


Structure of the Conference

Program and Time		Feb 10	Feb 11	Feb 12
9.00-9.30 am Morning Session		Poster Display Session	Launching International Working Group	Poster Display Session
9.30-11.00 am Plenary session			Padmabhushan Sri B K S Iyengar	• Padmabhushan Prof. BM Hegde • Prof. Shirley Telles
11.00-11.30 am: Tea Poster Session			Herbal Tea Break & Poster Display Session	
11.30-1.30 pm Forenoon Session	Track 1 Research Symposium		9.30-12.10 pm Inaugural Ceremony	Yoga And Naturopathy In The Management Of Non-Communicable Diseases
	Track 2 Education Symposium	Professional Yoga Education In The Western World		Professional Naturopathy Education In The Western World
	Track 3 Public Advocacy: Hindi	Clinical Applications Of Naturopathy		Yoga And Naturopathy Promotion Of Health & Disease Prevention
	Track 4 Public Advocacy: Kannada	12.15 – 01.00 pm Inaugural Keynote Dr HR Nagendra	Yoga- shasthradhara mathu chikithse	prakruthi chikithsayalli upavasa hagu aharada mahatva
	Track 5 Training & Skill Development Workshop		• Yoga Mudras For Health & Disease • Mindfulness Meditation	• Yoga Therapy For Women’s Health • Measuring Subtle Energy In Health And Disease
1.30-2.30 pm: Lunch				



2.30-4.30 pm Afternoon Session	Track 1 Research Symposium	Yoga And Naturopathy As A Wellness Strategy And Preventive Medicine	Oral Prize Paper Session	Yoga And Naturopathy For Pain, Neuro-Degeneration And Carcinomas
	Track 2 Education Symposium	Challenges In Professional Yoga And Naturopathy Education	Oral Prize Paper Session	2.15-3.30 pm Establishing capacity & Global Standards For Yoga And Naturopathy Education
	Track 3 Public Advocacy: Hindi	Essentials Of Hospital Management And Research	Management Of Lifestyle Disorders Through Yoga And Naturopathy - A Scientific Evidence	Panel Discussion
	Track 4 Public Advocacy: Kannada	Prakruthi Chikithse: Adhara Mathu Upayukthate	Yogadalli Pranayamada Mahathva	Mahileyara Arogyakkagi Yoga Mathu Prakruthi Chikithse
	Track 5 Training & Skill Development Workshop	Workshop On Clinical Acupuncture & Acupressure	• Comprehensive Energy Healing For Life Systems • Emotional Culture Through Bhakti	
4.30-5.00 pm: Herbal Tea Break & Poster Display Session				3.30-5.30 pm Closing Ceremony
5.00-6.00 pm Panel Discussion		Professional Yoga & Naturopathy Education		
6.00-7.30 pm Guruvandana and satsang		Satsang by Sri Sri Ravishankar Ji, Foundr, AOL, Bangalore & SVRP Charturvedi Swamiji, Founder, SRMT, Chennai	4.30-7.30 pm Guruvandana	Visit to Arogya Expo 2012
7.30-9.30 pm Cultural Program		Yoga & Bhagavad Geetha, by Raasaa Vrunda Shool of Dance, Mysore	Kannadotsava- by Ajanta International Cultural education Society. Bhudda the Great - Sristi Centre of Performance Mahotsava - By SDM College students	1. Artistic Yoga - By Amritha Yoga Kendra 2. Shankaracharya - Keshava Nritya Shala 3. Sridevi Vaibhava - By Natyanjana
9 th Feb 2012 Cultural Program - A dance of Srividya & Kundalini Yoga - By Ruthaa Kalashrama Trust				



Messages



Each soul is potentially divine. The goal is to manifest this divinity within by controlling nature, external and internal. Do this either by work, or worship or psychic control or philosophy – by one or more or all of these and be free

- Swami Vivekananda



राष्ट्रपति
भारत गणतंत्र
**PRESIDENT
REPUBLIC OF INDIA**

MESSAGE



I am happy to learn that the Department of Ayush, Government of Karnataka is organizing an International Yoga and Naturopathy Conference during February 9-13, 2012 at Bengaluru.

Yoga, an ancient Indian science, includes many techniques such as cleansing, physical postures, voluntarily regulated breathing, relaxation and meditation. Naturopathy is a combination of drugless natural therapies based on the principle of using five elements for healing purposes. There is a need to engage in high quality research to demonstrate the clinical benefits of Yoga and Naturopathy. I am sure that the Conference will be a platform for all stakeholders to engage in exchanging ideas on how to strengthen the practice of Yoga and Naturopathy.

I extend my warm greetings and felicitations to the organizers and the participants and wish the Conference all success.

Pratibha Patil
(Pratibha Devisingh Patil)

New Delhi
January 10, 2012



एस. एम. कृष्णा
S. M. KRISHNA



विदेश मंत्री, भारत
MINISTER OF EXTERNAL AFFAIRS
INDIA

No: 3520 /EAM/2011

April 14, 2011

I am glad to learn about "International Conference on Yoga, Naturopathy and Arogya Expo: Yoga and Naturopathy for Holistic Health" at Bengaluru from Feb 9 – 13, 2012 organized by Dept. of AYUSH, Government of Karnataka and some leading Yoga and Naturopathy institutes in Karnataka.

Let yoga and Naturopathy reach every corner of the world and bring good health and peace.

I wish Conference a grand success and congratulate you all in this worthy effort.

Yours sincerely,

(S.M. Krishna)



Shekhar Dutt SM
GOVERNOR OF CHHATTISGARH



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NO/ 683 /PRO/RS/12
Raipur, 20 Jan, 2012

MESSAGE

It is a matter of great pleasure that the Department of Ayush, Government of Karnataka is going to organize an International Conference on Yoga, Naturopathy and Arogya and also publishing a Souvenir on this occasion.

Yoga and Naturopathy are traditional sciences which are basically related with living healthily in nature. They are old and effective methods of treatment from ancient times in India. Today many countries of the world are adopting this traditional treatment. I hope that this conference and Souvenir will be able to achieve its goal.

I convey my best wishes for the success of conference.

(Shekhar Dutt)



Email : nitingadkari@gmail.com | www.nitingadkari.org |

Nitin Gadkari

National President, Bharatiya Janata Party



Message

I am glad to know that International Naturopathy Organisation is organising an International Conference on Yoga and Naturopathy and Arogya Expo-2012 at Bengaluru.

The Indian systems of Yoga and Naturopathy are amongst the first health systems in the world to have attained the status of complete science almost 5000 years ago. The benefits of these systems need to be propagated & promoted to people world over.

I am happy to know that this conference shall provide excellent opportunity to practitioners & people at large and help them understand the efficacy of Yoga Naturopathy and deliberate on new vistas.

I extend my warm wishes for the success of the conference.

With warm regards,

Yours

Nitin Gadkari

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NAGPUR | Gadkari Wada, Upadhye Road, Mahal, Nagpur 440 002. Telefax : +91-712-272 7127, 272 7145



ಕರ್ನಾಟಕ
ಕರ್ನಾಟಕ ಸರ್ಕಾರ ಅಧಿಕೃತ ಅಂತರಜಾಲ



KARNATAKA

Official Website of Government of Karnataka



D.V. Sadananda Gowda
Chief Minister,
Karnataka

MESSAGE

I am glad to be the Chief Patron of the first International Conference on Yoga & Naturopathy and Arogya Expo 2012. It is a matter of pride for the Government of Karnataka to take such an initiative and to lead the Yoga & Naturopathy movement in combating the epidemics of non-communicable diseases. This surely magnifies Karnataka's health and cultural strength on an international platform, truly highlighting Karnataka as the World Capital of Yoga. I am sure the Research and Education symposia in the conference will promote an evidence-based practice of Yoga & Naturopathy to gain netter professional and public acceptance. The public advocacy in hindi & kannada will enhance the awareness and propagation of this system. The training & skill development will further enhance the capacity & skill of the professional.

This will be the first of its kind event on Yoga & Naturopathy in the history of in India, and probably even in the entire world! I congratulate the entire team of the International Conference on Yoga and Naturopathy and Arogya Expo 2012 for organizing such an event on such a large scale. I wish them all the success.



D. VEERENDRA HEGGADE



DHARMASTHALA - 574 216

D. KANNADA, KARNATAKA

☎ : OFFICE : (08256) : 277121

E-Mail : dvheggade@hotmail.com

Date:10.11.2011

Received your letter and I am happy to note that you have planned to organize the International Conference on Yoga, Naturopathy Arogya Expo-2012 at Bangalore.

As desired by you, I am glad to accept to be the Chief Patron of the conference.

I wish the Conference all success and pray Lord Manjunatha Swamy to bless all your efforts with great success.

Thanking you,

Yours sincerely,

D. Veerendra Heggade
(D.VEERENDRA HEGGADE)



Date: 16-01-2012

Message

With the emerging effects of global warming and the climate change, mankind across the world planet has started to surrender its health problems to Nature. Yoga and naturopathy are the sure ways to cure the patient for holistic health. Various esteemed institutions of excellence in the field of yoga and naturopathy are keen to contribute for the interest of general public.

I express my immense pleasure that Department of Ayush in Government of Karnataka is organizing an **International Conference on Yoga, Naturopathy and Arogya Expo-2012** at Bangaluru in Feb. 2012. A souvenir containing articles on Holistic health, naturopathy and yoga is being published to create health awareness.

I convey my best wishes to the dignitaries, delegates and experts, attending this global event and wish the conference every success.

(Narendra Modi)

Narendra Modi

Chief Minister, Gujarat State



PREM KUMAR DHUMAL
प्रेम कुमार धूमल



CHIEF MINISTER
HIMACHAL PRADESH
मुख्य मंत्री
हिमाचल प्रदेश

Message

It gives me immense pleasure to the International Conference on Yoga, Naturopathy and Arogya Expo-2012 from February 10 to 12, 2012 at Bangalore is been organised

Yoga and Naturopathy invented and researched by saints and sages, happens to be the most important health care practices in vogue in India since the time immemorial. We feel proud in telling the world that Yoga and Naturopathy have originated from India which are now getting recognition the world over for its curative qualities with no side effects. Besides cost effective, ancient, efficient system of health care which is holistic, preventive, diagnostic and curative in its nature, has won the confidence of the people across the world which are shifting from allopathic system of medicine to the Indian system. Our saints and sages who have practiced Yoga and Naturopathy, have been living a long ailment free life since the system has qualities of curing a number of incurable ailments as well.

I hope the International Conference shall be an appropriate occasion to popularize the system amongst the people residing in different countries of the world and motivate them to go for safe and sure curative measures to lead a long and healthy life.

I send my best wishes for the grand success of the International Conference on Yoga and Naturopathy and Arogya Expo-2012.


(Prem Kumar Dhumal)

H.P. SECRETARIAT, ELLERSLIE BLDG. SHIMLA-171002 Phone:0177-2625819(O) 2621384 (R) FAX: 2625011(O)

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No. MME/225 /201 |

Date: 31.5.2011

MESSAGE

I am happy to know that the International Conference on Yoga, Naturopathy and Arogya Expo-2012 is being held at Bengaluru from the 10th to the 12th February 2012. I am extremely pleased to know that delegates and NGOs from across the Country will be participating in this unique Conference. I hope this occasion will create a forum to discuss strategies to achieve a great concept / vision that is 'health for all' by the year 2020.

As all of you, are aware that Ayurveda, is one of the most ancient and traditional science, which basically advocates living healthy in consonance with nature. It revolves around the five basic elements of existence, that is, earth, water, fire, air and ether. In other words, it is called 'panchabhutam'. It is believed that the 'pancha bhutam' should be maintained, otherwise it would lead to number of natural calamities such as floods, cyclones earthquakes etc. Ayurveda and Naturopathy advocates the philosophy that every living creature in the universe is made up of the said five elements. These elements stand out as the building blocks of life.

This Conference on Yoga and Naturopathy should dwell elaborately on the various aspects of Ayurvedic Medical Education, latest research and development in the field of Yoga, Naturopathy, Maintenance of Ayurvedic Herbal Gardens growing Aromatic and Medicinal Plants etc.

I am happy to learn that a brochure to be released on this occasion will cover issues like the present scenario of Yoga and Naturopathy Education, Research and Current Developments in the field of Yoga and Naturopathy.

I once again wish this Conference a grand success.




(S.A. Ramadass)
Minister for Medical Education



SHOBHA KARANDLAJE

Minister for Energy, Food,
Civil Supplies & Consumer Affairs
and
Chikkaballapur District
Incharge Minister



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NO : 1878/2011

Date: 09-06-2011

Message

I am happy to know that Dept. of AYUSH, Government of Karnataka is organizing a "International Conference on Yoga, Naturopathy and Arogya Expo: Yoga and Naturopathy for Holistic Health" between from Feb 9 – 13, 2012.

Yoga and naturopathy is considered as the science of longevity and it is a curative medicine of the mind. Unnatural lifestyle causes imbalances in the psycho-physical-intellectual-spiritual make-up of the individual. Naturopathy and yoga treatment is becoming more and more popular throughout the world. The yogic way of life includes a code of ethics, regulations, discipline and more, combined with prayer and meditation.

Conference should give more emphasis about yoga, naturopathy, arogya with greater information. I sincerely appreciate and convey my heartiest congratulations for the interest established by these organizations and wish them all success in their endeavor.

Shobha Karandlaje
(Shobha Karandlaje)





“ಕನ್ನಡ ಅನುಷ್ಠಾನ ವರ್ಷ-೨೦೦೯”

JAGADISH SHETtar
MINISTER FOR RURAL DEVELOPMENT
AND PANCHAYAT RAJ



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30-06-2011

No. MRDPR/1464/2011

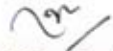


MESSAGE

I am glad to know that Dept. of AYUSH, Government of Karnataka and some other leading Yoga & Naturopathy Institutes are organizing a “International Conference on Yoga, Naturopathy and Arogya Expo: Yoga and Naturopathy for Holistic Health” between from Feb 9 – 13, 2012.

I hope this is going to create awareness about Yoga and Naturopathy in society. Let more and more people practice yoga and Indian system of medicine.

I wish Conference a grand success and congratulate you all in this creditable effort.


(Jagadish Shettar)



C.M. UDASI
MINISTER FOR
PUBLIC WORKS DEPARTMENT

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22033492

Room No. 329, 3rd Floor
Vidhana Soudha, Bangalore - 560 001
01.07.2011

No. MPWD: 1026 2011-12

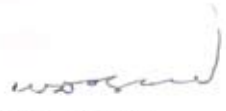
Dated.....

//MESSAGE//

It gives me immense pleasure to know that Dept. of AYUSH, Government of Karnataka and some other leading Yoga & Naturopathy Institutes are organizing a "International Conference on Yoga, Naturopathy and Arogya Expo: Yoga and Naturopathy for Holistic Health" between from Feb 9 – 13, 2012.

It is well known fact that Yoga and Naturopathy is gaining acceptability by almost all sections of the society as the people feel that these methods help keep them fit and healthy without incurring much expenses. I understand that Karnataka Pradesh Prakruthik Chikitsa Parishad is rendering yeoman service in the propagation of Yoga and Naturopathy and it is recognised by the society for its dedicated service. I have no doubt that this conference will contribute in further popularising the Yoga and Naturopathy and in educating the people on the benefit in following these methods.

I wish the Conference every success. My good wishes to all those involved in this event.


(C.M. Udasi)





ವಿ. ಸೋಮಣ್ಣ
ವಸತಿ ಸಚಿವರು ಹಾಗೂ
ತುಮಕೂರು ಮತ್ತು ಹಾಸನ
ಜಿಲ್ಲಾ ಉಸ್ತುವಾರಿ ಸಚಿವರು



ದೂರವಾಣಿ : ಕಛೇರಿ : 080-2225 0637
080-2203 3448

(ಟೆಲಿ ಫ್ಯಾಕ್ಸ್) : 080-2225 1496

ನಿವಾಸ : 080-2330 2397

(ಟೆಲಿ ಫ್ಯಾಕ್ಸ್) : 080-2314 1129

ಕೊಠಡಿ ಸಂಖ್ಯೆ: 314, 3ನೇ ಮಹಡಿ
ವಿಧಾನ ಸೌಧ, ಬೆಂಗಳೂರು - 01

ಸಂಖ್ಯೆ : ವಸತಿ:ಸ/3647/2011

ದಿನಾಂಕ : 12/07/2011

ಸಂದೇಶ

ಆಯುಷ್ ಇಲಾಖೆ ಹಾಗೂ ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ವತಿಯಿಂದ 2012ರ
ಫೆಬ್ರವರಿ 10-12ರಂದು ವಿಶ್ವ ಮಟ್ಟದ ಯೋಗ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸಾ ಸಮ್ಮೇಳನವನ್ನು
ಆಯೋಜಿಸಿರುವುದು ಸಂತೋಷದ ವಿಷಯ. ಭಾರತದ ಪ್ರಾಚೀನ ವಿದ್ಯೆಯಾದ ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ
ಮತ್ತು ಯೋಗವು ಜನರಿಗೆ ಆರೋಗ್ಯವನ್ನು ನೀಡುವಲ್ಲಿ ಮಹತ್ತರ ಪಾತ್ರವನ್ನು ವಹಿಸುತ್ತಿದೆ.
ಇತ್ತೀಚೆಗೆ ಪಾಶ್ಚಾತ್ಯರಿಂದ ಹಿಡಿದು ಜನ ಸಾಮಾನ್ಯರೂ ಕೂಡ ಇದರಡೆಗೆ
ಆಕರ್ಷಿತರಾಗುತ್ತಿದ್ದಾರೆ. ಇಂತಹ ಸನ್ನಿವೇಶದಲ್ಲಿ ಈ ಸಮ್ಮೇಳನವು ಅತ್ಯಂತ
ಉಪಯುಕ್ತವಾಗಿದೆ.

ಈ ಸುಸಂದರ್ಭದಲ್ಲಿ ಸ್ಮರಣ ಸಂಚಿಕೆಯೊಂದನ್ನು ಹೊರತರುತ್ತಿರುವುದೂ ಸಹ
ಅತ್ಯಂತ ಸಂದರ್ಭೋಚಿತ. ಅರ್ಥಮೂರ್ತಿಯಾಗಿ ಆಯೋಜಿಸಲಾದ ಈ ಸಮ್ಮೇಳನದ ಫಲ
ಸರ್ವರಿಗೂ ಲಭಿಸುವಂತಾಗಲಿ ಹಾಗೂ ಸ್ಮರಣ ಸಂಚಿಕೆ ಸುಂದರವಾಗಿ ಮೂಡಿಬರಲಿ ಎಂದು
ಹಾರೈಸುತ್ತೇನೆ.



GDP-MIN-KAN

(ವಿ. ಸೋಮಣ್ಣ)



Ramāmaṇi Iyengar Memorial Yoga Institute

1107-B/1, SHIVAJINAGAR, PUNE : 411 016, (INDIA) PHONE : 25656134

It is heartening to note that the " Karnataka Pradesha Prakruthika Chikitsa Parishad, Sri Ramanuja Mission Trust and Swami Vivekananda Yoga Research and Holistic trust are organising an International Conference on Yoga Naturopathy and Arogya Expo in February 2012.

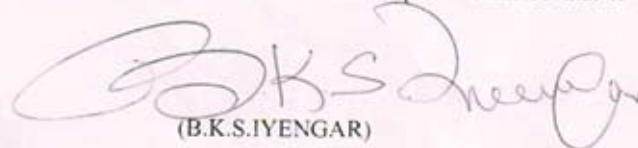
Today the necessity of keeping sound health and peace of mind, clarity of intelligence and benevolence in life has become a necessity.

Rishi's of yoga trace various means to maintain good physical health and soundness in mind in the form of Yoga, Naturopathy, Ayurveda and so many other avenues. As health is 100 percent subjective as far as my experience goes, yoga plays a subjective role in building up defensive power by maintaining the two gates of health; the respiratory system and the circulatory system, in a sanctified state. Whereas the other branches of health objectively triggers health to work subjectively to build up health in the body and mind. Therefore, I feel that yoga, which directly helps in building up health and well-being, is more important for the organisers to educate and build up the importance of gaining and maintaining subjective health through yoga.

Health is like a flowing river which moves forward creating freshness moment to moment and hence I wish this conference a grand success paying attention on the practical aspect of health which progress forward through yoga.

I am happy that such conferences are held to kindle the interest in minds of the people regarding the importance of health from physical, moral, mental, intellectual and divine health. I wish this International conference to lit the lamp of health so that it remains flaming forever.




(B.K.S.IYENGAR)



ಶ್ರೀ ಶ್ರೀ ಶಿವಕುಮಾರಸ್ವಾಮಿಗಳು

ಶ್ರೀ ಸಿದ್ಧಗಂಗಾ ಮಠ
ತುಮಕೂರು - 572 104, ಕರ್ನಾಟಕ ರಾಜ್ಯ.

ಕಾರ್ಯಕವೇ ಶೈಲಾಸ



☎ : 2282211
: 2282411

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wamigalu@yahoo.in

ಕ್ರ. ಸಂಖ್ಯೆ : 932/2011-12

ಸಾಂಕ : 2/08/2011

ಸಂದೇಶ

ದಿನಾಂಕ 10-12-2012 ಪೆಚ್ಚವರಿ 2012 ರಂದು ಆಯೋಜಿಸಿರುವ ವಿಶ್ವಮಟ್ಟದ ಯೋಗ ಮತ್ತು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸಾ ಸಮ್ಮೇಳನದ ಪರವಾಗಿ ಕರ್ನಾಟಕ ದರ್ಶನ ಕಾರ್ಯಕ್ರಮವು ಶ್ವಾಸನೀಯವಾದುದಾಗಿದೆ.

ಯೋಗ ಸಂಪ್ರದಾಯವು ಯಮನಿಯಮಗಳಿಂದ ಸಾಮಾಜಿಕ ಜೀವನವನ್ನೂ ವ್ಯಕ್ತಿಗತ ಜೀವನವನ್ನೂ ಪರಿಷ್ಕರಿಸಿ ವ್ಯಕ್ತಿಗೆ ಧರ್ಮ ಮತ್ತು ನೈತಿಕ ಜೀವನಗಳ ದಾರಿಯನ್ನು ತೋರಿಸಿದೆ. ಆಸನಗಳಿಂದ ಶರೀರದಾರ್ಥ್ಯವನ್ನು ಸ್ಥೈರ್ಯ ಮತ್ತು ತಾಳ್ಮೆಗಳನ್ನು ಉಪದೇಶಿಸಿದೆ. ಪ್ರಾಣಾಯಾಮದಿಂದ ಮನಶ್ಚಾಂತಿಯನ್ನು ವಿವರಿಸಿದೆ. ಪ್ರತ್ಯಾಹಾರದಿಂದ ಮನಶ್ಚಾಂತಿವನ್ನು ನಿವಾರಿಸಿ ವೈರಾಗ್ಯವನ್ನು ಬಿಡುಗಡೆ ಮಾಡಿ ಸಾಧಿಸಲು ದಾರಿತೋರಿಸಿದೆ. ಧಾರಣಾ, ಧ್ಯಾನ, ಸಮಾಧಿಗಳಿಂದ ಆಹತನಾದ ಮತ್ತು ಅನಾಹತನಾದಗಳ ಅನುಸಂಧಾನ ರೂಪವಾದ ಲಯಯೋಗವನ್ನು ತನ್ನದಾಗಿಮಾಡಿಕೊಂಡಿದೆ. ಧಾರಣಾ ಧ್ಯಾನಗಳು ಮಂತ್ರಯೋಗವನ್ನು ಸ್ಫೂರ್ತೀಕರಿಸಿದೆ.

ಸಕಲರಿಗೂ ಜಾತಿ ಕುಲ, ದೇಶ, ವಯಸ್ಸು, ಮೊದಲಾದ ಯಾವ ಭೇದಗಳೂ ಇಲ್ಲದೆ ಎಲ್ಲಾ ಕಾಲಗಳಲ್ಲಿಯೂ ಎಲ್ಲಾ ದೇಶಗಳಲ್ಲಿಯೂ ಎಲ್ಲರ ಉಪಕಾರಕ್ಕೋಸ್ಕರ ಯೋಗ ದರ್ಶನವು ನಿರೂಪಿತವಾಗಿದೆ.

ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಸಹಜ ಸ್ವಾಭಾವಿಕವಾದುದಾಗಿದ್ದು - ದೇಹ ಮನಸ್ಸುಗಳ ಪರಸ್ಪರ ಸ್ನೇಹ ಸಂಬಂಧವಾದುದಾಗಿದೆ.

ಕರ್ನಾಟಕಕ್ಕೆ ತನ್ನದೇ ಆದ ಇತಿಹಾಸ, ಸಂಸ್ಕೃತಿ, ಸಾಹಿತ್ಯ ಕಲೆ, ಧರ್ಮಗಳ ಶ್ರೀಮಂತ ಹಿನ್ನೆಲೆಯಿದ್ದು ಕಾಲಕಾಲಕ್ಕೆ ಬೆಳೆದು ಬಂದುದಾಗಿದೆ. ಭಾರತ ಜನನಿಯ ತನುಜಾತೆಯಾದ ಕರ್ನಾಟಕ ಮಾತೆ ಸರ್ವ ಜನಾಂಗದ ಸುಂದರ ತೋಟವೆನಿಸಿ ಭೂದೇವಿಯ ಮಕುಟದ ನವಮಣಿ ಯಾಗಿರುವುದು ಕರ್ನಾಟಕದಲ್ಲರ ಪುಣ್ಯ ವಿಶೇಷವಾಗಿದೆ. ಈ ಸಮ್ಮೇಳನಕ್ಕೆ ಸಹಕರಿಸುತ್ತಿರುವ ಎಲ್ಲ ಸಂಘ ಸಂಸ್ಥೆಗಳನ್ನೂ ಗಣ್ಯ ಮಾನ್ಯರನ್ನೂ ಪ್ರಶಂಸಿಸಬೇಕಾಗಿದೆ. ಆಯೋಜಿಸಿಕೊಂಡಿರುವ ಸಮ್ಮೇಳನದ ಎಲ್ಲ ಚಟುವಟಿಕೆಗಳೂ ಯಶಸ್ವಿಯಾಗಲಿ ಎಂದು ಹಾರೈಸುತ್ತೇವೆ.

ಶ್ರೀ ಶಿವಕುಮಾರಸ್ವಾಮಿಗಳು
(ಶ್ರೀ ಶಿವಕುಮಾರಸ್ವಾಮಿಗಳು)
ಶ್ರೀ ಸಿದ್ಧಗಂಗಾಮಠ



H.H. SRI VISHVESHA TIRTHA SWAMIJI
SRI PEJAVARA ADHOKSHAJA MATHA
JAGADGURU SRI MADHWACHARYA MAHA SAMSTHANA
UDUPI - 576 101, Karnataka
☎ : 0820-2524198, 2526598



ಶ್ರೀ ಶ್ರೀ ಬಿಶ್ವೇಶತೀರ್ಥಶ್ರೀಪಾದಾ:

ಶ್ರೀ ಪೆಜಾವರಾಧೋಕ್ಷಜ ಮಠ:

ಜಗದ್ಗುರು ಶ್ರೀಮದ್ವಾಚಾರ್ಯಮಹಾಸಂಸ್ಥಾನಮ್
ಉಡುಪಿ - ೫೭೬ ೧೦೧, ಕರ್ನಾಟಕ.

Date : 27-5-11

ಅನುಗ್ರಹ ಸಂದೇಶ

ಭಾರತೀಯ ಜ್ಞಾನಕ್ಷೇತ್ರವು ಅತ್ಯಂತ ವಿಶಾಲವೂ ವೈವಿಧ್ಯಪೂರ್ಣವೂ ಆಗಿದೆ. ಷಡ್‌ದರ್ಶನಗಳು, ಇತಿಹಾಸ, ಪುರಾಣ, ಅರ್ಥಶಾಸ್ತ್ರ, ಸಮಾಜವಿಜ್ಞಾನ, ಅಧ್ಯಾತ್ಮ ಮೊದಲಾದ ಹತ್ತಾರು ವಿಷಯಗಳ ಬಗ್ಗೆ ಸಂಸ್ಕೃತವಾಙ್ಮಯದಲ್ಲಿ ವ್ಯಾಪಕವಾದ ಸಾಹಿತ್ಯವಿದೆ. 'ಯೋಗ'ದ ವಿವಿಧ ಮುಖಗಳು ಮತ್ತು ಪ್ರಕೃತಿಚಿಕಿತ್ಸೆಯ ಬಗ್ಗೆ ಬೆಳಕು ಚೆಲ್ಲಲು ಮೂರು ಸಂಸ್ಥೆಗಳು ನಡೆಸುತ್ತಿರುವ ಸ್ವತ್ವ ಪ್ರಯತ್ನವನ್ನು ನಾವು ಹೃತ್ಪೂರ್ವಕವಾಗಿ ಅಭಿನಂದಿಸುತ್ತೇವೆ. ನಮ್ಮ ಆರಾಧ್ಯಮೂರ್ತಿ ಶ್ರೀಕೃಷ್ಣನು ಈ ಪ್ರಯತ್ನವನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಲೆಂದು ಪ್ರಾರ್ಥಿಸುತ್ತೇವೆ.

ಇತಿ ಸಪ್ರೇಮ ನಾರಾಯಣ ಸ್ಮರಣೆಗಳೊಂದಿಗೆ

ಶ್ರೀಶ್ರೀವಿಶ್ವೇಶತೀರ್ಥ ಶ್ರೀಪಾದರು

Poornaprajna Vidyapeetha, Katriguppa Main Road, Bangalore-560 028
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Tel : 091-80-2679 1236



Mata Amritanandamayi Math

Amma's Message for the Arogya Expo 2012

Amma is very happy to learn that a five-day International Conference on Yoga, Naturopathy and Ayurveda under the auspices of AYUSH Department, Government of Karnataka, in Bangalore from February 9 to 13, 2012. Amma is praying that through this conference, the Arogya Expo 2012, the wisdom of these hallowed traditions flows out to more and more people, uplifting the world.

We live in a world where words like "stress" and "burn-out" have become common parlance. This is because we are ignoring the norms of healthy living explained in our scriptures and taught to us by our forefathers. In this competitive age, we are also becoming estranged from Nature, to disastrous effect. We see people suffering from all types of allergies, and new diseases appear all the time. In the face of this, more and more people are gradually realizing the necessity of sciences like naturopathy and *ayurveda* for taking care of the physical body, and practices like yoga and meditation for maintaining mental health. Gatherings like this can help people understand more about these ancient traditions.

Yoga is, of course, very popular throughout the world for its physical health benefits. However it has a deeper benefit—helping us to cultivate awareness. Awareness is the key factor in turning yoga, *pranayama* and other such practices into pathways for spiritual progress. When our actions are devoid of awareness, they usually fail to produce the intended fruit. Worse yet, they can even be counterproductive. The majority of mistakes we commit are not due to lack of knowledge, but due to lack of awareness. The more awareness we can cultivate, the more loving, compassionate and selfless our lives can be. Thus, practice of yoga and meditation help spread peace and happiness in the world.

Amma is praying for the success of this event and also all such endeavours in future. May all beings live in happiness and peace. Amma offers this prayer to the Paramatman.

—Sri Mata Amritanandamayi Devi (Amma)

Amritapuri P.O., Kollam Dist., Kerala, India 690 525 ☎ (0476)- 2897578, 2895888 •
Fax 0476- 2897678 • Email: mam@amritapuri.org Websites: www.amritapuri.org, www.amma.org



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY



*Message from Dadi Janki,
Chief of the Brahma Kumaris*

I am very happy that the International Conference on Yoga, Naturopathy & Arogya Expo-2012 is organised by the Department of 'AYUSH', Government of Karnataka, along with eminent organisations who are contributing greatly towards holistic health.

I wish this conference will become a memorable event and reflect the philosophy of ancient India. I am sure it will become one of the major milestones in glorifying Indian philosophy, yoga, naturopathy, Ayurveda and other allied sciences.

The cause of all sickness and disease essentially is Karma. Even the psychosomatic diseases are caused by Karma. Karma also applies to the mental attitude, not only to something I have actually done. My state of mind is also my responsibility. The time period between the performing of an action and the resultant reaction is variable. Just as different seeds need different periods of time in which to germinate, to grow and to produce fruit, so one cannot always determine which action it was that has led to this particular reaction. Hence, it is possible to permanently cure sickness for all time with a combination of medication and good Karma.

Rajyoga gives the strength for doing good karma. It teaches how to have a good relationship with the self, with God, with my own body, with other people, with my relatives and even with the elements of matter, with nature.

Rajyoga stabilizes the mind, balance in life, and helps experience the soul consciousness, ie the awareness of the self. There is clarity and wisdom in this state that it becomes easy to see the cause of sickness and also to know the treatment to give oneself. Sometimes the mind affects the body and sometimes the sickness of the body causes disease within the mind. The power God gives through meditation is able to help both together.

I am sure that the programme will achieve its objective of providing the message of holistic health to the humanity. I understand the selfless efforts that would have gone behind organising this conference. Surely, everyone involved in organising the programme would have felt love, strength and Blessings from the Almighty and the gratitude of the humanity.



PYRAMID VALLEY

Bengaluru, India

World's Largest Meditational Pyramid

Message from Brahmarshi Patriji

Founder, Pyramid Spiritual Societies Movement



Man is much more than what seems in the mirror.

Man is an eternal infinite soul.

Seen from a mirror Man is a fragile being, subject to so many adverse situations.

However, Man in reality is God !

Man is God.. creating his own games, his own realities, his own illusions.

Ill health is because of Man and health is also because of Man.

Harming other souls, Man begets diseases.

Helping other souls, Man gets into great Health.

Let no Man hurt another being, especially the animals, birds and fish.

Non-violence is the first principle of Holistic Health.

Lending a helping hand is the second principle of Holistic Health.

Meditation is the third principle of Holistic Health

Pyramid Energy is the fourth principle of Holistic Health.

The Earth is entering into a Holistic Health Age.

Welcome to the Holistic Health Principle !

**Pyramid Spiritual Societies Movement welcomes heartily the
International Conference on Holistic Health and World Peace !!**



PROF. DARSHAN SHANKAR
HON ADVISER (ISM) TO MEMBER (HEALTH)

**PLANNING COMMISSION,
GOVERNMENT OF INDIA,
YOJANA BHAVAN, SANSAD MARG,
NEW DELHI - 110 001**

Cell : +91 9448050708
Email : darshan.shankar@friht.org

30th January 2012

Message

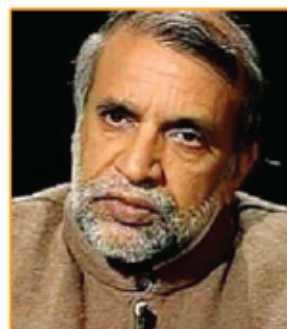
Yoga is undoubtedly one of the world's oldest and yet even today the most sophisticated knowledge system that promotes the wellness of the human body and mind. Naturopathy, although relatively recent is also a unique drugless therapy.

It is important that healthcare knowledge institutions and governments join hands to create awareness and scientific understanding about the relevance and efficacy of these natural systems of healing.

My best wishes for the International Conference on Yoga and Naturopathy from February 10-12.

Yours sincerely


Darshan Shankar



Bangalore Address : Darshan Shankar, 74/2, Jarkbande, Yelahanka, Bangalore - 560064, Tel : 080-28565708



मोरारजी देसाई राष्ट्रीय योग संस्थान

(भारत सरकार के स्वास्थ्य एवं परिवार कल्याण मंत्रालय, आयुष विभाग के अन्तर्गत स्वायत्तशासी संस्थान)

MORARJI DESAI NATIONAL INSTITUTE OF YOGA

(An autonomous organization under Deptt. of AYUSH, Ministry of Health & F.W., Govt. of India)

Dr. Ishwar V. Basavaraddi
Director

No. 94-01/2010-11/MDNIY/PAD

Dated: 14th June, 2011

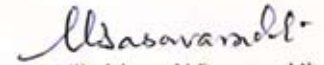
MESSAGE

I am pleased to note that Karnataka Pradesh Prakrutika Chikitsa Parishad, Bangaluru, Sri Ramanuja Mission Trust, Chennai and Swami Vivekananda Yoga Research & Holistic Health Trust, Bangaluru are jointly going to organize an International Conference on Yoga and Naturopathy & Arogya Expo 2012 from 1-12 February, 2012 at Bangalore.

The faulty and the stressful lifestyle of the present time has become the precursor for many of the psychiatric, neurological, psycho-physiological and physical disorders where modern medicine finds it hard to manage the very root cause of these disorders. Yoga and Naturopathy, being natural therapies, have the perfect explanation of the diseases with in-depth reasoning. The present society needs cost effective, authenticated and sustainable health care systems, which both Yoga and Naturopathy systems provide.

I sincerely hope that the conference will definitely draw some road map for holistic health and making Yoga and Naturopathy integral part of the existing health care delivery system for wellness of the people.

On this occasion, I, on behalf of Morarji Desai National Institute of Yoga, New Delhi, hereby congratulate the organizers and wish the conference a grand success.


(Dr. Ishwar V. Basavaraddi)
Director

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राष्ट्रीय प्राकृतिक चिकित्सा संस्थान
"बापू भवन", ताडीवाला रोड, पुणे - 411 001.

NATIONAL INSTITUTE OF NATUROPATHY

(Govt. of India, Ministry of Health & Family Welfare,
Department of AYUSH)

"Bapu Bhavan" Tadiwala Road, PUNE - 411 001

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F.No. NIN/ICYN-2012/

Date:03-02-2012

Message



The proposed International Conference on Naturopathy and Yoga is indeed a matter of great achievement as it will definitely help the growth of Naturopathy in India. The conference will also bring acceptance to the practice of Naturopathy in India, among the foreign countries due to the participation of big number of delegates from abroad. This will be the first of its kind due to the unique representation from a large number of countries for a Naturopathy conference and a good opportunity for proper interaction with the international delegates and faculties. The Conference is going to be an international platform for its deliberations and dialogue.

Naturopathy students of India are getting a good opportunity for a wider exposure through this conference. I hope all the colleges will rise to the occasion and depute their students for this great exposure and opportunity to learn. It is going to be a rare platform for them to get with the international scenario of Naturopathy. The conference will definitely increase the confidence level of the clinicians of India and strengthen the standard of clinical practice.

I hope the conference will also be definitely an Eye Opener and a boosting dose for the interest of Naturopathic Research in India. The presentations will definitely enhance the depth of knowledge and motivation to the Naturopaths of India. It is a matter of pride that department of AYUSH, Karnataka and the NGOs took keen initiative in organizing this mega event. I congratulate the entire team for their untiring efforts for making it successful.

I wish the conference be a grant success.

Babu Joseph
03/02/12

Dr. Babu Joseph,
Director, National Institute of Naturopathy,
Pune, India.

अच्छे स्वास्थ्य के लिए निसर्गोपचार पढ़ें / Read NISARGOPACHAR for better health



ಶ್ರೀ ಜಯದೇವ ಹೃದ್ರೋಗ ವಿಜ್ಞಾನ ಮತ್ತು ಸಂಶೋಧನಾ ಸಂಸ್ಥೆ
ಕರ್ನಾಟಕ ರಾಜ್ಯ ಸರ್ಕಾರದ ಸ್ವಾಯತ್ತ ಸಂಸ್ಥೆ

Sri Jayadeva Institute of Cardiovascular Sciences and Research
Govt. of Karnataka - Regd. Autonomous Institute



Padmashree Dr. C. N. Manjunath MD., DM

Director

Sri Jayadeva Institute of Cardiovascular Sciences and Research

Govt. of Karnataka - Regd. Autonomous Institute

Bengaluru



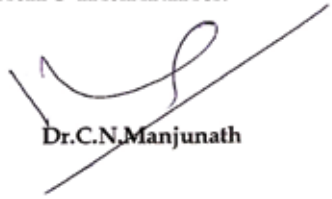
MESSAGE

"Prevention is better" than cure which will be achieved through better and simple life style. Trying to achieve too many targets in a short span of time creates lot of stress in turn leading to physical and mental ill health. "Lower the better" concept, i.e. keeping cholesterol, blood pressure, weight, blood sugar, and ambitions, on lower side will promise good health, longevity and strike balance between body, mind and spirit.

Washing the hands with safe water will significantly reduce the infection level. Hence the concept "Health in Hand" will be achieved through simple natural process. Preserving nature and natural resources should happen by keeping environment pollution free, extending the green cover, and reducing the overcrowded situations. The fore said process in turn will significantly reduce the incidence of communicable diseases.

Whatever may be the advances in technology, research and innovations, it should benefit the common people /society at an affordable cost and hence the slogan should be "Quality, Charity, Subsidy" with humanitarian approach. Fore said goals will only be achieved if a person is able to keep his/her conscious level in subtle harmony, which will only happen through yoga, naturopathy and positive mind set. One should promote this old system of medicine which involves minimal drug intervention and aims to enhance physical, mental and spiritual health.

I wish this historic event all success.
This would be of immense benefit to the entire mankind.


Dr.C.N.Manjunath



Dr. Sriprakash K. S. M.S.(Oph.)
VICE-CHANCELLOR



ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ
Rajiv Gandhi University of Health Sciences, Karnataka

No. PS / 117 / 2011-12

30/1/2012

MESSAGE

It gives me immense pleasure to know that; Government of Karnataka through AYUSH Department and leading Yoga and Naturopathy Institute in Bengaluru has organized International conference on Yoga and Naturopathy for the holistic health, with subthemes.

Yoga and naturopathy as a system of choice is synonym to means of meeting challenges of life style diseases. Conference on such theme on international platform sharpen the knowledge to both professionals and teaching fraternity while also facilitate interaction with health care professionals, therapists, academics and policy makers in one go.

In this spirit of the matter I understand right people have organized a conference and right people invited to share their experience at right place and moment. I take extreme pleasure in congratulating the organizers of the conference, great success in publication of souvenir as it will bring together government initiatives, practitioners and academics to augment the collective knowledge.

Dr SRIPRAKASH K.S



Conference Presentations



All power is within you. You can do anything and everything. Believe in that. Do not believe that you are weak; do not believe that you are half-crazy lunatics, as most of us do nowadays. Stand up and express the divinity within you.

- Swami Vivekananda



Sl. No.	PROGRAM
1.	Plenary
2.	Research Symposium
3.	Education Symposium
4.	Public Advocacy Session - Hindi
5.	Public Advocacy Session – Kannada
6.	Training and Skill Developments
7.	Invited Abstracts
8.	Oral Presentations
9.	Poster Presentations



Plenary Talks

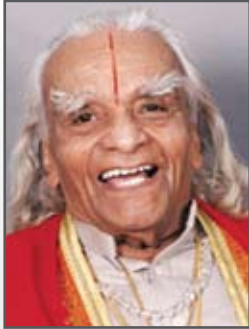


Delusion arises from anger. The mind is bewildered by delusion. Reasoning is destroyed when the mind is bewildered. One falls down when reasoning is destroyed.

- Bhagavad Geeta



LIGHT ON ASHTANGA YOGA



Padmabhushana Yogacharya Sri B K S

Ramamani Iyengar Memorial Yoga Institute (RIMYI)

Pune

Padmabhushana Yogacharya B.K.S. Iyengar (Guruji) is a living legend who has taught yoga in unique way to all his students. He is one of the foremost teachers of Yoga in the world and has been practicing and teaching for over sixty years. Millions of students now follow his method and there are Iyengar yoga centres all over the world. He has written many books on yogic practice and its philosophy including "Light on Yoga," "Light on Pranayama," "Light on the Yoga Sutras of Patanjali" and more.

Even today, at the age of 92, he continues to practice. While in practice, he is an artist at work. He is always at ease in any posture he performs. Precision and beauty mark the asana, and the regular practice he advocates integrates the body, mind and emotions.

Yoga is considered as a practical philosophy as well as a way of life. In his lecture demonstration, Yogacharya BKS Iyengar will bring to life this ancient Indian darsana which encompasses art, science and philosophy.

We all know that the eight aspects of yoga are yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and Samadhi. These eight aspects are so closely integrated that each influences the other. Of these, the first two yama and niyama teach us the art of living gracefully. These are not the do's and don't's as commonly understood but these culture the human being to bring an end to the a-yamic qualities on untruth, violence, stealing and hoarding that we, human beings instinctively harbor within us.

Asana and pranayama are the science of yoga. It is these that one can experiment with and analyse. Sage Patanjali states *tapah svadhyaya Isvarapranidhana kriyayogah*. This same sutra can help us understand how we need to perform our asanas. *Tapah* indicates action. Actions are involved to mould and remould the body into various postures. This involves adjustment of the bones, muscles, joints, tendons, organs, ligaments etc. Although to a lay observer, these actions may appear physical, none of the subtle actions are possible without the involvement of the brain, mind, intelligence and awareness. These actions must be followed by reflection. We need to reflect on all our actions while going into and staying in an asana. The reflections on the effects of the actions on our *jnanendriyas*, mind, breath as well as consciousness leads to introspection and the study of the self. This is *svadhyaya* or *sva* (self) – *adhyaya* (study). The reflections to these actions brings about a state wherein the senses involute (*pratyahara*), the mind is focused (*dharana*) which can lead to a state of meditation or *dhyana* depending upon the caliber of the practitioner and the intensity of practice. This is the philosophy of yoga. *Dharana*, *dhyana* and *Samadhi* are experiential states where the 'I' no longer exists and one totally surrenders to *Isvara* (*Isvara pranidhana*).



BASIS FOR AN INTEGRATED APPROACH OF NATUROPATHY AND YOGA THERAPY FOR TOTAL HEALTH



Dr. H R Nagendra ME, PhD

Vice-Chancellor, S-VYASA University, Bengaluru, India

hrn@vyasa.org

Dr. Nagendra, a former space scientist at NASA, returned to his native India, as he says, from mechanical engineering to human engineering "in search of truth." Dr. Nagendra is at present the President of VYASA, Bangalore, and Vice Chancellor of S-VYASA University. He has authored and co-authored about 35 books on yoga, nearly 35 research papers in engineering and 85 in yoga. He has awards from the

Ministry of Health, a Yoga Sri award from BKS Iyengar and a senior Citizens award from New Delhi. He is consultant in Yoga to many Universities in Australia and USA, member of several bodies in the Government of India.

His aim is to combine the Best of East with the Best of West by combining modern scientific research to examine the efficacy of yoga to solve the challenges of the modern era.

Presented here in this paper is the philosophical basis of AYUSH in general and Yoga Therapy / naturopathy in particular for total health culled out from our Indian ancient texts. This has been necessitated by the failure of the one dimensional matter-based paradigm and reductionist approach of modern scientific era in offering a total solution to modern non communicable diseases. While advanced countries are looking towards alternate, complimentary and holistic medical system either as an add on or even to replace the present medical treatment modalities by new holistic systems, if necessary.

The Indian wisdom base contained in Yoga and Spiritual lore contained in Upanishads, the quintessence of Vedas provide the necessary scientific basis for evolving the holistic health system. The ever changing creation emerging out of unchanging source of all creation called Pure Consciousness has two dimensions – seen and the unseen. The seen is that of matter called physical world also containing our bodies or Annamaya Kosha. The unseen Pranamaya, Manomaya and Vijnanamaya Koshas layers come under the broad heading of Subtle body and the causal layer is Ananadamaya Kosha. According to Yoga, the modern NCDs are rooted in Manomaya Kosha – called Adhis and percolate through Pranamaya Kosha to become diseases Vyadhis. An Integrated approach of Yoga Therapy IAYT has been evolved over the last 3 decades and used effectively to deal with these NCDs. Systematic research has resulted in hundreds of papers published in renowned peer reviewed journals establishing its efficacy.

Trigunas form the basis of nature and to work in tune with nature is depth ecology in the outside world. In the same way naturopathy demands a life in tune with nature- both subtle and gross. Pancikarana describes the process of grossification from the subtle to the gross. Detailed in-depth understanding of this process contained in our shastras is presented in this paper to provide a total understanding and scientific basis of naturopathy. And the modalities used in naturopathy are mentioned connecting the same to the Panchakosha concept of the Upanishads. A Holistic Approach of Naturopathy System (IANYT) contained in the above conceptual basis is postulated and presented. The components of naturopathy used at present have been set to the frame work of IANYT.

Finally a brief of the research done in the field is mentioned.

BACKGROUND

All over the globe there has been a big shift towards alternate, complimentary and traditional systems of health care. Why, in spite of all the great achievement of modern medical systems with exacting scientific research this shift is emerging, is the central question. It is all due to the failure of the modern health care delivery system to meet the challenge of the pandemics of the new era of science and technology-asthma, diabetes hypertension, IHD, arthritis, cancer, depression and host of others including cancer. In an other sense all these ailments have become the boon to modern scientist to move from their matter base approach (that everything is created out of atom and molecules and there is nothing that mind apart from brain etc.) towards consciousness based approach (consciousness is at the based of all the creation, matter its grosses manifest which includes an understanding that mind consciousness, intellect can all exist even out brain or physical body). The modern pandemics are multi-factorial and need a multi-dimensional solution. Modern medical system rooted in matter based paradise is one dimensional and hence "cure" is impossible for diabetes and other ailments. Once a diabetic ever a diabetic. Once you are diagnosed for cancer your days are numbered, has become the order of the day. All super specialists believe that the word cure has to be removed from the dictionary.

The modern man in USA for example suffering from these ailments started looking beyond modern medicine without the knowledge of their consultants. And started using other systems of medicine as herbal medicine, Ayurveda, etc on one hand and non-pharmacological interventions as acupuncture, magneto therapy, naturopathy, yoga therapy, etc on the other hand spending money from their own packets - a billion and odd dollars in USA itself. This public demand and associated money expenditure attracted many hospitals to open up complementary systems of medicine and started treating patients with good benefits. Recognizing this need and the limitations of modern medical system the NIH opened up a new wing of national institute of complementary and alternative



medicine (NICAM). The WHO started a new wing of Traditional medicines and with a open mind started examining the usefulness of the traditional systems of medicine all over the world. It is in this back drop that AYUSH in our country has started emerging with new wings flying all over the world. Yoga, Ayurveda, and Naturopathy from AYUSH has started hitting headlines.

BASIS of AYUSH - consciousness -based - approach

Yoga, Naturopathy, Ayurveda, Unani, Siddha have all their roots in the most comprehensive and in-depth knowledge base of our ancient Shastras enshrined in Vedas. Upanishads, the science of the Vedas present this total knowledge base. This is called as Consciousness based approach which postulates that we are all originally pure consciousness out of which emerges this entire material world. In contrast to matter- based paradigm which says that matter is primary and consciousness is the end product, our Seers had found the reverse of it as true. Turning of Tables is necessary, as Prof Amit Goswami wrote in his book on quantum Physics.

UPANISHADIC BASIS FOR YOGA TEHRAPY

According to Upanishads there is an ever existing, eternal, unchanging or pervasive reality called Brahman. Different people used different terminology to name this original home of all of us featured by infinite bliss, knowledge, power and freedom. Patanjali called it Purusha, Buddha probably called it Nirvana, Bhagavadita as Brahma Nirvana, moksha and Self of all us. Emerging out of this infinite source is an infinite creation which is ever changing. This is called Prakruti by Patanjali, Kanada nd many other Seers. Our physical world including our bodies are the grossest manifest of this eternity. Apart from this body which we are seeing (Annamaya Kosa), there are four more layers of our Self named as Pranamaya kosa, Manomaya Kosa, Vijnanamaya Kosa and Anandamaya Kosa. Anandamaya Kosa is called the causal layer - Karana Sarira. The other three unseen layers (Pranamaya, Manomaya and Vijnanamaya Kosas) are named as subtle layers of consciousness - Suksma Sarira. Annamaya, the grossest is Sthula Sarira. In Anandamaya Kosa, we are in a state of immense bliss and hardly differences exists between us. It is a state of perfect health in seed form - called Potential divinity. In Vijananamaya Kosa, there emerge differences between us all, but the knowledge is total and all actions are governed by this complete knowledge of past present and future. Hence no diseases at this stage of creation. When we grossify to Manomaya Kosa, emotions sprout up and become more and more powerful resulting in violent emotions - Kama, Krodha, Lobha, Moha, Mada and Matsarya, the Sat Ripus or six Enemies of man; as they enslave us and our actions now get governed by these emotions rather than the right wisdom base of Vijnanamaya Kosas. When we go against the cosmic law of right knowledge governed by Vijnanamaya Kosa, imbalances start. This is called in Prajnaparadha in Ayurveda. This seed of all NCDs

(non-communicable diseases) called Adhi percolates down through Pranamaya Kosa to annamaya Kosa becoming Vyadhis. So what we see in the physical body is essentially the symptoms of diseases. What we do using modern medical and surgical systems is to deal with these symptoms and not the root cause of the diseases. Hence there is no cure possible by one-dimensional modern medical system. In AYUSH system we deal with the diseases in its totality working at all levels aiming at erasing the Adhi and strengthening the Vijñanamaya Kosa leading to Ananda. Hence prevention plays a big role in these systems.. The integrated approach of Yoga therapy working at all levels has been researched on for nearly 3 decades by VYASA resulting in nearly 180 research papers in renowned national and international journals as BMJ, Journal of Asthma, etc. And nearly 1700 papers are published the world over.

BASIS FOR NATUROPATHY

Naturopathy deals with imbalances in Prakrti, the name given to this ever changing dimensions of creation. Change features Prakrti. Without change it is pure consciousness, Brahman, the original state of all of us and all of creation.

Prakrti Cikitsa deals with correcting the diseases that arise in the body due to imbalances, dirt or Mala accumulated in different organs in the physical body called Vyadhi. As mentioned earlier Adhi arises in Manomaya Kosa - the subtle astral layer due to the wrong actions we do due to our slavery to violent emotions. This Adhi percolates down to Pranamaya Kosa showing up as breathing haphazardness, excessive speed, jerks, left or right nostrils dominances. These imbalances will hit the higher centers of the brain stimulating hypo-thalamus, triggering of the autonomic and endocrine imbalances. These imbalances will create imbalances in our digestion. They are called as Ati-jirnatvam, Ajirnatvam and Kujirnatvam. These digestive modulation are at the root of accumulation of mala (dirt or poison) in our bodies. These mala will create diseases in different parts of the body. So Naturopathy - Prakrti cikitsa believes in cleansing these dirt or malas and un-poison our body by which the symptoms of the diseases can be removed.

Pancikarana - the process of grossification

The Suksma Sariras are made of Panca Tanmatras (elements) while the Annamaya Kosa is made of Pancabhutas (gross elements). The process of grossification is known as Pancikarana. This is described in our ancient scriptures and brought out vividly in Tattva Bodha by Adi Shankaracharya.

Evolution of the five elements

- 1 From that Akasa is born
- 2 From Akasa, Vayu (the air).
- 3 From Air, the Fire



- 4 From Fire, Water
- 5 From Water, the Earth.

The world is made of the five great elements (Panchamahabhootani) viz. Akasa, Air, Fire, Water and Earth and their combinations or compounds (Bhautikani). The world consists of all objects, names and forms including the gross and the subtle bodies. These elements have been created by Maya. There are a total of five sense organs of perception and corresponding to them are the five-fold sense objects that are perceived. There is a relationship between an organ of perception and the corresponding sense object such as between the eyes and the forms and colours or between nose and the objects with smell. The senses of perception are made from the five subtle elements (Tanmatras) before their grossification. It is these sense organs that we encounter in our dreams. The five-fold sense objects in the physical body are made from the same five elements after grossification (Pancheekarama).

The relationship between an organ of perception (e.g. the eye or the ear) and corresponding gross objects (e.g. form or sounds) can be explained by the example of a tungsten filament lamp providing light by association with electricity. Electricity is subtler than the tungsten filament. However, the filament is made up of molecules which are made up of atoms which in turn are made up of electrons, protons, etc. The electrons are nothing but energy. Thus matter (such as tungsten filament) is the grossification of energy. By association with subtle (electric) energy, the light (experience) is produced. Similarly, the association of the subtle sense of perception with corresponding gross object produces an experience or knowledge.

In the scheme of creation, the Tanmatras are evolved in the order of the grossness (or rather in the order of reduced subtlety). The five Tanmatras are: Akasa, Vayu (Air), agni (Fire), apah (Water) and Prithvi (Earth). The order of creation and the principal Gunas of the Tanmatras are as follows:

Element	Guna
1. akasa	Sound
2. Air	Touch
3. fire	Form
4. Water	Taste
5. Earth	Smell

The five elements are arranged in the order in which they are evolved. That is also the order of reduction in their subtlety. The order of grossness or reduction in subtlety is determined as follows:

1. Akasa: Can only be heard. Cannot be seen, felt, tasted or smelt.
2. Air: Can be heard and felt by touch. Cannot be smelt, seen or tasted. The smell that comes with air does not belong to air but to the contaminants carried by it.
3. Fire: Can be seen, heard and felt. In the order of evolution, this is the first element that can be seen. That is why it is considered to be nearest to the creator in visible form and therefore employed for invoking the Lord in all the rituals.
4. Water: Water can be seen, heard, felt with touch and tasted. Although water is considered to be tasteless, in fact it provides the basis of comparison of all tastes.
5. Earth: Earth or the minerals from which all the gross objects with form are made, can be seen, tasted, felt, heard as well as smelt. This is the only element that has smell.

The elements have an increasing order of perception and therefore each element is considered grosser than the previous one.

Evolution of the Sattva aspect

The senses of perception produce perception or the knowledge for the individual. The sense elements are evolved from the Tanmatras which are in turn evolved from maya. Because Maya has three aspects (Gunas) viz. Sattva, Rajas and Tamas, the Tanmatras also have these three aspects. The Gunas of the cause flow into the effect. As stated before, the Sattva aspect of Maya manifests itself as knowledge. Because the function of the sense organs of perception is to produce knowledge, they are considered to be evolved from the Sattva aspect of five relevant subtle elements.

Organs of perception

- » From among these five great elements, out of the Satvic aspect of Akasa, is evolved the ear, the organ of 'hearing'.
- » From the Satvic aspect of Vayu (Air), is evolved the skin, the organ of touch.
- » From the Satvic aspect of Fire, is formed the eye.
- » From the Satvic aspect of Water, is formed the tongue, the organ of taste.
- » From the Satvic aspect of Earth, is formed the organ of smell, the nose.

This can be summarized as follows:

Sattva aspect of	Goes into formation of
Akasa	Ear
Vayu	Skin
Agni	Eye
Apah	Tongue (taste)
Prithvi	Nose



The five senses of perception are evolved from satva aspect of the five elements. Every element has an essential nature (Guna) and the corresponding sense organ is evolved from it. Thus the essential Guna of Akasa is sound and Satva aspect of Akasa goes into the make up of the ears. The Guna of air is touch and therefore skin is evolved out of the Sattva aspect of air and so on.

Antah-Karana (Mind)

From the total satvic content of these five elements the Antahkarana (the inner instruments) constituted of the Manas, Buddhi, Citta and Ahankara are formed.

The 'Antahkarana' or the mind receives the stimuli from the senses of perception and directs the Pranamaya Kosa to respond. The mind is considered to be evolved from the combined Satvic aspect of all the five subtle elements.

How the mind has to assimilate the stimuli from different senses of perception is evident when a man is told of a bunch of beautiful roses on a table in the room. His sense of hearing sends the message to the mind. The mind immediately directs the eyes to see the roses to confirm. If the reaction after the seeing does not confirm whether the roses are real or artificial, the next action is to smell them. If in spite of this, the mind is not satisfied, it wants to check them by touching, to confirm their velvety smoothness. Again for an absolute confirmation, a rose petal may even be tasted! Thus the mind receives the stimuli from sense organs and assimilates the information.

The Antahkarana or the mind is made up of thoughts. These thoughts can be divided into four categories, based on their nature or function. So the one antahkarana is called by four names according to the four functions it perform, viz. Manas, Buddhi, Citta and Ahankara, just as one woman may be called mother, daughter, sister, aunt etc., depending upon her function.

Manas is of the nature of indecision or doubt.

Manas: When an individual is not sure about something, his mind vacillates between opposite thoughts. For example, while leaving home, after walking a few steps, a question arises: have I locked the door (Vikalpa)? Then the answer may be: yes, I have locked the door (Sankalpa). But if the doubting faculty overrides, the man would go back to check whether the door is locked or not. This function of Antahkarana is called Manas. Thus the nature of Manas is volition or vacillation and doubt.

Intellect is of the nature of decision.

Buddhi: Buddhi is the determining faculty or the "cognition" faculty. Thus upon the doubt of whether the door is locked or not, the deciding faculty might confirm: yes, the door is

locked. This faculty is Buddhi is involved in the analysis of a situation or an enquiry into a problem.

The thinking faculty (or the faculty of recollections) is the Chitta.

Citta: The function of the antahkarana which is based on the recollection of past experiences or events is called Citta. The Citta provides guidelines to the Buddhi on the basis of past experiences. It is a storehouse of impressions and memories. Thus if a man happens to see a snake, the past memories or impressions of a snake will direct the mind and the senses to react.

“I am the doer” – this sense is the ego, Ahamkara.

Ahankara: The aspect of the Antahkarana which has the sense of doership or ownership is called Ahamkiara (ego). This is a notion which claims the doership and identifies the self with one’s actions, pleasures, sorrows, etc.

While the three faculties viz. Manas, Buddhi and Citta come and go i.e. they replace each other according to the situation, the ahamkara or the notion of doership is always present at all times. Thus it is “I” who vascillates or “I” who decides or “I” who provides the direction. The other modifications change according to objects and thoughts.

Thus the Satva aspect of all the five Tanmatras goes into the make-up of Manomaya and Vijnanamaya Kosa which include the mind, the intellect and the five senses of perception.

The presiding deity of the mind is the Moon.

For the intellect (the presiding deity is) Brahma.

For the Chitta (the presiding deity is) Vasudeva.

For the ego, it is Rudra.

Evolution of the Rajas Aspect

The second aspect of the Trigunatmika Prakrti is Rajas which also appears in the five elements and consequently in the Jagat.

Among these five elements, from the Rajas aspect of space, is formed the organ of speech.

From the Rajas aspect of Vayu (Air), is formed the hand.

From the Rajas aspect of fire, is formed the leg.

From the Rajas aspect of Water, the genitals are formed.



From the Rajas aspect of Earth, the anus is formed.

From the total Rajas aspect of all these five elements, the five vital airs are born.

From the Rajasik aspect of the five subtle elements, the Pranamaya Kosa (The Pancha pranas and Karmendriyas) is evolved. Once again, every subtle element is associated with a certain function, so that Rajas aspect of a given element goes into the make up of a specific organ of action. This is given below:

Rajas aspect of	Goes into formation of
Akasa	Speech
Vayu	Hands
Agni	Legs
Apah	Genitals
Prithvi	Anus

The Rajas aspect of all the subtle elements goes into the make up of the five Pranas.

Evolution of the Tamasic aspect

From the Tamas aspect of these five subtle elements, the grossified five elements are born.

If it is asked how this Pachikarana (grossification) takes place, it is as follows:

1. The Tamas aspect of each of the five elements divide into two equal parts.
2. One half of each remains intact.
3. The other half of each gets divided into four equal parts.
4. Then, to the intact half of one element, one one-eighth portion from each of the other four elements gets joined.
5. Then Panchikarana (the process by which the subtle elements become the gross elements) is complete.

**The Process of Five-Fold Self-Division and Mutual Combination
Pancikarana**

$$\text{Sky} = \frac{1}{2}S + \frac{1}{8}A + \frac{1}{8}F + \frac{1}{8}W + \frac{1}{8}E$$

$$\text{Air} = \frac{1}{2}A + \frac{1}{8}S + \frac{1}{8}F + \frac{1}{8}W + \frac{1}{8}E$$

$$\text{Fire} = \frac{1}{2}F + \frac{1}{8}S + \frac{1}{8}A + \frac{1}{8}W + \frac{1}{8}E$$

$$\text{Water} = \frac{1}{2}W + \frac{1}{8}S + \frac{1}{8}A + \frac{1}{8}F + \frac{1}{8}E$$

$$\text{Earth} = \frac{1}{2}E + \frac{1}{8}S + \frac{1}{8}A + \frac{1}{8}F + \frac{1}{8}W$$

From these five grossified elements the gross body is formed.

When all these elements are in good balance there is good health when they get into an imbalance we call that a disease.

HEALTH AND NATUROPATHY

Prakriti Cikitsa involves restoration of health by bringing the correct quantity of the panca bhutas. Naturopathy uses techniques to bring back the harmonious combination of all the five ailments: Mud therapy, Hydro Therapy, use of heat in steam bath, use of ugni steam bath, tub bath and others, exposure of the body to natural wind and space Akasha, Acupuncture, magnetotherapy deal with Pranamaya Kosha imbalances. Different meditation techniques, music therapy, Bhajans, etc deal with mind and emotions in manomaya Kosha. The wisdom base of naturopathy is contained in the total knowledge of creation described above deals with the Vijananamaya Kosha to bring the right knowledge needed to set right all balances at the subtle level to prevent disease and promote positive health. Finally tuning to akasha in an open space looking at the sky and allowing the mind to merge into expansive awareness of silence brings us the bliss of anandamaya Kosha to make our life full of energy, vitality, lightness, peace and bliss. This holistic aspect of naturopathy is often lost to only physical aspects as Asanas are emphasized to the neglect of other aspects of Yoga – Pranayama, meditation, science of emotion culture, Jnana and Karma yoga dimensions. So it is now time that we use the holistic aspects of naturopathy in its fullest blossom.

Several thousands of research papers published on Naturopathy in reputed journals go to show the efficacy of naturopathy in purifying the malas at the physical level which is vital to good health and prevention of ailments. But there is a crying need to foster in-depth research in naturopathy for different ailments. We in SVYASA have taken up a drive to start such research projects in its fullness for prevention, control and treatment of diseases, long term rehabilitation, etc. We hope this conference will inspire all dedicated naturopaths to inspire the young budding naturopaths to start research to give lasting solutions to these NCDs in general and Diabetes and HIV in particular which have become the biggest national and state challenge in our country India and our state of Karnataka.



WELLNESS CONCEPT: BE THE CHANGE



Padmabhushana Prof. B M Hegde

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Dr. Belle Monappa Hegde called with love as Prof. B M Hegde, awardee of Padma Bhushan in the field of medicine, is well-known as “peoples’ doctor”, a gracious physician, a Pride of India awardee has held various posts at various universities, satisfying the knowledge thirst of students as, an eminent medical teacher winning the hearts of many as a cardiologist.

Prof Hegde is a medical practitioner and has a M.B.B.S from Madras University, a M.D. from Lucknow University, a FRCP from London University, a FRCPI from Dublin University as well as a FACC and a FAMS. He has also received training in cardiology from Harvard Medical School under Bernard Lown, a Nobel Laureate. He was the visiting professor for various universities. He has been the chairman of Bharathiya Vidya Bhavan in Mangalore for the last 35 years. He has authored 35 books in English and Kannada besides presenting 289 research papers in the national and international journals.

*“The establishment defends itself by complicating everything
to the point of incomprehensibility.”*

- Fred Hoyle

It was in the year 1733 that Charles Scharschmidt, a brilliant young professor of medicine in Vienna, wrote the first textbook of medicine. While writing about diseases with constriction of the vascular bed and agitation of the mind he had the best prescription for those days which looks contemporary even to this day. Change of mode of living, tranquility of the mind and drugs rarely, if needed at all, were the three points in his textbook. Listening to the debate on the March 3rd 2010 morning where President Obama gave his last dose of wisdom to the people of America as also to his colleagues in all the political parties about his “so called” health care reforms, I was a bit confused as he was talking only about disease care reforms and NOT about health care reforms.

America is suffering from overmedication and over intervention of all sorts resulting in the abuse of the disease care facilities which cost the nation trillions of dollars; most of which could be well spent if only the powers that be understood the difference between health

care and disease care. The euboxic medicine practised in the US, where all the computer boxes in the patient case record will have to be perfect, lest some one should sue the doctor in the unlikely event of patients' death or disability, makes medical care prohibitively expensive. Market forces dictate the management and not science. The whole population of the USA needs urgent health care but a microscopic minority really needs disease care. This truth is being kept well wrapped up in pseudo-scientific jargon, myths, half truths and disease mongering efforts to earn billions from the gullible patients or their care givers. It is much cheaper to keep the well healthy rather than let them get diseases and then target the disease. This is the rule in the USA as also in other places like India where American medicine is being encouraged.

The above difference is simple enough to be understood by the lay public. However, today the common man on the street thinks that he needs doctors and hospitals to remain healthy and that there is a pill for every ill. What is to be brought to the knowledge of the population is that if they lived a healthy life style, which will be described below, they could expect to live well and healthy till they die. No one should try to be here for ever as s/he will never succeed.

It is only in the unlikely event of the body's inbuilt immune guard getting overwhelmed do symptoms of diseases make their appearance. It is only then that the medical profession could help by: "curing rarely, comforting mostly, but consoling always", as was enunciated by the father of western modern medicine, Hippocrates. There are no silent killers. All killers announce their intentions loudly in human physiology. Studies have time and again affirmed that treating diseases in their "so called" asymptomatic stage only would harm the patient since nature has built the immune guard with elaborate repair mechanisms to remodel every deviation for the normal, which is the asymptomatic stage of illnesses. Any interference at that stage from outside, that too with chemical drugs, can only harm the former and might result in disaster.

Healthy life style:

No one can help another to adopt a healthy life style. One has to be the change and no amount of preaching will help. One has to take charge of one's health and wellness. The methods are simple and could be adopted by anyone in any walk of life howsoever busy one might be! Human body is a nonlinear, dynamic device, continuously run by food



and oxygen with the help of the electromagnetic energy from the sun. Some physiologists believe that the body water, which forms around 80-85% of the body, needs to be stimulated (burnt) to release energy.

Human beings are not just their bodies; they have their all pervading mind and their spirit. All three of them need to be kept healthy for total health and wellness. Usually it is not what one eats that kills her/him; it is what eats one (one's negative thoughts) that kills. The best bet to keep good health is to have a healthy mind which, boils down to practising universal compassion. To get into that state of mind (consciousness) Yoga and the breathing techniques there would help a lot. Yoga has very little to do with any religion and could be practised by all. To be healthy one has to change (be the change) but can't expect the world to change overnight. Therefore one could expect others to hurt us sometime or the other. There again the best anti-dote for hurt is to cultivate the greatest asset of forgiveness. "If you can fill the unforgiving minute with sixty seconds worth of distance run,.....this earth shall belong to you my son, and.....more, You shall be a MAN," wrote Rudyard Kipling years ago in his celebrated poem, IF. This is the best health advice that I have been able to find in the western literature.

Eating in moderation, the foods that please one, without too much change in the food quality from its natural state, would go a long way to help the immune system to keep the repair mechanism in excellent shape. Worrying about the micro-contents of the food is of lesser importance as long as one does not pick and choose foods, thanks to the modern food fads and corporate advertisements. Preserved foods are a curse. Let the food be as fresh as is possible. Small frequent feeds keep the metabolism on even keel. Large meals at long intervals are not conducive to body physiology. Each region, ethnic group and race has had its own food habits that kept mankind going in 50,000 generations. The food habits evolved over thousands of years, thanks to our ancestors' observational research. Modern nutrition does not have a strong foundation and the reductionist cohort studies being fed to the gullible masses lack the backing of good science. That is exactly the reason why we get conflicting advices now and then! If Mediterranean diet is good for them in their habitat, it does not mean that it will be good for another race in another continent. Meal times should be happy times and family get-togethers at meal time is the best bet to get benefit from foods. The two enemies of human health are tobacco and alcohol, both of

which must be kept at a distance.

Regular exercise, moderate in quantity, the best being a daily walk for an hour, would be the ideal tonic for the immune guard. Very heavy exercise might not be good for the system. The key word in every human endeavour should be moderation in everything one does. Extremes are always dangerous. Swimming is another excellent exercise but is not universally applicable but could be expensive to the majority. There is no substitute for hard work as another good immune booster. If the hard work involves physical exertion additional regular exercise is not needed. The only qualification is that one should love one's work to get the benefit. Hating one's work and working under duress could destroy health.

Spirituality has very little to do with religion. Spirituality for good health is just sharing and caring! Sharing provokes the immune system and hating others depresses the same. A small child smiles 400-500 times in a day. If we take a lesson from that the world would be a better place to live. Natural smile releases so many healthy bio-positive endorphins from the brain.

Conclusions:

If one were to follow the above mentioned simple daily routine, the wellness concept, the chance of falling ill are negligible like following traffic rules on high ways reducing fatal accidents. That said, I must hasten to add that even those that follow the health rules enumerated above might get illnesses as diseases are only accidents. Medical science or any other science will never be able to answer the million dollar question as to why a person gets sick at a given time although we have elaborate details to frighten the gullible people as to how they get ill, in our disease mongering, medical (health) scare system. A Nobel Laureate physiologist had affirmed to that truth way back in 1899, when Charles Sherrington, wrote that "positive sciences will never be able to answer the question why, but they will be able to say how or how much! "

If we were to implement this method we would reduce the medical care budget of every country. All the same an efficient and authentic medical care system is a must under the following circumstances which covers about 5% of the population at a given time. Emergencies, disaster management, corrective surgeries, judicious authenticated



vaccinations, birthing emergencies, congenital problems, and acute life threatening situations need medical help.

The need of the hour is to change our medical education system to incorporate the new philosophy of health promotion which is never taught these days. The student must be taught that the human body could correct most of its problems without outside interventions but we must create the right environment for that to be useful. Too much intervention might put off the body's immune system. Doctors are trained primarily to keep the public healthy (public health) which is not our present stress. Young doctors should be impressed that they should leave the well alone and they should never try to treat the disease but try and understand the patient better before intervening, and they should see that their interventions do not make the patient worse than his/her original disease! While a good doctor treats the illness; a great doctor treats the patient.

The need of the hour is for thought leaders in the field to understand that there are a host of medical care systems in the world, outwith our reductionist modern medicine, that have stood the test of time over thousands of years before the advent of modern medicine. But for them human kind would have been extinct like the dinosaurs long, long ago. Modern medical system, developed in the last few centuries', in its present avatar of hi-tech stuff is only less than a few decades old. One has to take into account the recent audits in many countries on the impact of modern medicine on human morbidity and mortality. The data is there for all to see and take corrective measures lest we should be left out in the race. Every medical student must be told that while patients could (and did) survive without modern medical doctors; we can not survive without patients.

We need urgent research to try and scientifically authenticate many of those inexpensive methods in other systems of medicine to put together a future system incorporating the best in all the systems together-call the new system Meta Medicine (after modern medicine) if you like-to help patients and also the world governments to contain the ever mounting costs of medical care which would make people like President Obama to get sound sleep while his people remain healthy and when they fall ill they are well cared for without spending too much of the tax payers' money which should satisfy both sides of the divide. The effort of trying to put together Meta medicine is already on.

In this deafening cry for better hi-tech medicine let us not forget that the womb of all ills, ranging from common cold to cancer, is poverty. The latter is a double edged weapon in that while diseases are more common in the poorer sections, diseases further make the sufferer poorer when the bread winner gets sick the family starves and becomes poorer. The poor people with very little protein in their system suffer from a very serious illness which I call as Nutritional Immune Deficiency Syndrome, NIDS, which is many times more dangerous than the fashionable label of AIDS! It was a thinking family doctor in the poor coal mining community of Wales, Tudor Edward Harts, who wrote decades ago: "the poor pay for their poverty with their lives." This one lines tells it all and should be taught to our doctors and politicians alike.

*"Truth is ever to be found in the simplicity, and
not in the multiplicity and confusion of things."*

- Isaac Newton



SCIENCE STUDIES YOGA: A BRIEF OVERVIEW



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The physiological changes associated with yoga practice, allow yoga to be used in therapy and rehabilitation. An earlier review on this subject was published in 1997. The present article was written to give an update on the subject. The earlier applications were recapitulated with additional references where these were present. Recent applications reported are in children with attention deficit hyperactivity disorder as an add-on therapy, particularly towards evening when the effects of medication reduce. Another recent application is in promotion of healthy aging. Healthy older persons who practiced yoga had improved sleep, better gait and balance, and less chance of depression, compared to those who did not practice yoga. Another application of yoga which has been studied is post-traumatic stress disorder for survivors of natural disasters, with studies cited about benefits observed in survivors of a tsunami and a flood.. More recent studies have made it apparent that there is no evidence that yoga is beneficial for persons who are HIV positive or those with AIDS. Hence it is apparent that there are several diverse applications of yoga in rehabilitation. Considerable research is still required to verify claims made and understand mechanisms underlying benefits seen.

OVERVIEW

The word rehabilitation is derived from Latin (*rehabilitare*) and means 'to make fit again'. Yoga has been used to help restore function, health and dignity to groups with special needs. Some examples are given below.

Children who were mentally challenged

A rigorous trial was conducted in 1989.^[1] There were ninety children with mild to severe mental retardation. The study assessed the effects of yoga versus non-yoga in a control group over one year. Yoga practice included postures (*asanas*), breathing practices (*pranayamas*) and meditation. The yoga group showed better motor co-ordination, general mental ability, and social adjustment, compared to the group who did not practice yoga.

Children with attention deficit hyperactivity disorder (ADHD)

Attention deficit hyperactivity disorder is a condition associated with various behavioral and social problems. Boys diagnosed with ADHD were assigned to a yoga group and a non-yoga control group.^[2] The yoga group had twenty sessions of yoga in a yoga class and then practiced at home. The results suggested that yoga can help children with ADHD particularly towards the evening, as the benefits of medication reduce. Another study compared yoga with conventional motor training and found that

Yoga was superior with respect to performance in an attention task and the way the parents rated the children's behavior.^[3] Hence though ADHD is difficult to treat, yoga can be considered for the management of ADHD as an add-on therapy.

Physically challenged persons

Recent national programs (such as the 'Pulse Polio' program) have been beneficial in reducing the incidence of poliomyelitis. However deformities due to trauma as well as orthopedic and neurological disorders affect approximately 53.3 percent of the rural population in India.^[4] The extent to which a person may be affected may vary from mild (negligible) to severe (interfering a great deal with their daily activities). Certain yoga postures (such as forward bending while seated, or *paschimottanasana* and the camel pose or *ustrasana*) were found to be useful by causing stretching of muscles which are less used or 'tightened' due to the deformity.^[4] Also, certain loosening exercises have helped to reduce pain and disability in the muscles of the fingers in patients with rheumatoid arthritis.^[5]

Substance abuse

Substance abuse, including the use of tobacco, alcohol and mental-state modifying drugs, has several medical and social consequences. Also, rehabilitation of people with addictions like these is very difficult to achieve. However an early study which examined 1862 people who practiced transcendental meditation found that twenty months of the practice was useful in reducing addictive behavior.^[6] Participants who were using a variety of drugs showed better inner control, mental resolve and reduced anxiety after meditation. Their consumption of marijuana (but not of other drugs) reduced significantly.

Alcoholism is a cause of medical, social and economic problems. Another report found that three months of yoga practice, which included postures, breathing practices and meditation brought about significant psychological and biochemical changes in alcoholics.



[7]

Treatment with methadone has been used to reduce substance abuse and HIV infection among drug users.^[8] Sixty-one persons with a history of substance abuse were randomly assigned to (i) conventional methadone treatment and (ii) alternative Hatha Yoga therapy.^[8] After six months both groups showed psychological, sociological and biological changes, suggestive of reduced drug dependence. Apart from reduced drug use the participants showed lower criminal activities. This program looked at a combination of yoga practices (such as postures, breathing exercises, and meditation). Apart from this, a rhythmic yoga breathing (*Sundarshan Kriya Yoga*) decreased use of tobacco in twenty-one percent of individuals after six months of practice.^[9] In a separate study the same practice (*Sudarshan Kriya Yoga*) reduced alcohol dependence in thirty people, compared to another thirty who had not practiced yoga.

Prison inmates and children in a remand home

People who are confined in prisons are vulnerable to physical and mental abuse and may be severely damaged emotionally by the time they leave the prison if they complete their term.^[10] However yoga is a powerful method to transform lives, bringing hope and emotional healing. Twenty-one women who were in a correctional institution participated in a twelve-week yoga program.^[11] Six women completed the twelve week intervention, during which they practiced yoga with an emphasis on yoga postures. The main benefits were fewer symptoms of depression and anxiety over time.

While adults who are confined to a jail are physically, mentally and emotionally vulnerable, children are even more at risk. An assessment of the level of physiological anxiety in girls who were under legal custody, showed that they had higher heart and breath rates and lower skin resistance levels compared to age matched girls living at home.^[12] After six months of practicing either yoga or physical training both groups showed benefits in terms of a decrease in heart rate, while the yoga group alone showed beneficial changes in the breath rate and skin resistance.

Hence yoga has definite benefits for children and adults who are confined to correctional facilities and prisons.

Aging

The number of healthy older people is increasing. As many of these individuals do not have any diagnosed illness they are neglected by clinicians even though they do have complaints assumed to be a part of normal aging.^[13]

A three-arm randomized controlled trial (where the three arms were yoga, ayurveda and wait list control), assessed the self-rated sleep in sixty-nine older adults randomized as the three groups.^[14] The yoga group showed a significant decrease in the time taken to fall

asleep, an increase in the total number of hours slept, and in the feeling of being rested in the morning. These benefits were observed after six months of yoga practice. The same group also showed an improvement in gait and balance after six months of yoga practice.^[15] This is especially important as falls are associated with a high incidence of morbidity and even fatalities in older persons. Another benefit seen in the same groups when they practiced yoga for six months was a decrease in negative affect or depression, based on the Geriatric Depression Scale.^[16]

In a separate study on healthy seniors, one hundred and thirty-five healthy seniors were randomized as three groups, viz. yoga, walking exercise or control.^[17] Outcome assessments included cognitive measures, assessments of the emotional state, and physical measures. Neither the yoga nor the exercise group showed improvements in cognitive function, however the yoga group showed a significant improvement in the quality of life and physical measures compared to the exercise and control groups.

In yet another study conducted on healthy older adults in Taiwan, the mental status and sleep quality were especially assessed.^[13] Out of one hundred and thirty nine participants recruited, one hundred and twenty eight completed the trial. All participants were community dwelling adults aged 60 years or more. They were randomly assigned to a yoga and a non-yoga (control) group. After six months of yoga practice, their sleep quality, depression and mental health status improved.

Hence yoga is useful to promote healthy aging in older adults.

Persons who are HIV positive and those who have AIDS

People who are HIV positive are under physical, mental, emotional, social, and often economic stress.^[18] Very few studies have demonstrated actual benefits of yoga practice in people who are HIV positive or who have AIDS.

An early study mentioned that unlike exercise which increases cortisol, which in turn causes muscle wasting, yoga reduces cortisol and hence yoga stretches were speculated to be useful to improve immune function while not causing muscle wasting in persons who are HIV positive.^[19] A more recent randomized trial evaluated a residential program designed to train participants in breathing, movement and meditation.^[20] There were sixty-two participants, and forty-seven completed the trial. The short-term effect of the program were positive changes in well-being and mental health. However the long term benefits were less clear. This shows that yoga has the potential to manage people who are HIV positive. At present there are no studies to conclusively state that yoga helps in HIV positive persons or those with AIDS.

Post-traumatic stress disorder (PTSD)

Following exposure to trauma people often develop high levels of fear and anxiety,



and eventually a collection of symptoms called post-traumatic stress disorder (PTSD).^[21] The trauma could be exposure to violence (e.g., being a victim of a terrorist attack, a hijacking, an assault, and so on), as well as natural disasters, such as earthquakes. A week of yoga practice was useful to reduce self-rated fear, anxiety, sadness and disturbed sleep in survivors of the Indian Ocean tsunami which occurred in 2004.^[22,23] The people were residents of the Andaman Islands, an archipelago in the Bay of Bengal. Apart from the self-rated reduced symptoms of distress, following yoga the survivors had lower heart and breath rates, suggesting a decrease in their stress levels.^[23] While the tsunami was an unexpected natural disaster which had devastating effects, in many parts of the world natural disasters such as floods, cyclones and drought occur repeatedly. Yoga was also found to be helpful and possibly prevent development of post-traumatic stress disorders in survivors of floods which occurred in the north Indian state of Bihar.^[24] This flood recurs year after year. The group who practiced yoga had reduced sadness, which is of importance as with recurring traumas people may develop depression. The non-yoga (control) group had increased anxiety. Since this did not happen in the yoga group, yoga practice may have prevented anxiety from increasing.

Children with impaired vision

Persons with impaired vision understandably often have higher levels of anxiety than those with normal vision.^[25] It was shown that blind children learn yoga *asanas* with ease. In a controlled study^[26], after three weeks of yoga practice (*asanas* and breathing practices) blind children had a significant decrease in breath rate and their abnormally irregular breathing became regular, a sign of reduced physiological stress. There is also another possible area where the practice of yoga may benefit the blind. The blind are known to have a significantly better developed tactile sense than subjects with normal vision. Unfortunately this does not apply to their performance of motor skills^[27], which are increasingly required today, for example to use specially designed computer keyboards for the visually impaired. Yoga practices help in the development of motor skills in persons with normal vision,^[28] so a similar effect may be obtained in the blind.

In summary

Yoga practice has several applications in rehabilitation. Some of them which have been scientifically investigated are reported here. However there are many more which can and should be systematically assessed.

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Research Symposium



Science without religion is lame. Religion without science is blind

- Albert Einstein



RESEARCH SYMPOSIA

List of Chairpersons:



1. **Prof. P Satish Chandra,**
Director and VC, NIMHANS,
Bengaluru



2. **Dr. Miguel Rivera,**
Psychiatrist and Mind-Body
Medicine specialist, FL, USA



3. **Dr. C N Manjunath, Director,**
Sri Jayadeva Institute of Cardiovascular
Sciences and Research, Bengaluru



4. **Dr. S Bhakhtiar Choudhary,**
Director, Hyderabad Spine Clinics,
Hyderabad



5. **Dr. K S S Bhat,**
Director, Manipal Heart Foundation,
Bengaluru



6. **Dr. S Chandrashekara,**
Director, ChanRe Institute of Rheumatology & Research,
Bengaluru



7. **Dr. Ajai Kumar,**
Founder & Chairman, HCG,
Bengaluru



List of Judges (Oral):



8.

Maj. Nisha Money

Medical Director, Global Healing Initiatives Institute,
LLC, Washington DC



9.

Dr. K. G. Kallur

Director, Nuclear Medicine,
Health Care Global Ltd., Bengaluru



10.

Dr. Raghuraj P

Senior Scientific Writer, Global Medical Affairs,
Novartis Healthcare Pvt Ltd, Hyderabad

List of Panelists:



Moderator:

Dr. Shirley Telles,

Director-Research,
Patanjali Research Foundation, Haridwar

Panelists:

- 1 **Ms. Nathalie BABOURAJ**, Member-NATO Group Integrative Medicines for soldiers, France
- 2 **Dr. Shivarama Varambally**, Associate Professor, Dept. of Psychiatry, NIMHANS, Bengaluru
- 3 **Dr. Shrikanth Sola**, Sri Sathya Sai Institute of Higher Medical Sciences, Bengaluru
- 4 **Dr Rajlumar**, Former President, Karnataka Orthopaedic Association, Bengaluru
- 5 **Dr. Chaya Purushottam**, Research Associate, St. John's National Academy of Health Sciences, Bengaluru
- 6 **Dr Alex Hankey**, Professor, SVYASA University, Bengaluru

PHYSIOLOGIC BASIS OF YOGA



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K.K. Deepak is serving as a Professor of Physiology at All India Institute of Medical Sciences (AIIMS), New Delhi. He acquired MD in Physiology (1984) and PhD (1990) from AIIMS. His main interest is research in the field of Autonomic Nervous System (ANS) in humans. His team is working in the field of quantification of autonomic functions in humans and modification of the ANS through non-pharmacological approaches. He has published 61 research papers in indexed journals, written 10 chapters in various books and co-authored three books. He has guided more than 40 post-graduate/doctoral students and completed 16 funded research projects. He has contributed significantly to the advancement of research in yoga and meditation.

The yoga is a multi-prong approach to improve body function in totality. It involves several mechanisms such as physiological, psychological and spiritual to modify their own regulatory points. From the analysis from physiological view point, there are at least four basic mechanisms operating;

1. **Physical Movements-** The movements mediate exercise related physiological changes. This involves alternating movements of various parts of body through periodical repetitions of body parts. These are slow aerobic exercises, and carries all benefits of aerobic exercise, activation of large number of muscles and redistribution of circulation throughout the body. Various yogic postures involves this strategy.
2. **Breathing Movements** mediating cardiovascular and respiratory responses. The respiration is powerful stimulus to drive cardiac and vascular oscillations. Various patterned breathing exercises have enormous potential to condition cardiovascular system for physiological limits.
3. **Passive Physical Relaxation [Relaxation Response]-** the relaxation response is known mechanism inbuilt in yoga. This induces large number of physiological and biochemical action that serves as antidote for stress related effects.
4. **Cognitive Restructuring.** Cognitive re-structuring modifies attention-concentration process to reshape the cortical excitation and resulting in sympathetic activation. This also provides basis for attitudinal change which help achieving mental sturdiness. The beauty of yogic exercise lies in its various components to improve body functionality. Several western relaxation methods use single approach to harness some benefits. The yogic approach is towards improving all dimensions of health. The effect of practice of components involved in yoga is multiplicative.



YOGA FOR MENTAL HEALTH: MAINTENANCE, PREVENTION AND TREATMENT



Dr Sat Bir Khalsa

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For over 10 years Dr. Sat Bir Singh Khalsa, Ph.D. has been fully engaged in basic and clinical research on the effectiveness of yoga and meditation practices in improving physical and psychological health. He has also practiced a yoga lifestyle for over 40 years and is a certified Kundalini Yoga instructor. He is the Director of Research for the Kundalini Research Institute, Research Director of the Kripalu Center for Yoga and Health and an Assistant Professor of Medicine at Harvard Medical School at Brigham and Women's Hospital. He has conducted clinical research trials evaluating yoga treatments for insomnia, addiction, back pain, depression, anxiety disorders, post-traumatic stress disorder, and chronic stress and a yoga program in public schools to determine benefits in mental health. Dr. Khalsa is actively works with the International Association of Yoga Therapists to promote research on yoga therapy. For the past 5 years he has also been teaching an elective course at Harvard Medical School in Mind-Body Medicine.

The pace and demands of modern society are subjecting many individuals to the burden of continuing and often chronic stress at both work and home. Unmanaged stress is now believed to be one of the most consistent predictive factors contributing to the development of mental health and behavioral problems in both adolescents and adults. Statistics suggest that the majority of adolescents and adults will experience a mental health disorder in their lifetime. Although personal resources such as mastery and self-regulation skills are known to be consistently associated with enhanced resilience to the onset of mental health disorder episodes, our society has no established training or education programs in our schools or workplaces for stress management. Yoga is a comprehensive and holistic set of mind-body practices including physical exercises and postures, breathing techniques, relaxation strategies, meditation/mindfulness practices and applied psychology/philosophy. Research studies have shown that yoga is highly effective in the management of acute and chronic stress both psychologically and physiologically. Furthermore, a growing body of clinical research trials has indicated that a variety of mental health conditions can be effectively managed with therapeutic application of yoga practices. This presentation will overview the evidence for the preventive and therapeutic application of yoga for mental health and the potential underlying mechanisms of its action.

POSSIBLE PROTECTIVE EFFECT OF YOGA AND NATUROPATHY FOR LIFESTYLE DISEASES: AN OVERVIEW OF EMPIRICAL EVIDENCE



Dr Naveen Kalkuni Visweswaraiah, BNYS, PhD
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Naveen Kalkuni Visweswaraiah completed a five year medical degree in Yoga and Naturopathy (Bachelor of Naturopathy and Yogic Sciences, i.e., B.N.Y.S.) from University of Mangalore and registered as 'Naturopathy physician & yoga therapist'. Subsequently completed his Ph.D. in 2005 with a thesis entitled 'Psychophysiology of meditation including responses to external stimuli' under the guidance of Shirley Telles, from faculty of Science, Bangalore University, Bangalore. Currently he is the Joint Director of Research and Co-Head of ICMR Center for Advanced Research on Yoga and Neurophysiology and a project under Cognitive Science Research Initiative of Department of Science & Technology. Dr. Visweswaraiah has 30 research publications related to above mentioned 4 areas of research and 4 chapters in books. He is also a Executive Director of 'Foundation for Assessment and Integration of Traditional Health Systems [FAITHS] a registered research trust committed to evidence based practice of Indian medicine and its' integration with the mainstream health care.

While enunciating the goals of yoga, patanjali yoga sutras proclaim that-'heyam dukham anagatham - all the possible misery can be prevented and thus the practitioner can be protected'. Traditionally, Yoga and Naturopathy is adopted as a science of living in daily life. For over a century, Yoga & Naturopathy is used as natural remedies for healing. There are definitive clinical correlations between stress and faulty lifestyle and their consequences to the causation of host of diseases categorized as non-communicable diseases; neuro-degenerative disorders and all forms of carcinomas. The epidemic proportions of these diseases have led to the patient driven use of traditional medicine like Yoga & Naturopathy. This in turn has led to the systematic clinical evaluation of these therapies for their safety and efficacy. Since, classical randomized clinical trials are few and difficult to conduct, studies are exploring the protective effect of lifestyle interventions from the consequences of genetic predisposition and stress & lifestyle related risk factors. There are large scale epidemiological-longitudinal studies which have demonstrated protective effect of corrected lifestyle for non communicable diseases viz., obesity, hypertension, diabetes mellitus, coronary artery disease, polycystic ovarian disorders; neuro-degenerative & psychiatric diseases viz., depression; anxiety neurosis; dementia, Parkinson's disease; and all forms of carcinomas. This paper would present the clinical evidence and possible underlying mechanisms for the protective effect induced by Yoga & Naturopathy based lifestyle intervention.



MEDITATION IN THE PREVENTION AND TREATMENT OF CARDIOVASCULAR DISEASE: AN OVERVIEW OF CLINICAL TRIALS OF THE TRANSCENDENTAL MEDITATION PROGRAM CONDUCTED IN NORTH AMERICA



Dr Robert Schneider

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Robert H. Schneider is a physician-scientist-educator, and one of the nation's leading authorities on natural medicine and its scientific use in the prevention and treatment of heart disease. Over the past 30 years he has directed nearly \$25 million in research grants from the National Institutes of Health. The results of this groundbreaking research have been published in more than 100 articles in authoritative medical journals and proceedings, and featured in more than 1,000 television, radio, magazine, and newspaper reports, including ABC's 20/20, CNN Headline News, Fox News, the New York Times, Washington Post, Newsweek, Wall Street Journal, and Time magazine. Dr. Schneider is a specialist in preventive medicine and clinical hypertension and a Fellow of the American College of Cardiology. He did his postgraduate training in internal medicine and hypertension at the University of Michigan Medical School. He has been a consultant to numerous government agencies, including the National Institutes of Health (NIH), the Centers for Disease Control and Prevention, the Presidential Commission on Complementary and Alternative Medicine, and the US Congress' Prevention Coalition. Currently, Dr. Schneider is dean of the Maharishi College of Perfect Health, director of the NIH-funded Institute for Natural Medicine and Prevention and professor of physiology and health at Maharishi University of Management. He is the author of Total Heart Health: How to Prevent and Reverse Heart Disease with the Maharishi Vedic Approach to Health.

Cardiovascular disease (CVD) is now the number one cause of mortality in the world. This includes developing nations such as India as well as developed nations. Risk factors for this epidemic are largely lifestyle related: diet, exercise and psychosocial stress. These factors in turn contribute to conventional CVD risk factors: hypertension, hyperlipidemia, smoking, obesity and diabetes.

Traditional texts of Yoga describe techniques of meditation for gaining the state of Samadhi or Transcendental Consciousness. Modern physiological research has discovered physiological correlates of this state of consciousness: changes in EEG, neuroendocrine, metabolic and cardiovascular activation. The Transcendental Meditation technique is a simple, natural effortless meditation technique from the Yogic tradition that is practiced by 6 million people in the West and East. A series of randomized controlled clinical trials have tested the effects 20 minutes twice a day practice on risk factors, surrogate endpoints and

clinical events associated with CVD. Meta-analyses of nine randomized controlled trials that Transcendental Meditation practice lowers blood pressure on average by 5 mm Hg. Other clinical trials demonstrate improvements in metabolic syndrome – insulin resistance, psychosocial stress, smoking and alcohol abuse. Further trials report improvements in surrogate endpoints for CVD: myocardial ischemia, carotid atherosclerosis and left ventricular hypertrophy. A recent completely clinical trial conducted over 10 years in CVD patients found a 48% reduction in risk for mortality, myocardial infarction and stroke in Transcendental Meditation practitioners compared to controls.

These studies collectively indicate that the regular experience of Transcendental Consciousness or Samadhi is associated with improvements in risk factors and clinical markers of cardiovascular disease in normal subjects and patients in Western countries.



EVIDENCE BASED NATUROPATHY IN RURAL HEALTH



Jonathan Wardle

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Jon is a Chancellor's Research Fellow at the University of Technology Sydney and holds visiting positions at the University of Washington and the University of Queensland. In addition to his academic roles Jon is a practising naturopathic doctor in Brisbane, Australia. Jon is a founding Director of the Network of Researchers in the Public Health of Complementary and Alternative Medicine (NORPHCAM) and is a core committee member of the Public Health Association of Australia's Research Advisory Group. He holds editorial positions on a number of journals, serving as editor-in-chief of the International Journal of Naturopathic Medicine. Jon is co-editor of the text Clinical Naturopathy: an Evidence Based Guide to Practice, published by Elsevier and used as a core teaching text for naturopathic programs in six countries. His research interests include policy, professionalization and integration of complementary medicine.

Background

Recent evidence suggests particularly high complementary medicine use in rural areas internationally, suggesting regional differences in complementary medicine consumption.

Methods

This presentation draws on a broad program of research exploring naturopathic and complementary medicine practice in rural communities.

Results

There appears to be high support for naturopathic services in rural communities, with high distribution of practitioners even in lieu of government subsidies. The large presence of naturopathic practitioners in rural areas may present an untapped resource for healthcare policy makers, although several policy and legislative challenges to further integration exist, including an embryonic research base for naturopathic practice. Although naturopathic medicine is often criticised for lacking an evidence base, this may be due to methodological challenges in evaluating complex and individual treatments, as is also observed in evidence-based medicine's 'primary care paradox'. A holistic model of treatment which respects the traditional philosophical underpinnings of naturopathic practice is essential to improving the evidence-base of naturopathic medicine, and these can be investigated with emerging research methodologies.

Conclusions

There is broad scope for further inclusion of naturopathy in rural healthcare, which may offer a more culturally appropriate form of care in these communities than conventional approaches that aligns with rural patient's holistic and self-reliant attitudes towards healthcare. Naturopathic medicine is also at its most evidence-based when practised in accordance with its philosophical underpinnings and carried out in a holistic manner.

YOGA AND NATUROPATHY AS EVIDENCE BASED LIFE STYLE INTERVENTION FOR NCDS



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Is one of the pioneers in the field of Yoga therapy. She is the Dean, Division of yoga and life sciences and chief consultant at Arogyadhama, SVYASA. Dr Nagarathna did her MBBS from Bangalore medical college, MD in internal medicine from Mysore medical college, Her MRCP and FRCP from edinburg, UK. She has over 40 publications in national and international journals and has 11 books on series of yoga for different ailments published. She been felicitated with numerous awards such as the: Patanjali Award" (2000) for contributions in the field of yoga by Indian Systems of Medicine and

homoeopathy (ISM & H), Ministry of health and family welfare, Government of India, arranged through Director, ISM & H in Bangalore. "Dr P S Shankar Vaidya Shree" award (2001) by Dr P S Shankar Pratistana, Gulbarga. "Woman of Excellence" award (2003) by the BadaganaduSangha Association, Bangalore, for service to humanity through Yoga Therapy. "Karnataka Kalpavalli" award (1995) for 'Service to women through Yoga' awarded by 'Shaswathi' a women's organization, NMKRV College, Bangalore. "Doctor's Day" award (July 1992) by IMA, Bangalore branch.

The modern medical system has replaced almost all the traditional systems of medicine in different parts of this globe because of its rational basis. Rapidly increasing incidence of life style related diseases is posing a great challenge. It is here that yoga and naturopathy appear to make a vital contribution by offering a totally different paradigm to our understanding of the human system in health and disease. About 20 years ago the biomedical system (allopathic system) realized the need to have a dept. for CAM as the frustrated chronic sufferers had already adapted and accepted parallel systems of medicine and clinicians had to face serious problems of drug interactions. Hence intense research to understand the concepts and the physiology followed by clinical efficacy and the mechanisms became a necessity. Research at SVYASA started this work 25 years ago and has systematically documented the evidence and today it stands as the number one university that has the maximum publications in indexed international journals. Following steps were followed:

1. Understand the concepts of these experiential sciences by doing internal experiments under the guidance of learned masters of traditional scriptures.
2. Understand it in our physiological language by interaction between modern scientists and traditional texts.
3. Develop modules of applications for specific needs of the individual's needs based on this understanding and internal experiment -we now have different specific modules for about twenty diseases and ten modules of promotion of positive health at physical, mental, emotional and spiritual health.
4. Use it in clinical situation and learn more through the feedback from individual case reports - patients are our first teachers.
5. Design pilot studies using modern techniques of investigations to document the results.
6. Conduct randomized control studies.
7. Design studies to understand the mechanisms at molecular, biochemical and brain mapping levels.
8. Design projects and take it to people.



REVERSAL OF HEART DISEASE AND CARDIAC REHABILITATION IN INDIAN POPULATION



Prof. S.C. Manchanda

Sr.Consultant Cardiologist, Sir Ganga Ram Hospital and
Former Prof. and Head of Department, AIIMS
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Dr Manchanda is Recipient of the Padmashri award by the President of India in 2004. At present he is a senior consultant at the Department of Cardiology at Sir Ganga Ram Hospital in New Delhi. With 40-years of contribution in research, education and training, Dr Manchanda has written more than 400 scientific papers in various national and international medical journals. He was not only the former head of the Department of Cardiology at the All India Institute of Medical Science (AIIMS) but has also contributed in the growth of the institute as a faculty member for 31 years. He is Editor in Chief, Journal of Preventive Cardiology.

Cardiovascular diseases are the leading cause of mortality and morbidity throughout the world and their incidence is increasing especially in the developing countries. The basic underlying pathology of heart disease is thickening of blood vessels called atherosclerosis which starts early in the childhood and progresses gradually causing serious problems like heart attacks. Atherosclerosis is mainly caused by unhealthy life style consisting of mental stress, high fat diet, lack of exercise and tobacco consumption. All these risk factors can be controlled by 'YOGA' which is not merely few 'ASANAS' but a holistic life consisting of stress management, diet control and tobacco cessation. Scientific studies have demonstrated that yoga can reverse atherosclerosis.

Reversal of early atherosclerosis :

A recent study from Ganga Ram Hospital, Delhi by Manchanda et. al has demonstrated that early atherosclerosis as assessed by carotid intimal thickness was regressed by practice of yoga for 1 year in patients with Metabolic Syndrome as compared to controls.

Reversal of advanced coronary atherosclerosis :

Three randomized trials utilizing coronary angiography (by Dean Ornish from U.S., Manchanda from Delhi and Gupta from Mount Abu) have demonstrated that it is possible to regress advanced blockages in the coronary arteries by the practice of yoga / meditation for 1-3 years. In addition, there was significant reduction in obesity, cholesterol levels, angina, mental stress and need for angioplasty or bypass surgery.

Yoga for cardiac rehabilitation :

Yoga could also be used as an important cost effective technique for cardiac rehabilitation because it promotes physical and mental well being and reduces the risk factors like hypertension, diabetes, obesity and cholesterol levels, can regress atherosclerosis and prevents adverse outcomes of heart attack.

To conclude yoga is a mind body holistic intervention which has been demonstrated in several studies to be extremely beneficial for primary and secondary prevention of coronary heart disease and for cardiac rehabilitation after heart attack.

YOGA FOR SCHIZOPHRENIA: AN EFFECTIVE ADD-ON THERAPY



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Dr Shivarama Varambally, Assoc Professor of Psychiatry

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Dr B.N.Gangadhar completed MBBS from Bangalore Medical College in 1978 and obtained MD Psychiatry in 1981 from the National Institute of Mental Health and Neurosciences (NIMHANS), a premier Psychiatry Institute in India. He has been a faculty in the same Institute since then. Currently, he is a professor of Psychiatry and heads the community services at NIMHANS. He also heads an advanced center for Yoga therapy at NIMHANS. He has published over 230 scientific articles in peer-reviewed National and International journals. His research areas include ECT, rTMS, Yoga, Schizophrenia and Community Psychiatry. He has received several research grants from national and international bodies and has successfully implemented several projects. He has guided over 10 PhDs and 20 MD dissertations. He has received the prestigious Sir CV Raman award and Dr BC Roy award by the Karnataka Government. He is also shares several national and international awards in scientific meetings with other researchers. He is also the Fellow of National Academy of Medical Sciences. The Yoga University (SVYASA) has recognized him with the Doctorate in Science degree (D Sc) in 2012. Dr Gangadhar is the associate editor of Acta Psychiatrica Scandinavica and a coeditor for the Asian Journal of Psychiatry both of which are prestigious international scientific journals. He has traveled widely across the world on scientific agenda and has served on organizations like World Health Organization.

Affecting close to 5 per 1000 population, schizophrenia is a chronic and disabling mental disorder that is among the top ten contributors to disease-related burden. While medications have shown promise, limitations abound and hence a need for alternative interventions. Yoga as an add-on therapy has proven efficacy in reducing negative symptoms of schizophrenia. Cognitive status too improves after yoga in schizophrenia. In acute inpatients too, yoga lowers depression symptoms though without effects on psychosis. The mechanism therapeutic effect is under investigations. Yoga increases oxytocin levels and also produces improvements in cognition in schizophrenia patients. Several areas of research merit attention; a) role for yoga to contain the metabolic syndrome often associated with schizophrenia, b) potential effects of yoga in preventing extrapyramidal and endocrine side effects of antipsychotic drugs, c) yoga as a stress-reducing agent in caregivers and d) can yoga reduce the risk in those genetically predisposed? The current evidence however makes a demand for providing yoga as a routine adjunct in mental hospitals that house most of the schizophrenia patients



YOGA AND NATUROPATHY FOR HEALTHY AGING AND IN GERIATRIC REHABILITATION



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Dr. Manjunath is a trained Yoga and Naturopathy physician [1995]. He has involved extensively in Yoga and Naturopathy as well as Ayurveda research leading to comprehensive compilation of scientific literature on Ayurveda and Medicinal Herbs. He has a doctoral degree in Yoga Science with a thesis on 'Yoga and Geriatric

Medicine' [2005].

Currently, he holds the positions of Joint director of research at Swami Vivekananda Yoga Research Foundation, Bengaluru. He has worked with Dr Telles for over 15 years co-authoring 18 research publications. He has guided more than 10 MSc & 6 MD students in yoga. He has presented paper on yoga in many national and international conferences.

Aging is a progressive, predictable process that involves the evolution and maturation of living organisms. Aging is inevitable, but the rate of aging varies greatly among individuals. This process in the human being results from the complex interplay of physiological, psychological and social factors. The aging process has been ascribed to different mechanisms by multiple theories such as free radical damage, a decline in immune surveillance, molecular cross linking, a decline in the level of melatonin secretion, and senescence of genes in the DNA. While aging is inevitable, attempts have been made to make this process a pleasant experience which resulted in the origin of a new concept 'the Healthy Aging'. Healthy aging is a state of low risk and high function in contrast to usual aging which is a non-pathologic state but at high risk. However, number of individuals suffering from the aging related health problems is progressively increasing though the health care delivery system is more pro-active. Hence, Geriatric rehabilitation is emerging as a major discipline. While stress and lifestyle have been identified as the major factors influencing the process of aging, use of Naturopathy and Yoga based lifestyle has been shown to influence it positively. This presentation is an attempt to demonstrate the use of Naturopathy and Yoga, the ancient Indian systems of Medicine as evidence based science for healthy aging as well as in geriatric rehabilitation

THE UNITED STATES ARMY AND INTEGRATIVE MEDICINE FOR PAIN MANAGEMENT



Colonel Richard Petri

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RICHARD PETRI, MD, is the Director of the Department of Defense's First Center for Integrative Medicine located at William Beaumont Army Medical Center (WBAMC) in El Paso, Texas. COL Petri is a physiatrist who has advanced training in medical acupuncture and mind-body medicine. He was selected as a DoD reviewer of

Andrew Weil's program in integrative medicine and served as the only DoD representative to the VA's CAM Advisory Group. COL Petri has been awarded several grants to study integrative medicine in the military, and is working toward developing The Institute for Integrative Health and Healing, a DoD Center of Excellence. He serves on the NATO Task Force on Integrative Medicine and as a subject matter expert for the Army Surgeon General's Pain Management Initiative. He was awarded the Richard A. Kern Lecture Award for his outstanding contributions to Federal Healthcare in 2010.

Many advances in medicine are the result of necessity. Throughout the history of the United States, many innovations in military medicine have changed the American health care system. Today is no difference. The Department of the Army has recognized the value of a holistic, multi-disciplinary, integrative approach to healthcare. As such, new ground breaking initiatives within the United States Army are focused on these holistic approaches to optimize the care of the warriors and their families. Areas such as health and wellness, TBI and PTSD care and pain management are utilizing Integrative Medicine modalities as integral aspects of the delivered care. Additionally, collaborative partnerships with world class organizations are assisting in this cultural shift in how health care is delivered in the United States Military.

Holistic Medical Engagement Planning and Execution Experiences of a United States Air Force Medical Service Corps Officer: Comprehensive efforts that Build Capacity and Find the Most Appropriate Stakeholders for Holistic Healthcare Outreach Activities



IMMUNE MODULATION INDUCED BY LIFESTYLE STRATEGIES: A BASIS IN INTEGRATIVE ONCOLOGY



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RaghavendraRao has a Bachelor's degree in Naturopathy and Yogic Sciences, (BNYS) from SDM Ujire and PhD (Yoga) from S-VYASA University, Bengaluru. Dr RaghavendraRao joined S-VYASA as a research fellow, then lecturer and assistant professor. He was investigator for 2 NIH NCCAM grants on yoga and prediabetes, and yoga and HIV with UCSF School of Medicine San Francisco. Presently he is Consultant at HCG Bangalore Institute of Oncology and Expert member on AYUSH Research Portal, Govt. of India and Expert member CCRYN, New Delhi, Govt. of India. Also a Consultant for large trial on yoga for breast cancer funded by national cancer institute, USA. He has several international research publications on yoga.

The advances in cancer treatment has markedly improved survival with more people having to endure cancer symptoms longer than ever before. Persons with cancer experience a range of symptoms related to both the disease and its treatment. This causes severe psychological distress and couple with cancer related intrusive thoughts can exacerbate symptoms in cancer patients. Most of these symptoms also have a psychological and emotional component that effects the way it is perceived and felt by the cancer patients and can impact neuroendocrine and immune stress responses thus impacting survival outcomes in these patients. Integrative oncology encompasses a holistic care using a multidisciplinary approach to improve quality of life and well-being in cancer patients by reducing their distress and painful experience of cancer and its treatment related symptoms. This is facilitated by helping cancer patients allay their fears and concerns of disease and distress and cope with them effectively through mind body approaches that involves cognitive restructuring and relaxation. Yoga is an ancient mind body intervention that has found beneficial effects in reducing psychological distress and improving quality of life in cancer patients. Our experience since last 13 years with yoga intervention in breast cancer patients has shown yoga to reduce affective states, perceived stress, treatment related distress and toxicity, modulate antitumor and anti-inflammatory immune responses, reduce genotoxic stress during radiation and normalize diurnal salivary cortisol rhythms. Results from 4 RCTs in breast cancer patients comparing yoga with supportive care will be discussed.



Education Symposium



Education is the manifestation of the perfection already in man. It process by which character is formed, strength of mind is increased, and intellect is sharpened, as a result of which one can stand on one's own feet

- Swami Vivekananda





EDUCATION SYMPOSIA

List of Chairpersons:



1

Dr Babu Joseph,
Director, National Institute of Naturopathy,
Pune



2

Dr. Neeraja Reddy,
Principal, Govt. Naturopathic Medical College,
Hyderabad



3

Dr. B T Chidanandamurthy,
Former Director, Central Council for Research
in Yoga and Naturopathy [CCRYN], New Delhi

4

Dr. Manavalan,
Principal, Govt. Naturopathy & Yoga Medical College,
Chennai



5

Sri Subodh Tiwari
Director, Kaivalyadhama,
Lonavala



6

Dr. Maria Crummet,
Associate Vice President for Global Affairs,
USF World, University of South Florida, Tampa, FL, USA



7

Sri. G N Srikantaiah,
Director, Dept. of AYUSH,
Govt. of Karnataka



List of Judges (Oral):



1

Dr. Daniel Jalba

Director, Meditation Research Institute,
Swami Rama Sadhaka Grama, Rishikesh, UK

2

Dr. A. Malathi

Director, Manipal Hospital,
Bengaluru

3

Dr. G.V. Niranjana

Director, Curriculum Development Cell, Rajiv Gandhi
University of Health Sciences, Bengaluru

List of Panelists:



Moderator:

Dr. Naveen Visweswaraiah

Joint Director-Research, SVYASA University
& Medical Director, FAITHS, Bengaluru

Panelists:

- 1 **Prof. Dr S Chandrashekar Shetty**, Vice Chancellor, Sri Devaaraaj Urs Academy of Higher Education & Research, Kolar
- 2 **Matt Fritts**, Senior Program Manager at Samueli Institute, Washington DC, USA
- 3 **Dr Prem Kumar**, Registrar, Rajiv Gandhi University of Health Sciences, Bengaluru
- 4 **Dr B R Sharma**, Kaivalyadhama Ashram, Lonavla
- 5 **Ms. Nina Saacks**, Yoga Awakening, Cape Town
- 6 **Swami Andre Rahl** [Yogi Sri Bashkar Nath], France

THE VEDAS FOR NURTURING THE NATURE



Ramachandra G. Bhat

Dean of academic studies, S-VYASA, University,
Director of Veda VijnanaShodhaSamsthanam, Bengaluru
drrgbhat.vvg@gmail.com

Dr. RamachandraBhat has done PhD in Sanskrit, vidwan in the Vedanta and Nyaya Philosophies. He is working in unearthing the Vedic science, Vedic Ecology and Cultural history of Bharath through modern research, has carried Indian wisdom of Vedas to the west through his innumerable lectures in Ireland, USA and Australia.

Few of his major research works are Mind reading technique and mind transformation technique, Yajna for human health, Upanishadic Learning Methodology, and the one including his presentation, 'A new revelation of vedic hymns' held at the Texas University and is also the author of 7 books in Samaskritam.

Well known for his dexterity, he has been awarded with 'BhavabhutiPuraskarah' by the Government of Madhya Pradesh, India, 'Veda Varidhi' by Veda Dharma Paripalana Sabha Bangalore, India and many more adding his credits.

At Present he is the Dean of Academics, S-VYASA University Bengaluru. He is also the Director of Veda VijnanaShodhaSamsthanam, Chennahalli, Bengaluru, Convener of Gurukulas of Karnataka and also a Research Guide in Tumkur University. He is also the visiting resource person to Maitreyi Gurukulam, Prabhodhini Gurukulam and Vidyabharati Schools.

यदहङ्कारमाश्रित्य न योत्स्य इति मन्यसे ।

मिथ्यैष व्यवसायस्ते प्रकृतिस्त्वां नियोक्ष्यति ॥

श्रीमद्भगवद्गीता- 18/59

O Arjuna you are victim of your own ego. You are withdrawing yourself from your legitimate (ordained) duties. This effort is absolutely futile. Nature will control you. The same type of warning we, the modern people are receiving from the mother nature.

स्वस्ति पन्थामनुचरेमसूर्याचन्द्रमसाविव ।

ऋग्वेदसंहिता- म-5, अ-4, सू-51

Let us all follow the prosperous and welfare path like the solar and lunar cosmic energies of the universe. This is the clarion call echoed by the range of the mountains of the yore. This is the Himalayan call to the vast sea of humanity to lead an Eco-friendly life for like the great Indian Rishis who were the role models.



नमस्तेनोजनपदेनकदर्योनमद्यपो नाऽनाहिताग्निर्नाविद्वान्न स्वैरीस्वैरिणीकुतः ।

छान्दोग्योपनिषत् -5/11/5

An emperor of vedic age, Ashvapati from Kaikaya kingdom invites great Rishis to his kingdom declaring that his kingdom is free from robbers, silly people, drunkards, irreligious, illiterate and the loose-behavioral people both male and female.

The Veda based health science is guided by three important basic understandings.

1. Nature of human body is basically different from that of animal and other existing species.
2. Distinctness of human anatomical and physiological structure mainly lies in his MUNDA region consisting 101 Nadis starting from Heart spreading up to Brahmarandhra(Top of the head region).

शतंचैकाचहृदयस्यनाड्यस्तासामूर्धानमभिनिःसृतैका ।

तयोर्ध्वमायन्नमृतत्वमेति विष्वङ्मुन्याउत्क्रमणेभवन्ति ॥

कठोपनिषत्- 2/3/16

There are 101 NADIS occupying the head and heart region of the human body. One of them is connected to Brahmarandhra. That is the path way for human excellence. It takes human beings to immortality which is the last destination of the human journey.

Life journey of a nightingale is not accomplished If, it does not sing melodiously. A donkey's life becomes fulfilled when it carries heavy burden on its back. These are some examples for nature-friendly performances of living creatures. According to Vedic theology four Purusharthas - like Dharma, Artha, Kama and Moksha are the main human nature-friendly performances. Knowing this fully well man has to adapt his food system, behavioral pattern, day-to-day activities, emotions and thought process. If, something goes wrong, man out of his ignorance only invites various types of Adhi and Vyadhis.

आहारशुद्धौसत्त्वशुद्धिःसत्त्वशुद्धौधुवास्मृतिःस्मृतिलम्भेसर्वग्रन्थीनांविप्रमोक्षः ।

छान्दोग्योपनिषत्- अ-7, ख-26, म-2

When food is pure mind will be pure. When mind is sublimated there will be positive thoughts will be emerging. When mind is full of positive thinking, all psychic knots will be released.

Veda based healing is based on Panchamahabhuta. Earth, Water, air and fire are the main healing factors for all type of ailments. When these are kept purified, Mother Nature herself comes forward to protect us. In the main panacea for healing is eco-friendly life system.

PROFESSIONAL YOGA AND NATUROPATHY: OPPORTUNITIES AND CHALLENGES



Dr Prashanth Shetty

Principal and CMO, SDM College of Naturopathy & Yogic Sciences and Hospital, Ujire, India

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Dr. Prashanth Shetty is Principal of SDM College of Naturopathy & Yogic Sciences, Ujire. He is also Residential Medical Officer, for 200 bedded SDM Yoga and Nature cure Hospital, Shanthivana, Dharmasthala. He is also Member in advisory board for Naturopathy and Yoga, Government of Karnataka, Member of Academic Council and post graduate studies in Ayurveda in Rajiv Gandhi University of Medical Sciences, Karnataka. He has also presented papers in various national and international conferences and has published articles in different newspapers and given speech in All India Radio (AIR). He is also the recipient of awards including Dr B. C Roy Award in July, 2010, Vasista award by SVYASA Bangalore in 2006.

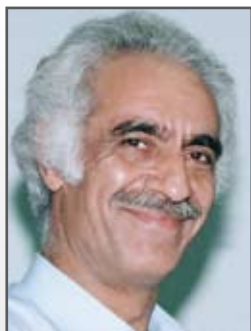
Professional yoga and naturopathy education has become the need of the hour and has wide scope with multitude of opportunities. Yoga has reached every corner of the globe in every home, institute, spa and health clubs. Yoga and naturopathy together have been a strong means of drugless therapies in the management of chronic non communicable and musculoskeletal disorders. Major corporate hospitals in India and abroad have turned their way to an integrative approach towards health as evident by the establishments of wellness/lifestyle consultation wings in their hospital. Yoga and naturopathy has been the hallmark of wellness industry throughout the globe. Day spa's, on board spa's and most of wellness centers are in need of professional naturopathy and yoga physicians in position of health managers and wellness experts.

However, these multiple opportunities give birth to multiple challenges. Establishing an institution delivering quality education in Yoga and Naturopathy needs an ideal management, which provides funding, faculty and freedom. The biggest challenge is to cater to these opportunities with sufficient professional expertise. Naturopathy and yoga interventions are more subjective and the effect varies from person to person. It's a major challenge to standardize these treatment modalities like an allopathic drug dosage. This sets shortcomings for centralized and standardized research in the field of yoga and naturopathy. Further to this the challenges include proper education, training and research of yoga and naturopathy physicians. India lacks a central standard teaching syllabus for yoga and naturopathy physicians. Lack of centralization of BNYS course leads to an uneven standard of learning and education.

Considering the number of opportunities and the demand from the health and wellness, it should be our aim to produce high quality naturopaths who speak evidence based medicine. A standard centralized pattern of courses would set right the loop holes in naturopathy and yoga education thereby would cater the need of the community in general.



INTEGRATING YOGA IN CONVENTIONAL MEDICAL EDUCATION



Dr Madan Mohan

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Prof. Madan Mohan, the Doctor of Science in yoga, is currently the head of the dept. of physiology and the program director at the Advanced Centre for Yoga Therapy Research. He is an eminent researcher in Cardio vascular and Respiratory physiology areas. Publishing over 90 research papers and guiding over 30 post-graduates and as a chief-investigator of over 26 research projects, he stands as a distinguished resource person in this field. He is also one of the members of the editorial board of many journals including Indian Journal of Physiology and Pharmacology and International journal of Yoga.

Modern medical care. At first glance, conventional medicine and Yoga may seem to be totally incompatible and at times antagonistic to each other. Practitioners of either system are often found at loggerheads in typical modern one-upmanship. While modern medicine has a lot to offer humankind in management of acute illness, accidents and communicable diseases, Yoga has a lot to offer in terms of preventive, promotive and rehabilitative methods in addition to management methods.

To facilitate this integration a “path-breathing” National Workshop on “Introducing Yoga in the medical curriculum” was held at JIPMER, Puducherry in March 2009.

The following were the recommendations of the workshop:

1. The workshop appreciated the Department of AYUSH and Morarji Desai National Institute of Yoga, New Delhi for making efforts to integrate Yoga science in the medical curriculum and create awareness of yoga amongst the medical students in particular and medical professionals in general.
2. It was recommended to introduce Yoga science to medical students and medical professionals through a “Foundation Course in Yoga Science”.
3. It was recommended that 14 hours of yoga theory be included as lectures for 1st, 2nd and 3rd professionals and 32 hours practicals be included in the 2nd professional.
4. It was also recommended that an optional foundation course be conducted after class hours for interested professionals through the yoga units of the institutions. This can utilize the 48 hour foundation course syllabus that has been prepared by MDNIY in consultation with eminent yoga and medical experts.

PROFESSIONAL YOGA EDUCATION IN WELLNESS & HEALING: A GLOBAL PERSPECTIVE



Leigh Blashki

Director, Australian Institute of Yoga Therapy, Australia

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Leigh Blashki is one of the pioneers of Yoga Cikitsa in Australia. He is the director of the Australian Institute of Yoga Therapy, the secretary of the Australian Association of Yoga Therapists, Vice President of Yoga Australia, a member of the International Association of Yoga Therapists' Council of Advisors and Council of Schools Standards Committee. With influence from a number of traditions and teachers, including Sri Yogendra, Michael Volin, Swami Gitananda, A.G. Mohan and Donna Farhi, Leigh

has practiced Yoga for over 40 years, taught for over 30 years, practiced Yoga therapy for over 20 years and had over 350 graduates from his Yoga teacher training and Yoga therapy training courses, which are held in high esteem in Australia.

Leigh took a leading role in the establishment of standards for Yoga Therapy practice and training in Australia and continues this work as part of the IAYT's educational standards committee. He is also a sought after presenter in Australia and internationally.

As both the interest in and the practice of Yoga Cikitsa increases in the West, so does the imperative for a widely accepted set of guidelines for formal education in the wellness and healing applications of Yoga.

In part an argument can be made (and at times is made) that all Yoga relates to wellbeing and healing. The word healing comes from the Greek word holos, meaning to make whole, while the word wellbeing can be interpreted as tapping into the deep wellspring of our 'being'. Surely these correlate well with the outcomes of a proper Yoga Sadhana!

However notwithstanding these sentiments, the field of Yoga therapy is now well established globally and a number of organisations have developed or are in the process of developing clearly defined guidelines or standards for professional education in Yoga therapy. While in essence there is probably little if any difference in the differing terminology, in the West the term Yoga therapy has greater traction than the term Yoga for wellness and healing. So for the purposes of this presentation these terms can be regarded as interchangeable.

In this presentation you will learn how the Australian Association of Yoga Therapists developed its educational standards in 2008, how the International Association of Yoga Therapists is in the final stages of its comprehensive educational standards and the way in which the British Council for Yoga Therapy has aligned its standards to the National Complementary and Natural Healthcare Council.



YOGA EDUCATION IN THE UNITED STATES



Eleanor Criswell Ed.D

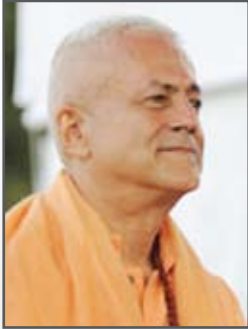
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Eleanor Criswell, Ed.D., is emeritus professor of psychology and former chair of the psychology department, Sonoma State University. Founding director of the Humanistic Psychology Institute (now Saybrook University, San Francisco), she is currently a Distinguished Consulting Faculty member for Saybrook University. Editor of *Somatics Magazine*, the magazine-journal of the mind-body arts and sciences, and director of the Novato Institute for Somatic Research and Training, her books include *Biofeedback and Somatics: Toward Personal Evolution*, *How Yoga Works: An Introduction to Somatic Yoga*, and she is editor of *Cram's Introduction to Surface Electromyography*. She is president of the International Association of Yoga Therapists, the Somatics Society, and past president of Division 32—Humanistic Psychology of the American Psychological Association, the Association for Humanistic Psychology, and the Biofeedback Society of California. She is on the board of the Association for Hanna Somatic Education. She is the originator of Somatic Yoga and Equine Hanna Somatics.

Twenty million people were practicing yoga in the United States in 2011. These people were studying or practicing yoga in yoga studios, community programs, ashrams, schools, YWCAs, private classes, colleges, clinics, hospitals, fitness studios, and at home. Yoga classes draw from many different yoga lineages. The Yoga Alliance (YA) registers yoga teachers and yoga teacher training programs. Teachers registered by the Yoga Alliance have completed either a 200- or 500-hour training program. The International Association for Yoga Therapists (IAYT) has 2,800 members and over 80 member training program schools. The IAYT mission is establish yoga as a recognized and respected therapy. Our tag line is to bridge yoga and healthcare. IAYT is developing competency-based educational standards for the training of yoga therapists. Developing educational standards is a necessary step toward the further development of the profession of Yoga Therapy. IAYT is interested in promoting convergence in the educational standards that are being developed globally. With the establishment of educational standards, there comes a need to have training programs that are able to meet the educational standards. The approval of training programs and certification of individual yoga therapists is a later step for IAYT in the process of Yoga Therapy development. Yoga research is very important for the increased acceptance of yoga and yoga therapy in the United States.

PROFESSIONAL YOGA EDUCATION: AN EUROPEAN EXPERIENCE



H.H. JAGAT GURU AMRТА SÚRYÁNANDA MAHÁ RÁJA

Founder and President of the Yoga Portuguese Confederation, and Yoga Sámkhya Institute, yoga@confederacaoportuguesadoyoga.com.pt

Yoga practitioner for over 41 years, H.H. is the author of Chakra Sútra - the 7 main Chakra of Yoga (1985), and Sámkhya, Cosmogenesis and Yoga - beyond Hydrogen (1986). Founder of OMKÁRA - Choir and Orchestra of Mantra, and PASHUPATI - Advanced Traditional Yoga Demonstrators. His Grand Internal Yoga Master is the Adi Guru Lord Shiva and the live Master that most influenced him was Svámin Krshnánandaji Sarasvatí of Shivánanda Áshrama - rshikesh. His other big reference

is the Mahá Shakti who unveiled herself in 1917 in Fátima, Portugal - the Bright Lady transmitted the urgent stop of bloodshed amongst the Humanity.

H.H. Jagat Guru Amrta Súrýánanda Mahá Rája is the head of the Yoga Teaching Graduation Program of Yoga Portuguese Confederation, always with a high stand of world excellency, and teaches the complete Yoga Training Program for Yoga Instructors in 6 years = 6.500 training hours, Yoga Teachers in 10 years, and Yoga Masters in a total of 14 years.

In 2001, H.H. proposed to UN and UNESCO the creation of the FIRST GLOBAL DAY - Ecumenical Day, Inter Ethnic, Inter Religious, and Inter Cultural - on the SOLSTICE, JUNE 21ST - which is also the WORLD YOGA DAY - a Fraternal Day - 24 hours without bloodshed in the whole World, a Day for the Enlightenment of Humanity, for the preservation of the Ecosystems, and the human-Cosmic conscience.

The Superior Yoga Degree, of the Yoga Portuguese Confederation (35 Áshrama in Portugal) - Presided by H.H. Jagat Guru Amrta Súrýánanda Mahá Rája is divided in three levels: Having the third one, for Yoga Instructors, the duration of 6 years, with 6570 hours of effective Formation (equivalent to a Yoga Graduation); the second level for Yoga Teachers, the duration of four years - in a total of 10 years (equivalent to a Master's Degree), and the 1st level, the highest one, to prepare Yoga Masters, the duration of four more years - comprising a total of 14 years (the equivalent to a PhD in Yoga).

The Yoga Portuguese Confederation primes for its Excellency in Training, and in the teaching of Yoga, and holds as reference the Motherland of Yoga - Bhárata, the Grand India, and its True theoretical and practical Philosophical Wisdom.

H.H. Jagat Guru Amrta Súrýánanda Mahá Rája teaches the Traditional Yoga and the Sámkhya - Sanátane Dve, the Two Eternally Sister Doctrines; as well as the Sháshttra - the Shruti (the 4 Veda and the Upanisháda) and all the Smrti; the Teachings of Lord Shiva (his Inner Master), of Lord Krshna, Mahá rshi Kapila, Guru Patañjali, and of the Nathá Siddha; Yama and Nyama; and the thirteen Fundamental Technical Disciplines: 1 - Dhyána / Samyama / Samádhi (Pratyáhára, Dháraná, Dhyána, Sabíja Samádhi, Nirbíja Samádhi); 2 - Pránáyáma; 3 - Ásana; 4 - Yoganidrá; 5 - Kriyá; 6 - Mantra / Kírtana; 7 - Jápa Tala; 8 - Jápa Shesha; 9 - Bandha; 10 - Yantra; 11 - Pújá; 12 - Mudrá; 13 - Mánasika; and also Samskrta / Devanágari; Nyása; Bhakti-Shákti; Nutrition; Anatomy and Physiology, among others; in the Advanced Yoga Techniques uses the selective Transmission by Param Pará / Krpá - Gupta.



EVOLUTION OF NATUROPATHIC EDUCATION IN NORTH AMERICA



Michael Cronin

President, American Association of Naturopathic Physicians, Scottsdale, AZ, USA

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Dr. Michael Cronin has been practicing Naturopathic medicine in Arizona since 1982. He specializes in the treatment of chronic pain. Dr. Cronin is founder of Southwest College of Naturopathic Medicine. He is the President of the American Association of Naturopathic Medicine. Dr. Cronin is Chair of the Naturopathic Physicians Research Institute. Dr. Cronin worked as the Director of Integrative Medicine for American Whole Health which established 15 integrative clinics. He was also the Senior Medical Director for American Whole Health Networks, an insurance company providing coverage for naturopathic care. Dr. Cronin is committed to helping to improve people's health and quality of life by evolving the practice of naturopathic medicine and advancing the availability and licensing of Naturopathic physicians nationally and internationally.

This presentation will cover the growth, curriculum, residencies of North American colleges. It will describe the scope of practice and research initiatives of the Naturopathic profession.

The Naturopathic profession has been growing in North America since 1970. The profession had decreased to only one small naturopathic college and 5 licensed states. This decline resulted from political activities by conventional medicine that reduced the number of licensed states and the flawed perception that conventional medicine and pharmaceuticals would meet all the public's healthcare needs. The public embraced a "Back to Nature" approach with interest in Yoga, meditation, natural foods and herbal therapy in the late 1960's and 70's that translated into a resurgence of Naturopathic students.

Currently there are 7 accredited colleges in the US and Canada, a federally recognized accreditation agency and a licensing exam for North America. Naturopathic doctors are licensed in all of the Canadian provinces and 16 of the United States although ND's practice in every state. Use of the term Naturopathic Physician is growing and authorization to use prescription medicines enables ND's to take patients off unnecessary drugs. There is a growth of Integrative Health Clinics that have MD's, ND's and other practitioners working together. The Naturopathic profession has residencies and specialty societies for Oncology, Homeopathy, Pediatrics, Intravenous nutrients, Injection therapy and Home birthing. Naturopathic Medicine continues to evolve in North America working to provide safe and effective solutions for patients that are more toxic; more medicated and have more serious chronic diseases.

NATUROPATHY IN AUSTRALIA: EDUCATION AND CURRENT ISSUES



Eta Brand

President, Australian Naturopathic Practitioners Association, Australia
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Eta Brand is a university trained naturopath in full-time practice on the Sunshine Coast in Queensland, Australia. She is the President of the Australian Naturopathic Practitioners Association (ANPA), run by naturopaths for naturopaths established in 1975. Eta completed her naturopathy studies as a full-time student at Southern Cross University in Lismore, Australia. In her final year, she was an exchange student for 3 months at Bastyr University, Seattle. Eta has a Public Health degree from the Sunshine Coast University, and received the Chancellor's Medal for academic and community excellence in her graduating year. In addition, she is a trained Medical Technologist. With more than 30 years of international experience in Australia, Canada, England and South Africa in both conventional and complementary health, she has valuable insights into contemporary issues facing naturopathy and public health in general. As President of the Australian Naturopathic Practitioners Association (ANPA), her aim is to continue raising the profile of naturopaths in Australia, improve public awareness for the unique services a naturopath can provide, and enhance media perceptions regarding naturopathy. She is passionate about creating bridges of inter-disciplinary collaboration for naturopaths and the extended professional health community. Eta lives in sub-tropical Buderim and enjoys growing many medicinal and ornamental plants. She has been a student of yoga for many years.

Naturopaths in Australia are trained to offer a primary care health service. Naturopathy is a distinct profession in Australia. This presentation highlights naturopathy education in Australia and some of the current issues being faced by education providers and students. Naturopathy education is dominated by private college providers. The impacts of a college vs a public university education, more distance learning delivery, inclusion and exclusion of core modalities, and articulation to university bachelors degrees from advanced diplomas are presented. The government approved training package for naturopathy provides a basic curriculum framework. Australian naturopaths do not yet have the opportunity of naturopathy designated professional post-graduate education at the Masters or Doctoral level. At present, there is no statutory registration of naturopaths in Australia. Professional legitimacy and what regulation may or may not offer is a contentious debate raging at present. There are numerous associations representing naturopaths in Australia. They have diverse perspectives and agendas on the issue of registration. Registration may have considerable consequences for education providers. At present, naturopaths are not officially recognised in the Australian healthcare system. However, most private health insurance companies offer naturopathy consultation rebates. Referrals from conventional GP's to naturopaths are uncommon. This may change when naturopaths gain registration. Naturopathy is in transition. Decision-makers and education providers have a dynamic opportunity to collaborate, improve, adopt and adapt the delivery of naturopathy training in Australia. Protecting our naturopathic tradition is paramount, whilst at the same time embracing relevant scientific evidence is the way of the future.



RELEVANCE OF NATUROPATHY IN PREVENTIVE MEDICINE AND PUBLIC HEALTH



Ann C. DeBaldo

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Dr. Ann C. DeBaldo has a background in Microbiology and a Ph.D. in Medical Science with a specialty in Immunology of Parasitic Disease. A professor and member of the founding faculty of the College of Public Health at the University of South Florida, she has extensive academic and research expertise. Dr. DeBaldo has traveled and worked extensively throughout Asia, India, Central and South America and was a Fulbright scholar 2004-05 in India where she worked with the Public Health Foundation of India in global public health training and developed and was in charge of an offsite MPH degree program. She founded the Center for Positive Health at the College of Public Health and with collaborating institutions in India has been involved with studies of and conferences concerning Yoga and other traditional practices. She leads student study abroad and faculty development trips to India, other destinations in Asia and Latin America and as the Associate Vice President for International Programs at USF Health, currently oversees the USF Health International Foundation at the City of Knowledge, Republic of Panama. In her present capacity as Associate Dean for International Programs, College of Public Health, she identifies and facilitates opportunities for faculty and student research, education, and service learning projects as well as other collaborative programs throughout the world.

In the United States, the national Center for Complementary and Alternative Medicine (NCCAM) has reported that more than one-third of Americans use some form of CAM (2004). Naturopathy has been revnized as a form of CAM and five accredited naturopathic colleges train candidates who are granted membership in the American Association of Naturopathic Physicians, and who also become eligible for State licensure. Naturopaths provide valuable personalized primary care to individuals suffering from the effects of adverse environmental conditions due to pollution, stress, poor diet and other factors – all of which factors are also addressed by public health. And because natural remedies are viewed as complementary as well as primary modalities, there is cooperation with practitioners in other practices recognized as CAM such as Yoga and Ayurveda, as well as specialists in allopathic medical professions. However, of primary importance to this discussion, because doctors of naturopathic medicine apply natural therapies with the intention to *prevent disease* by using systems of practice that are based upon the natural healing capacity of individuals, the profession is a natural adjunct to good public health practices.

EXPERIENCES OF A UNITED STATES AIR FORCE MEDICAL PLANNER, INTERNATIONAL HEALTH SPECIALISTS IN CONDUCTING BILATERAL-MULTILATERAL MEDICALLY RELATED CIVIC ACTION EVENTS



Major Brad Cogswell

Chief, Medical Plans and Operations; 12th Air Force;
Davis-Monthan Air Force Base, Tucson, Arizona, U.S.A.
moneynisha@gmail.com

Maj. Brad Cogswell, Pacific Air Forces International Health Affairs mission planner.
US Airforce, USA

The presentation will be geared toward discussing the experiences of a United States Air Force Medical Planner/International Health Specialist in conducting bi-lateral and multi-lateral medically-related civic action events, disaster response and humanitarian assistance as well as potential future ways ahead for medical missions including a “whole-of-government” or “all necessary stakeholders” approach in terms of participants (the “who”) and including a holistic health care approach in terms of what types of treatments are provided in conducting effective community capacity-building medical programs. The author will tie-in anecdotes from medical missions to Cambodia, Indonesia, Malaysia, Nauru, Philippines, Thailand and Peru. Related topics: Needs Assessments, Measures of Effectiveness/Performance, Lessons Learned, Community Support, Relationship-building, Funding.



GLOBAL STANDARDS FOR YOGA AND NATUROPATHY EDUCATION: INCORPORATING INDIAN NATUROPATHIC VALUES



Dr. Saranyan P

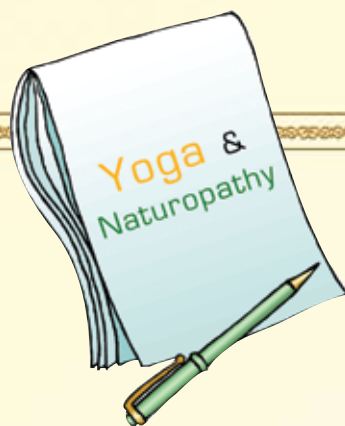
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Dr. P. Sarayan, is presently Principal, SantHirdaram Medical College of Naturopathy & Yogic Sciences, Bhopal. He has done B.N.Y.S from Mangalore University in 1999 and PGDMLS from Symbiosis Health Care, Pune in 2000. He is recipient of various awards. He has also worked as Lecturer at JSS Institute of Naturopathy and yogic sciences, Ooty, SDM College of Naturopathy & Yogic sciences, Ujire and held various positions such as Research coordinator and Research Officer, Head of the Department for Nutrition, Fasting therapy, Alternative Medicine Hospital, Kailash Institute of Naturopathy, Ayurveda and Yoga in Noida. He has also compiled a collection of research Database for research papers in Hydrotherapy, Mud therapy, magneto therapy and Massage therapy. He was also Principal Investigator, in various research studies and projects. Member in Indian Naturopathy & Yoga Graduates Association Chennai etc. His area of Interest includes designing Stress Management Program, Natural recipes and searching for scientific information regarding Naturopathy and Yoga Therapeutic areas.

The decade of Alternative Therapies in Health and Medicine's existence has seen dramatic advancement of the naturopathic profession in all areas: research, quality of practice, quality of education, licensure, inclusion in the political process, and public acceptance. Naturopathic doctors are now valued in the marketplace and in policy as a legitimate part of an overall system of healthcare. Momentum, infrastructure, acceptance, and conceptualization are all foundational to the future. The fundamental need of the hour is to develop global standards for Yoga and Naturopathy Education incorporating Indian Yoga and Naturopathic values as both these entities have very strong classical Indian roots.

Amongst the mandates of United Nations, health of mankind is the thrust area of UN through World Health Organization (WHO). Planning and execution of policies for mainstreaming of traditional medicines (TRM) of respective countries along with conventional system of medicine, first in the country of origin followed by the international arena, is the priority agenda of operations of WHO. In its Manual on "Benchmarks for training in traditional / complementary and alternative medicine (Naturopathy)" WHO quotes Naturopathy as the oldest existing therapeutic systems used by humanity for health and wellbeing. The popularity of Naturopathic Medicine and Yoga presents new challenge to develop specific global and nationally uniform education pattern and policy necessary to ensure high standards of care by developing a professionally qualified and accredited three tier system of healthcare delivery personnel like specialty based consultants, physicians and qualified nursing staff/ therapists. A variety of challenges (including regulatory structures that are difficult to change, fear of adding costs to an already under-funded healthcare system and the lack of internal cohesion of Naturopathy practitioner groups) are currently hindering attempts to implement new policy.



Public Advocacy Hindi



The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease.

- Thomas A. Edison





PUBLIC ADVOCACY SESSIONS: HINDI SESSION- CHAIRPERSONS

1. **Sri Amrit Moonat**
President, International Naturopathy Organization, New Delhi
2. **Dr. Ishwar Bhardwaj**
Professor, Department of Yoga, Gurukul Kangri University, Haridwar
3. **Sadhvi Bhagavati Saraswati,**
Paramarth Nikethan, Rishikesh
4. **Sri K B Madhavan**
International Coordinator-Dubai, INO
5. **Swami Mangaltirtham**
Director, Nutan Sanjeevani Sansthan, Deoghar & President, INO, Jharkhand
6. **Swami Haridas ji**
7. **Smt. Salila Tewari**
Director, Mahatma Gandhi Nature Cure & Yoga Institute, Champawat, Uttarakhand
8. **Sri Hari Prasad**
Institute of Natural Health, Katmandu, Nepa

Panel Discussion (February 10, 2012)

Moderator:

Sri. Ananth Biradar
General Secretary, INO, New Delhi

List of Panelists:

- 1 **Sri R.S. Dawas**, CEO, Delhi Institute of Naturopathy, Delhi
- 2 **Sri Kirtida Ajmera**, President-ASHKA Naturopathy & Yoga Foundation Society, Nagpur
- 3 **Sri Harish Makwana**, Jamnagar Ayurveda University, Gujarat
- 4 **Sri Sanyasi Yogeshwar**, Director, Indian Institute of Yogic Science & Research, Odissa
- 5 **Sri K. L. Rangwani**, National Convenor-KBSR Sant Hirdaram Naturopathy Hospital, Bhopal
- 6 **Sri B.B. Goel**, Founder President, Akhil Bharatiya Prakrutik Chikitsa Sanstha, Delhi
- 7 **Sri Shankaran Manipuzha**, President, Natural Hygiene Association, Vadodara
- 8 **Sri Shankar Dayal Bhartia**, President, INO (Chattisgarh)
- 9 **Sri CMK Sinha**, Naturopathy Hospital, Bihar
- 10 **Acharya Vikrmdirya**, Swami Vivekananda Yoga Hospital, Delhi

Panel Discussion (February 12, 2012)

Moderator:

List of Panelists:

- 1 **Sri Shivkumar Sharma**, President, INO (Rajasthan)
- 2 **Sri Sanjeev Pandey**, Lucknow University, Uttar Pradesh
- 3 **Sri P. K. Suri**, Director, Divine Health Care, Delhi
- 4 **Sri Franklin Das**, President, INO (Tamilnadu & Pondicherry)
- 5 **Sri N. P. Singh**, Secy., INO (West Bengal)
- 6 **Sri B. P. Shukla**, Allahabad Acupressure Shodh Sanstha, Uttar Pradesh
- 7 **Sri S. C. Gupta**, Ex-CMO, Pattikalyana Ashram, Haryana
- 8 **Sri Kumud Joshi**, Medical Director, Omkar Nature Cure Center, Mumbai
- 9 **Sri Vinaya Punde**, Director, Dua Swasthya Mandir, Pune

MANAGEMENT OF NATURE CURE HOSPITAL



Dr Vimal Modi

Director, Arogyamandir, Gorakhpur

Dr. VimalModi MBBS, MD (Radiology) is the Medical Director of ArogyaMandir, Gorakhpur. Being a conventional medicine specialist, he still leads a natural way of life and is a firm believer of naturopathy and yoga. He heads the academic front of running Diploma in Naturopathy courses at his institute. He has contributed in a great way by giving his scientific inputs to the practice of naturopathy in India.



STRATEGY FOR DEVELOPMENT OF NATUROPATHY AND YOGA



Sri Jitendra Arya

Director, Institute to Nature Cure & Yogic Science, Pune

Dr Jitendra Arya is an eminent Naturopath with keen interest in ancient healing sciences such as spiritual healing, yoga, ayurveda and herbal medicine. He has done pioneering work in the field of nature cure and considered an authority on the subject of nature cure. He is a founder, trustee, president and president of Health Naturally Research & Development Institute. He is the editor in chief of Health Naturally. He is a prolific writer and has published many articles and written books in English as well as in various regional languages.

I am eager to listen that Naturopath's died in nature cure center or at his home. Hospital birth and hospital death is compulsory??? We need to start strategy no 1 that is home birth and home death. first journey of life starts with spiritual sankhara (spiritual rituals) and last journey to be made fearlessness with (.Mrityunjaya Mantra).

Just as the embodied soul experience the different state of the body like childhood, adulthood and old age, so will it acquire another body after death. Learned persons are never deluded about this. The bodies are for the soul just like clothes are for us. Just as we discard worn garments, the soul discards worn out bodies and accepts new ones. Originally Jainism and Hinduism believes in "SANTHARA" ! When body is suffering from so called incurable, dreaded diseases, just start fasting. The complete rest for either body's repairing and renovation or entering to new body! This is the naturopathy's way of living.

Whole history of mankind there is only one person whom we called "the father of naturopathy and the father of nation" i.e. "Mahatma Gandhi" can only afford to say "My life is my message"!!! Dear friends let our life speak naturopathy. Rather than our Brains, Minds and lips!! Condemning any pathy or person would never be glorified steps for naturopathy and yoga.

Today our job to develop and popularize naturopathy and yoga is very easy as globalised world has already understood and accepted the fact, that 90% diseases are lifestyle and stress oriented. Modern physicist have started language of Wholeness and Completeness of the person to planet!! You and me we all have to follow our Gandhian science and hereditary that is SIMPLE LIVING AND HIGH THINKING!!

IMPORTANCE OF LITERARY RESEARCH IN YOGA



Manmath Manohar Gharote PhD

Director, The Lonavla Yoga Institute, India

lonayogalnl@vsnl.net

Dr. Manmath M Gharote, Director of the Lonavla Yoga institute, well known for his literary contributions is an eminent speaker who has travelled worldwide giving series of lectures, organizing and conducting workshops on various aspects of yoga. He has very frequently visited Germany propagating yoga to a greater extent. He has been the Author and Co-author of several books in Yoga. He has authored over 23 text books and several articles which have been published in many journals.

Attracted in the field of writing he is a Fellow of United Writers Association of India. Also he is the Member of European College of Teaching Yoga (ECTY), Germany and also a member of project evaluation committee of CCRYN, New Delhi, India.

He having participated in conferences has organized several conferences conducted in Lonavla.

He is a PhD holder from the Mumbai University, India.



THE DREAM OF NATUROPATHY



Nisargacharya Amrit Moonat N.D., D. Y.ED.,
Ayurved Ratna, International President I.N.O.

Naturopath is a new science of healing. Why I call it a new science? Because so far whatever healing systems have come on this earth, they all give suggestions to heal any disease by external help. Naturopathy is trying to bring a fundamental change in healing science, which says, do not depend on outside help. Go inside for health. Go inside for the cause of disease and go inside for the remedy also. It says health is within our body, the disease is nothing but deposition of foreign (toxic) matter or morbid material inside the body and treatment is to take out foreign matter from our body. Our body is a living machine, which has got autorepair and autohealing systems inside the body. This is the fundamental principle of nature cure science. Now the question arises what is the foreign matter?

Nature cure science says that there are different organs in our body. In all the organs metabolic activities are going on like, absorption, assimilation and excretion. In healthy body the required nutritional elements are absorbed fully by the body and waste fecal matter goes out in scheduled time. Now when absorption is less, man suffers from deficiency, when excretion is less, man suffers from toxicity. The waste matter or fecal matter which does not go out of the body in scheduled time, gets fermented over there, may attract bacteria's, viruses, or antigens. Such fermented toxic matter is called foreign matter in nature cure science.

1. When foreign matter gets deposited in intestines, it may give rise to constipation, diarrhea, dysentery, even colitis and cancer etc.
2. When foreign matter gets deposited in lungs, it may give rise to bronchitis, pneumonia and asthma etc.
3. When foreign matter gets deposited in blood, it may result in High cholesterol, High B.P., Diabetes and Arthritis etc.
4. When foreign matter gets deposited in heart, it may result in atherosclerosis, arteriosclerosis, angina pain and even heart failure etc.

In all the diseases the root cause is deposition of foreign matters or toxic matter in the body.

SCIENTIFIC IMPORTANCE OF FOOD AND NUTRITION



Dr Ramesh Tewani

Medical officer Arogya Kendra & Visiting Guest Professor of
Sant Hirdaram Medical College of Naturopathy & Yogic Sciences
Sant Hirdaram Nagar, Bairagarh, Bhopal

Dr. Ramesh Tewani is a BNYS graduate from SDM college of Naturopathy and Yogic Science, Ujire. Further he completed his Masters in Yoga and Barkatullah University. He has immense experience in the field of Naturopathy and Yoga. He has attended several National and International Conferences. Currently he works as a Chief Naturopathy Consultant at Arogya Kendra, Bhopal and is a visiting Professor at

Sant Hirdaram Medical College of Naturopathy and Yogic Sciences, Bhopal.

The approach to food and nutrition should be – Eating to live and not living to eat. The crux of this talk is When, What, How and How much to eat. Food is not a substance to fill stomach but it is much more than this. Its importance has been explained by great Philosophers since ages.

The concept of Natural Scientific Food & Nutrition adapts the diet to the current needs and capacities of the individual and does not expect every individual's digestive capacities to be same. Nor does it expect the same individuals to have the same digestive abilities under varying circumstances of life, health, ill health, or emotional stress. When an individual has learned to live instinctively in every particular situation and specific conditions like age , physical & mental work , growth , pregnancy , lactation and eats only when really hungry instead of, for pleasure or out of fear of offending a host or hostess, he or she is on the road to a state of superior health.

Numerous studies have been published over the recent decades to corroborate the recommendations of the scientific diet. The China Study, by T.Colin Compbell, Ph.D. of Cornell University - in co-operation with Oxford University in England and the Chinese Cancer Institute in China - was one of the most important studies of all. The China Study supported the efficacy of a predominantly starch-based diet, consisting primarily of fruits, vegetables, grains, and legumes, it implicated high fat, high animal protein and cholesterol in the diet as the major factors contributing to the majority of Chronic disease in the modern society.

In 1991 - Dean Ornish, MD, Published the "Lifestyle Heart Trial" in Lancet. In this study, he demonstrated that the atherosclerotic process that clogs the coronary arteries of the heart is reversible on a low-fat, low protein, zero cholesterol, starch based vegetarian diet, accompanied by moderate exercise, relaxation and stress management. So here our main motive is that we have to understand the Food and Nutrition well to keep us in optimal health.



HASYAYOGA (LAUGHTER THERAPY): A WAY TO HAPPY & HEALTHY LIFE



Hasyayoga Guru Jiten Kohi

Founder, HASYAYOGA KENDRA, Mumbai

Hasyayoga guru Jiten Kohi is the Founder of HASYAYOGA KENDRA and Chairman of the INSTITUTE OF HASYAYOGA INDIA. During 'First International Hasyayoga Sadhna Convention' held at Rishikesh, he has been elected as Chairman of "International Hasyayoga co-ordination committee". He started 'Yoga' at the early age of 13 years at 'Divya Yog Mandir'. He spent more than 15 years of for his school/college life for the welfare of tribal, villagers, workers, farmers & other weaker section of society. He had been travelled all over India in interiors for these social activities. In early 90's he had started Yoga again, but he realized that people are too stressed & need some change in their life. He started laughing activities of Yoga. Very soon he found it not sufficient and finally he worked & enriches Yoga by developing a new era in it with the churning of 'Yoga' and 'Hasya' called HASYAYOGA. Later on he learned Naturopathy & joined Hasyayoga & Naturopathy. He had developed a new concept of HASYAYOGA exercises for total health of mind, body & soul after a deep research and work among the people.

A research says that root causes of almost 90 % of diseases are lack of oxygen and increasing stress. And this is all because of our life-style, food habits, intense competition, squeezing social environment, rapid economic growth & development of infrastructure, increasing sense of insecurity and intensive use of allopathic medicine. One can see the long queues in all the Hospitals & Medical centers of increasing number of people suffering from various diseases (Like Heart diseases, Diabetes, Hypertension, Obesity, Depression, Asthma, Migraine, backache pain, cervical pain, arthritis, digestion problems like gas-acidity, BP, Allergy, Anxiety, breathlessness, altered sleep pattern, frequent mood swing, Irritability & aggression, Suicidal tendency, frequent headache) generated only because of above.

We all know that laughter is the best medicine but as we are growing we forget laugh and taking only medicine morning medicine, evening medicine and night medicine. Numbers of inventions, advancement of medical science and mordenisation failed to control and curing people from these diseases. Only because they ignore the potential of lifestyle, food-habits and stressful life as well as side effects of medicines. As the pure & simple laugh is fading out from our life, by accepting "HASYAYOGA" we can fight effectively with all such illness. The good health depends on the purity of mind. If your body is strong but mind is weak, will you be healthy? The source of energy to the mind is Hasya.

We generally laugh on jokes and more than 90% jokes are based on teasing of someone's caste, language, relations, body structure, specific community etc. means we laugh to make others in a shameful feeling. Even most of the laughing programmes on TV channels are full of uncensored matters & double meaning dialogues. Can you enjoy these programmes while sitting with your daughter and mother? This is not pure laugh rather it is depressive laugh. Best laugh is laughing like small children. Laugh for no reason. Create inner laugh from deep inside the heart to purify mind, body & soul.

YOGA AND NATUROPATHY IN MEDICAL AND PSYCHIATRIC REHABILITATION

(Yoga and Naturopathy as Holistic Intervention)



Dr. Sarang Patil B.N.Y.S., Ph.D. (Yoga)

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Dr Sarang Patil has done BNYS from S.D.M. College of Naturopathy and Yogic Sciences, Ujire (D.K.). Ph.D. in Yogic Sciences at the Swami Vivekananda Yoga University (SVYASA), Bangalore, Deemed University recognized by UGC through Ministry of HRD, New Delhi completed in January 2007. His Thesis was entitled as 'A Comparison of Psychophysiological Effects of Two Yogic Meditation Techniques'. He is secretary of Shivambu Health Research Institute, Kolhapur and Medical Director at Anandkunj - Shivambu Naturopathy And Yoga Asharam - Center for Preventive and Integrative Medicine, (60 bedded Yoga and Naturopathy Hospital) Kolhapur. He has many research publications on yoga in national and international Journals.

Yoga and Naturopathy are taking their rightful place in the main areas of healthcare due to an increasing understanding of the importance of treating the person as a whole and even perhaps the entire society, in order to create a healthier world. Naturopathy or healing power of Nature (*Vis Medicatrix Nature*) underpins almost all the therapeutic techniques of holistic alternative medicine. The procedure of naturopathy range over a wide spectrum of modalities, which are always nontoxic and non-suppressive, and are always based on nutrition - dietetics, structural readjustments, physical therapies and psychological counseling.

Yoga is a science that has been practiced for thousands of years. Substantial research has been conducted to look at the health benefits of Yoga - from the yoga postures (*Asanas*), yoga breathing (*Pranayama*), cleansing procedures (*Kriyas*) and meditation. Yoga and Naturopathy are drugless systems of medicine and are also way of life. Yoga and Naturopathy has a significant role in (i) Disease Prevention (ii) Disease Management (iii) Clinical Rehabilitation. These systems have effect on physical, psychological, emotional, social and spiritual planes of being.

The word rehabilitation comes from the Latin root word *rehabilitare* meaning to make fit again. Rehabilitation is the process of restoration of skills by a person who has had an illness or injury so as to regain maximum self-sufficiency and normal functioning. The goal of rehabilitation therapy is to help you resume as active and healthy lifestyle as possible. Different areas of clinical rehabilitation wherein Yoga and Naturopathy are found have significant role include (i) Cardiac Rehabilitation (ii) Pulmonary Rehabilitation (iii) Neurological Rehabilitation (iv) Musculoskeletal (Orthopedic) Rehabilitation (v) Cancer Rehabilitation (vi) Rehabilitation of Chronic Conditions (vii) Rehabilitation of Immuno-suppressed (viii) Rehabilitation of Special groups and (ix) Psychiatric Rehabilitation.



REVERSAL OF HEART DISEASE BY YOGA, NATUROPATHY AND LIFESTYLE CHANGE

Dr. Bimal Chhajer, MBBS, MD,

Ex consultant AIIMS, New Delhi, Heart Care and Lifestyle Expert. Founder and Director ,Saaol Heart Center, New Delhi
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Heart Disease or Coronary Artery Disease (CAD) is the number one killer in almost all the countries in the world. India has about 10 crore heart patients and about 50 lac people die of heart attacks in this country every year.

After about 8 years of research at the King Georges Medical College, Lucknow and All India Institute of Medical Sciences in New Delhi – we evolved a new treatment process called “Science and Art of living or SAAOL”. This process combined the best of Allopathic medical science (medical knowledge, non invasive tests and medicines) with the science of Yoga, Naturopathy. We formulated a comprehensive, logical, lifestyle based treatment which can be adhered by the heart patients without a lot of difficulty. We excluded invasive tests and treatments like Angiography, Bypass Surgery and Angioplasty – as they interfere with the nature, whose best creation is human body. We got inspirations from Dr. Dean Ornish and Dr. Caldwell Esselstyne who are working on this kind of therapy in USA.

Our treatment requires heart patients to attend a one or three day workshop with their spouse where they learn very low fat cooking (we have developed a cooking method called “Zero oil Cooking” with 1000 tasty recipes) , Yoga asana, Preksha Meditation (developed by Acharya Sri Mahaprajna), Pranayama. These heart patients were also explained about the scientific details of heart disease(Cholesterol, Triglycerides and all the risk factors and how they cause heart problem), allopathic drugs and their actions and also the side effects of invasive treatments. These patients were followed up in our clinics for a period of one to fifteen years – and the allopathic drugs were reduced or optimised.

Surgery or Angioplasty – and almost all of them had been advised these operations by the heart hospitals immediately. Not only they avoided Heart Attacks (which happens when people grow the blockages) but they lost weight, controlled their Diabetes and blood pressure. Recently we have also added a high technology non invasive treatment called “ Natural Bypass” – where we open collateral heart vessels to improve the coronary circulation.

MANAGEMENT OF DIABETES THROUGH NATUROPATHY & YOGA

Dr. AWANTIKA NANDA (BNYS)
National Institute Of Naturopathy
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Dr. AWANTIKA NANDA has done Bachelor of Naturopathy & Yogic Sciences (BNYS) from Shri Mahavir College of Naturopathy & Yogic Sciences Nagpura, Durg,(Chhattisgarh) and Post Graduate Diploma In Business Administration(PGDBA) from Symboisis Centre Of Distance Learning, Pune. She was a Consulting Naturopath at Indraprasath Health Resort (Nirmayee Nature Cure Centre) Koregaon Park, Pune. Currently she is working as Junior Naturopath at National Institute of Naturopathy, Pune. She has a Keen interest in the field of Hydrotherapy, Nutrition and Dietetics.

As correctly said by well known naturopath McFadden "Diabetes develops as a penalty of luxurious civilization". Majority of people coming under the risk group are obese, hypertensive, have high cholesterol levels, or has uncontrolled stress. Life has become so sedentary that people are not realising its grave consequences. Naturopathy & Yoga serves as a best platform to bring our lives back to nature, and to believe the healing power of nature personally.

Various nature cure modalities which give exceptional results are Hip bath, Gastro-Hepatic pack, Abdomen pack which enhances the function of pancreas by improving the circulation. Mud pack on abdomen & mud bath is also beneficial as it increases the peripheral circulation and thereby relieves internal congestion, promotes heat elimination and even eliminates morbid matter. Manipulative therapies like massage, reflexology and acupressure also aid in the benefits by relaxing and rejuvenating the muscles & tissues. Diet plays a major role in the treatment. Sticking to a strict restricted but nutritious diet can do miracles in bringing the sugar levels to normal. Adopting high alkaline diet like having fruits, raw vegetable and juices and reducing acidic food like carbohydrates, non-veg food items, white flour products brings good result. Yoga & Meditation plays a major role to connect the body with mind and simultaneously relax and rejuvenate both. Asanas like ardhmatsyendrasana, dhanurasana, vakrasana, katichakrasana gives a stretching and massaging effect to the abdominal organs. Practises like agnisar and nauli improves blood flow to the pancreas by increasing negative suction pressure in abdominal cavity. Naturopathy & Yoga is a holistic way to treat Diabetes and returning back to nature is the only solution for lifestyle disorders.



NEUROTHERAPY



Sri Lajpat Rai Mehra

Dr. Lajpatrai Mehra, was born in a highly respected family of Amritsar, as the 7th offspring of Sri. Ramgopal Mehra and Smt. Kesara Devi, on 23rd August 1932. A living legend of his times, he is renowned for developing a novel technique (LMNT) of curing the masses without recourse to medicines, and for his selfless and dedicated service to humanity. His formal education was until the 10th class; but he could not give the exams due to the partition of India and formation of Pakistan. However, he was doing a lot of free seva in refugee camps. So he was awarded the Matriculation certificate in spite of not sitting for the exams. But the idea of receiving a certificate without giving the examination was anathema to him. After about four years he sat for and successfully completed the examination for the tenth class. Family circumstances did not permit him to study further. But nothing could dampen his obsession of upgrading his knowledge with intensive study on his own, on books related to nature cure, human anatomy & physiology, from a very young age. Eventually, he qualified for a degree in Naturopathy. In due course, based on practical experience gained by treating hundreds of patients and, integrating it with wisdom from ancient Indian scriptures, he applied the principles of physiology in a novel approach, to cure ailments in a manner which has no parallel in modern times. His technique has since been christened by students and well-wishers as Dr. Lajpatrai Mehra's Neurotherapy (LMNT).

Neurotherapy एक भिन्न प्रकार की प्रेशर थेरेपी है जिसका अन्य किसी भी थेरेपी से कोई सम्बन्ध नहीं। इस की खोज और संशोधन में हम करीब 68 साल से लगे हुये हैं। यह एक औषध-रहित पूर्ण भारतीय उपचार पद्धति है। इस के प्रभाव से ग्लैंड्स एवं नर्वज क्रियान्वित होते हैं - इसलिये ही सन् 1976 से इसका नाम न्यूरोथेरेपी रखा गया है। यह एक विशिष्ट थेरेपी है। इसलिये आजकल यह LMNT (Dr. Lajpatrai Mehra's Neurotherapy) के नाम से जाना जाता है।

न्यूरोथेरेपी में हम ने यह खोज की है, कि जिस तरह से कोई उँगली का dislocation होने पर उस में दर्द आ जाती है, उसी प्रकार से शरीर में अगर कोई ऑर्गन (organ) काम नहीं करता है, तो उस अंग के आस-पास कुछ जगहों पर दर्द आ जाता है। हमने वे प्वाइंट्स खोजे हुये हैं, हम उन जगहों पर दबाकर देखते हैं तो हमें पता चल जाता है कि कौन सा part proper काम नहीं कर रहा है। इन दर्दों को ठीक करने के लिये हम शरीर के कुछ अन्य जगहों पर अपने पाँवों या हाथों से वजन देते हैं जिससे कि कुछ सेकंड के लिये ब्लड एवं लिम्फ का फ्लो जो है, उसे बंद करते हैं। ऐसे करने से उस जगह पर अगर ब्लड का फ्लो न जाय तो वह एक अन्य निश्चित दिशा की ओर जायेगा। किधर दवाने से किधर ब्लड का फ्लो जायेगा और कौन सा अंग उकसाया जायेगा यही हमारी खोज है - और उस तरह से वह part फिर से काम करने लगता है।

हमारी यह सोच है कि body का कोई ऑर्गन अगर ठीक से काम नहीं करता है, उसके न काम करने से जो जो केमीकल बनने चाहिये, वे नहीं बनेंगे, और उस केमीकल या कैमीकल्स की डैफीशियन्सी (deficiency) से शरीर के अंदर बीमारी आ जाती है।

SWASTHYA BHARAT SUKHI PARIVAR



Sri JAIPRAKASH AGARWAL

Chairman, Surya Foundation & INO

Bapu Bhawan, Tadiwala Road, Pune- 1

A philanthropist to the core, Shri Jaiprakash Agarwal is a great communicator and one who leads by personal example. He is eagerly sought after by people from all walks of life. His intra personal relationship helps spread cheer and camaraderie within the social organizations he works with. He is an individual totally committed to the Empowerment, Development and well being of the lesser privileged in Society irrespective of Caste, Creed, Religion or Language. In the field of Naturopathy his

contribution has been spectacular.

Shri Jai Prakash Agarwal has been an ardent believer and supporter of Naturopathy. Deeply influenced by in-depth study of literature and books written by renowned naturopaths as Dr. Adolf Just, Dr. N. Vigmor, Dr. Shelton and Dr. McFaddon, he took to naturopathy at a young age. During this period he came in contact with Dr. Mahavir Prasad Poddar and Dr. Vitthal Dass Modi the pioneers in naturopathy who not only guided him in this science of nature cure but also motivated him to serve the people and the society by spreading the awareness about Naturopathy among people in the villages and cities alike.

In pursuit of knowledge and service to society he has launched tireless campaigns for development and promotion of Naturopathy. Greatly motivated by Mahatma Gandhi's dream of reaching Naturopathy to every village and household, he has taken far reaching steps in this regard. Noteworthy among these is setting up of Think Tanks on Naturopathy & Yoga which comprise of top experts in this field and renowned naturopathy practitioners from India and abroad. The Think Tank, after in-depth research study and discussion on various issues prepares recommendations which are then percolated to all concerned and the public at large for their benefit.



IMPORTANCE OF NATUROPATHY FOR MODERN LIFE STYLE



SRVP Chaturvedi Swamiji

Founder & Trustee, Sri Ramanuja Mission Trust, Chennai

SRVP Chaturvedi Swamiji is advisor and Consultant to many agencies and companies for Quality Control & Enrichment, Product Search, Survey & Study, Advertisement & Marketing, Trend Analysis, Waste Management, Eco Governance, Training in Team Motivation, Business Intelligence, Cost Management & Functional Efficiency, Ambience Engineering, Ergonomics and Occupational Therapy.

Distinguished Professor – School of Religion, Peace & International Relations, Jawaharlal Nehru Institute of Advanced Studies. Vice President – Jawaharlal Nehru Institute of Advanced Research Distinguished Professor – Dept of Pharmacogenomics, Jawaharlal Nehru Institute of Advanced Medical Research. Professor of Eminence – India International Multiversity. Honorary Chairman (Advisory Board) – PROBE, a resource center for Journalists. Honorary Advisor – Pentagram Research Institute. Chief Patron – India's Century Mission. Member (Advisory Board) – Bharatiya Pragna

Completed rendering of full text of Ramayana, Mahabharata, Bhagavad Gita and Bhagavatam with elucidated interpretations at the age of 19. Completed 'svahakara' (ritualisation) of all Vedic texts at the age of 21. Has contributed more than 6000 monograms on various topics in different languages since the age of 11. Organizes, supports and participates (addresses) in more than 200 conferences in a year in all parts of the country.



Public Advocacy Kannada



Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

- WHO



PUBLIC ADVOCACY SESSIONS: KANNADA SESSION- CHAIRPERSONS

- 1 **Sri H. Srinivasaiah,**
President, Karnataka Prakruthi Chikithsa Parishath, Bengaluru
- 2 **Dr. Srinivasa Reddy,**
Former Deputy Director [Y &N], Dept. of AYUSH, Government of Karnataka, Bengaluru
- 3 **Dr. Anil Sangli,**
Consultant Neurosurgeon & Chief Coordinator, Medical Music Resonance Therapy, Mysore
- 4 **Retd DGP Dr. Naikar**
(Hatayogi Honnappa Naikar)
- 5 **Sri Sri Murthyji**
- 6 **Sri Prakash Guruji,**
Founder, Patanjali Yogasharam Trust, Bengaluru
- 7 **Dr V. Prakash,**
Former Director, Central Food Technology & Research Institute, Mysore
- 8 **Dr. Mohamad Rafiq,**
Medical Director, Thonse Health Center, Udupi
- 9 **Dr. Padmini Prasad,**
Renowned Obstetrician & Gynaecologist, Bengaluru

Panel Discussion (February 10, 2012)

Moderator:

Dr Latha Venkataram, Director,
Rangadorai Memorial Sringeri Hospital, Bengaluru

List of Panelists:

- 1 **Dr. Satish Vhavale,**
Physician Grade-I, Dept. of AYUSH, Govt. of Karnataka, Bengaluru
- 2 **Sri N V Raghuaram,**
Professor, SVYASA University, Bengaluru & Chairman, Yoga Bharathi, USA
- 3 **Dr Ahalya,**
Professor, Government Ayurveda College, Bengaluru
- 4 **Dr. Vanita Shetty,**
Principal, Alva's College of Naturopathy & Yogic Sciences, Moodibidri
- 5 **Dr Harish Babu,**
Physician, Government Ayurveda College & Hospital, Bengaluru
- 6 **Dr Shenoy,**
Officer, NRHM, Dept. of AYUSH, Government of Karnataka, Bengaluru

ನೈಸರ್ಗಿಕ ಜೀವನ ಹೇಗೆ?



Dr. B T Chidanandamurthy

Former Director, Central Council of Naturopathy & Yoga
New Delhi

Dr. B. T. Chidananda Murthy is the former Director of Central Council for Research in Yoga & Naturopathy, New Delhi. He had also headed as Director of National Institute of Naturopathy, Pune from 2000 to 2005. With 32 years of versatile experience in Research, Teaching, Hospital Administration & Establishment of New Institution of Yoga & Naturopathy, he has been the Chairman/Member - Branch of studies & Examiner in different Medical Universities, since 1986. He was also General Secretary, All India Nature Cure Federation 1991-1994. He has been the Chief Editor of CCRYN Quarterly Bulletin since 2004 and was Chief Editor of 'Nisargopachar' bilingual magazine from 2000-2004. Along with about 70 publications in National magazines and indexed journals, he is also the recipient of awards including Gold Medal from Govt. of Karnataka 1991.

ಪ್ರಕೃತಿದತ್ತ ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಹೆಚ್ಚಿಸಿಕೊಳ್ಳಲು ಸೂತ್ರಗಳು:

ನಿದ್ರೆ: ನಮ್ಮ ದೇಹದ ಅಗಾಧ ಶಕ್ತಿಗೆ ನಿದ್ರೆಯೇ ಮೂಲ ಸಂಪತ್ತು. ಇದು ನಮ್ಮ ಬಳಲಿಕೆಯನ್ನು ಪರಿಹರಿಸಿ ನಮ್ಮಲ್ಲಿ ಪನ: ಶಕ್ತಿ ಸಂಚಾರವಾಗುವಂತೆ ಮಾಡುತ್ತದೆ. ಮನುಷ್ಯನ ನಿದ್ರಾವಸ್ಥೆಯಲ್ಲಿ ಆತನ ಶಕ್ತಿಯು ಅತಿ ಕಡಿಮೆ ಪ್ರಮಾಣದಲ್ಲಿ ವ್ಯಯವಾಗುತ್ತದೆ. ಆತ ಎಚ್ಚರದ ಅವಧಿಯಲ್ಲಿ ಕಳೆದುಕೊಂಡ ಶಕ್ತಿಯನ್ನು ನಿದ್ರಾವಸ್ಥೆಯಲ್ಲಿ ಪಡೆದುಕೊಳ್ಳುತ್ತಾನೆ.

ಸೂರ್ಯಪ್ರಕಾಶ: ನಿದ್ರೆಯ ನಂತರ ನಮ್ಮ ಮೈಯನ್ನು ಸೂರ್ಯನ ಕಿರಣಗಳಿಗೆ ಒಡ್ಡಿಕೊಳ್ಳಬೇಕು. ಸೂರ್ಯ ಪ್ರಕಾಶ ಕಳೆದು ಹೋದ ಶಕ್ತಿಯ ಪುನಶ್ಚೇತನಕ್ಕೆ ನೆರವಾಗುತ್ತದೆ. ಸೂರ್ಯನ ಬೆಳಕಿಲ್ಲದಿದ್ದರೆ ಸಸ್ಯ ಜೀವಿಗಳು ಹೇಗೆ ಬಾಡುವವೋ ಹಾಗೇ ಮನುಷ್ಯನು ಸಹ ತೇಜೋಹೀನ, ಸಪ್ತೆ ಹಾಗೂ ರೋಗಿಷ್ಠನಾಗುತ್ತಾನೆ.

ಗಾಳಿ: ಒಬ್ಬ ಏನೂ ಆಹಾರವಿಲ್ಲದೆ ವಾರಗಟ್ಟಲೆ, ನೀರಿಲ್ಲದೇ ದಿನಗಟ್ಟಲೆ ಬದುಕಲು ಸಾಧ್ಯ. ಆದರೆ ಗಾಳಿಯಿಲ್ಲದೇ ಸೆಕೆಂಡುಗಳ ಕಾಲವೂ ಬದುಕಲು ಸಾಧ್ಯವಿಲ್ಲ. ಗಾಳಿಯಲ್ಲಿನ ಒರೋನ್ ಅನಿಲವು ಕಾರ್ಬನ್ ಆಕ್ಸೈಡ್‌ನಂತೆ ನಮ್ಮ ರಕ್ತವನ್ನು ಶುದ್ಧಗೊಳಿಸಲು ಶ್ವಾಸಕೋಶಕ್ಕೆ ನೆರವಾಗುತ್ತದೆ. ನಮ್ಮ ಶ್ವಾಸಕೋಶಕ್ಕೆ ಹೆಗೆ ಯಥೇಚ್ಛವಾಗಿ ಗಾಳಿ ಬೇಕೋ ಹಾಗೆಯೇ ನಮ್ಮ ಚರ್ಮ ರಂಧ್ರಗಳು ಗಾಳಿಯಿಂದ ವಂಚಿತವಾಗದಂತೆ ನೋಡಿಕೊಳ್ಳಬೇಕು. ದೀರ್ಘವಾಗಿ ಉಸಿರಾಡಿ ನಿಯಮಿತವಾಗಿ ಸಾಧನೆ ಮಾಡಿದರೆ ಆರೋಗ್ಯ ವರ್ಧಿಸಲು ಸಾಧ್ಯ.

ನೀರು: ನಮ್ಮ ದೇಹವನ್ನು ಶುಚಿಗೊಳಿಸಲು ಅತಿ ಅಗ್ಗದ ಮತ್ತು ಅತ್ಯುತ್ಕೃಷ್ಟ ವಸ್ತುವೇ ನೀರು. ಇದು ಜೀವನ ಮತ್ತು ಆರೋಗ್ಯದ ಅವಿಭಾಜ್ಯ ಅಂಗ. ಬೆಳಿಗ್ಗೆ ಎದ್ದೊಡನೆ ಮತ್ತು ರಾತ್ರಿ ಮಲಗುವ ಮುಂಚೆ ನೀರು ಕುಡಿಯಿರಿ. ಪ್ರತಿದಿನ 10 ರಿಂದ 12 ಗ್ಲಾಸ್‌ಗಳಷ್ಟು ನೀರು ಕುಡಿಯುವ ಹವ್ಯಾಸ ಮಾಡಿಕೊಳ್ಳಿ. ಇದು ನಮ್ಮ ರಕ್ತ ಸಂಚಾರವನ್ನು ಚುರುಕುಗೊಳಿಸುತ್ತದೆ. ಪ್ರತಿದಿನ ತಣ್ಣೀರಿನ ಸ್ನಾನ ಅತ್ಯುತ್ತಮ. ಅದು ನಮಗೆ ತಾಜಾತನದ ಅನುಭವವನ್ನು ನೀಡುತ್ತದೆ.



ಆಹಾರ: ನಿಸರ್ಗವು ನಮಗೆ ಆಹಾರವನ್ನು ಹೇಗೆ ನೀಡುತ್ತದೋ ಹಾಗೆಯೇ ಸೇವಿಸುವುದು ಉತ್ತಮ. ಆಹಾರವನ್ನು ಹೆಚ್ಚು ಬೇಯಿಸಿದಷ್ಟು ಮಸಾಲೆ ಹಾಕಿದಷ್ಟು ಸ್ವಾದಭರಿತವಾಗುವುದೆನೋ ನಿಜ. ಆದರೆ ಅದರ ಪೌಷ್ಟಿಕತೆ ಕುಗ್ಗುತ್ತದೆ. ನಮ್ಮ ಆಹಾರದಲ್ಲಿ ಹಣ್ಣು ಮತ್ತು ತರಕಾರಿಗಳ ಪ್ರಮಾಣ ಅಧಿಕವಾಗಿರಬೇಕು.

ಮಾನಸಿಕ ಸ್ಥಿತಿ: ವ್ಯಕ್ತಿಯ ಮನಸ್ಸು ಹಾಗೂ ಆರೋಗ್ಯಗಳೆರಡಕ್ಕೂ ಪೂರಕ ಸಂಬಂಧವಿದೆ. ಸಿಟ್ಟು ಹಗೆತನ ಮತ್ತರ ಮತ್ತು ಹಿಂಸಾ ಪ್ರಕ್ರಿಯೆಗಳು ಮನುಷ್ಯನಿಗೆ ಅಪಾಯಕರ. ಸಿಟ್ಟು ಬಂದಾಗ ಆತನ ರಕ್ತದಲ್ಲಿ ಆಡ್ರಿನಲ್ ಗ್ರಂಥಿಗಳಿಂದ ಹಾರ್ಮೋನು ಬಿಡುಗಡೆಯಾಗುತ್ತದೆ. ಇದರಿಂದ ರಕ್ತದೊತ್ತಡ ಬರಬಹುದು. ಸರಳ ಧ್ಯಾನಗಳಿಂದ ಉತ್ತಮ ಆರೋಗ್ಯ ಹೊಂದಬಹುದು.

ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ಹಾಗೂ ಯೋಗ ಒಂದೇ ನಾಣ್ಯದ 2 ಮುಖಗಳಿದ್ದಂತೆ. ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆ ರೋಗವನ್ನು ಗುಣಪಡಿಸುತ್ತದೆ, ಯೋಗ ರೋಗ ಬರದಂತೆ ತಡೆಗಟ್ಟುತ್ತದೆ. ಈ 2 ವಿಧಾನಗಳನ್ನು ಭಾರತದಲ್ಲಿ ಪ್ರಾಚೀನ ಕಾಲದಿಂದಲೂ ಒಟ್ಟಿಗೆ ಉಪಯೋಗಿಸಿಕೊಂಡು ಬರಲಾಗುತ್ತಿದೆ. ಈ 2 ಚಿಕಿತ್ಸೆಗಳನ್ನು ಒಟ್ಟಿಗೆ ಬಳಸಿ ಪ್ರತಿಫಲ ನೀಡಿದನ್ನು ನಮ್ಮ ಸಂಶೋಧನೆಗಳು ದೃಢೀಕರಿಸಿದೆ.

ಇಂದಿನ ಯುವ ಜನಾಂಗಕ್ಕೆ ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆಯ ಕೊಡುಗೆ



Dr. Y. Rudrappa

Medical Director, Sanathana Yoga and Nature cure Hospital,
LK Trust, Bangalore

Dr. Y. Rudrappa is one of the most senior naturopaths in Karnataka. He is the man who shaped up the SDM Yoga and Nature Cure Hospital. He has been awarded several credentials, few of which involve the Karnataka Rajyotsava Award. He was the mentor of SDM Yoga and Nature Cure Hospital, Shanthivana, Dharmasthala and currently is the Medical Director of a 250 bedded Yoga and Naturopathy facility - Sanathana, Bengaluru

2020ಕ್ಕೆ 'ಸಮೃದ್ಧಿ ಭಾರತ' ಆಗಬೇಕು ಎಂದು ನಮ್ಮ ಮಾಜಿ ರಾಷ್ಟ್ರೀಯ ಡಾ. ಅಬ್ದುಲ್ ಕಲಾಂರವರು ಘೋಷಣೆ ಮಾಡಿದರು ಈ ಸಮೃದ್ಧಿಯು ಯುವಕರ ಆರೋಗ್ಯದ ಮೂಲಕವೂ ಸಹ ಆಗಬೇಕು ಎಂಬುದು ವಿಚಾರವಂತರ ಮಾತು "ಸ್ವಾವಲಂಬನ ಮಂತ್ರದ ಮೂಲಕ 'ಸ್ವಾಸ್ಥ್ಯ ಸ್ವಾವಲಂಬನ' ಸಹ ಆಗಬೇಕು ಎಂಬುದು ಗಾಂಧೀಜಿಯವರು - ಸಮೃದ್ಧಿಯನ್ನು ಈ ಸಾಧರಣರೂಪಿಸಿದರು. ಅದು ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆಯಿಂದಲೇ ಆಗಬೇಕು ಎಂದರು.

ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರೂ ಸಹ "ಏಳು ಎದ್ದೇಳು ಗುರಿ ಮುಟ್ಟುವವರೆಗೆ ಎಚ್ಚರದಿಂದಿರು" ಎಂಬುದನ್ನು ತಮ್ಮ ವೀರ ವಾಣಿಯನ್ನು ಯುವಕರಿಗೆ ನುಡಿಸಿರು ಅದಕ್ಕೆ ಸಂಯಮದ ಮಂತ್ರ ಹೇಳಿ ಆರೋಗ್ಯವಂತರಾಗಿರಲೂ ಸಹ ತಿಳಿಸಿದರು ಈ ಎಲ್ಲಾ ವಿಚಾರಗಳನ್ನು ಮುಂದಿಟ್ಟುಕೊಂಡು ಸಾಧನ ಮಾರ್ಗಕ್ಕೆ ಹೋದರೆ ಮಾತ್ರ ಯುವಕನು ಯಶಸ್ವಿ ಜೀವನ ಮಾಡಬಹುದು ಎಂಬುದು ನನ್ನ ಕಲ್ಪನೆ ಇದಕ್ಕಾಗಿ ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆಯ ಕೊಡುಗೆ ಏನು ಎಂಬುದು ಈ ಸಾಧನ ಮಾರ್ಗಗಳನ್ನು ದಶಾಂಶ ಸೂತ್ರಗಳಲ್ಲಿ ನಿರೂಪಿಸಲಾಗಿದೆ. ಅವುಗಳು ಇಂತಿವೆ.

1. ದಿನದಲ್ಲಿ ಎರಡೇ ಹೊತ್ತು ಊಟ
2. ಆಹಾರವೇ ಔಷಧವಾಗಲಿ
3. ದಿನದಲ್ಲಿ ಎರಡು ಹೊತ್ತಿನ ಪ್ರಾರ್ಥನೆ
4. ದಿನದಲ್ಲಿ 1 ತಾಸಿನ ಯೋಗಾಭ್ಯಾಸ
5. ಬೇಗ ಏಳು, ಬೇಗ ಮಲಗು
6. ಬೆಳಗಿನ ಉಷ್ಣಪಾನ
7. ದಿನಕ್ಕೆ ಎಂಟು ಗ್ಲಾಸ್ ನೀರು ಕುಡಿಯುವುದು
8. ವಾರದಲ್ಲಿ ಒಂದು ದಿನ ಅಥವಾ ಒಂದು ಹೊತ್ತಿಗೆ ಉಪವಾಸ
9. ದೈನಂದಿನ ರೋಗಗಳಲ್ಲಿ ಯಾ ದೀರ್ಘ ರೋಗಗಳಲ್ಲಿ ಪ್ರಕೃತಿಯ ನಿಯಮಗಳನ್ನು ಪಾಲಿಸಿ. ಅನವಶ್ಯವಾಗಿ ರೋಗ ಶಮನೋಪಚಾರ ಬೇಡ.
10. ಶಾಂತಿ, ಸಂಯಮ, ಸಾವಧಾನ ಜೀವನ ಸಾಗಿಸಿದರೆ ಮಾನವನಿಗೆ ಸರ್ವತೋಮುಖ ಆರೋಗ್ಯ ಲಭಿಸುತ್ತದೆ.

ಯುವಕರು ಈ ರೀತಿಯ ವಿಚಾರಗಳ ಮೇಲೆ ಆತ್ಮಾವಲೋಕನ ಮಾಡಿಕೊಂಡರೆ, ಯುವ ಜನಾಂಗವು ತನ್ನ ಇತಿ ಮಿತಿಗಳಿಂದ ಯಶಸ್ವಿಯಾಗಿ ಸಂಘ ಜೀವಿಯಾಗಿ ಆರೋಗ್ಯಕರವಾಗಿ ಸಮಾಜದಲ್ಲಿ ಗೌರವದಿಂದ ಬದುಕಬಲ್ಲ ಎಂದು ಈ ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸಾ ಸೂತ್ರಗಳ ಮೂಲಕ ತಿಳಿಯಪಡಿಸಲಾಗಿದೆ.



ರಾಮಾಯಣ-ಮಹಾಭಾರತದಲ್ಲಿ ಆರೋಗ್ಯದ ಸೂತ್ರಗಳು



SRVP Chaturvedi Swamiji

Founder & Trustee, Sri Ramanuja Mission Trust, Chennai

SRVP Chaturvedi Swamiji is advisor and Consultant to many agencies and companies for Quality Control & Enrichment, Product Search, Survey & Study, Advertisement & Marketing, Trend Analysis, Waste Management, Eco Governance, Training in Team Motivation, Business Intelligence, Cost Management & Functional Efficiency, Ambience Engineering, Ergonomics and Occupational Therapy.

Distinguished Professor - School of Religion, Peace & International Relations, Jawaharlal Nehru Institute of Advanced Studies. Vice President - Jawaharlal Nehru Institute of Advanced Research Distinguished Professor - Dept of Pharmacogenomics, Jawaharlal Nehru Institute of Advanced Medical Research. Professor of Eminence - India International Multiversity. Honorary Chairman (Advisory Board) - PROBE, a resource center for Journalists. Honorary Advisor - Pentagon Research Institute. Chief Patron - India's Century Mission. Member (Advisory Board) - Bharatiya Pragna

Completed rendering of full text of Ramayana, Mahabharata, Bhagavad Gita and Bhagavatam with elucidated interpretations at the age of 19. Completed 'svahakara' (ritualisation) of all Vedic texts at the age of 21. Has contributed more than 6000 monograms on various topics in different languages since the age of 11. Organizes, supports and participates (addresses) in more than 200 conferences in a year in all parts of the country.

YOGA FOR COMMON MAN



Dr. Shivaprasad Shetty

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Dr. Shivaprasad Shetty is the Head, Department of Yoga at the SDM College of Naturopathy and Yogic Sciences, Ujire and Medical Officer at Shanthivana, Dharmasthala. He has been associated with several academic activities of BNYS courses in various capacities. He is an external examiner at various health universities in India. He has keen interest in yoga research and has conducted several studies on college students. He conducts several yoga and naturopathy camps in rural areas to educate rural masses with the health benefits of Yoga.

ಯೋಗವು ಒಂದು ಭಾರತೀಯ ತತ್ವಶಾಸ್ತ್ರ. ಸಂಸ್ಕೃತದ ಯುಜ್ ಎಂಬ ಧಾತುವಿನಿಂದ ಯೋಗ ಪದ ಹುಟ್ಟಿದೆ. ಯುಜ್ಯತೆ ಅನೇನ ಇತೀ ಯೋಗ. ಯೋಗ ಅಂದರೆ ಹೊಂದಿಸುವುದು, ಕೂಡಿಸುವುದು, ಒಂದಾಗಿಸುವುದು ಮತ್ತು ಜೀವಾತ್ಮನನ್ನು ಪರಮಾತ್ಮನಲ್ಲಿ ಸೇರಿಸುವುದು. ಯೋಗ ಶಾಸ್ತ್ರದ ಪಿತಾಮಹ ಪತಂಜಲಿ ಮುನಿಯ ಪ್ರಕಾರ ಯೋಗ ಎಂದರೆ ಮನಸ್ಸಿನ ಏರುಪೇರನ್ನು ಶಮನ ಗೊಳಿಸುವುದು. ಯೋಗ ವಸಿಷ್ಟದ ಪ್ರಕಾರ ಯೋಗವು ಮನಸ್ಸನ್ನು ಶಮನಗೊಳಿಸುವ ಒಂದು ಉಪಾಯ. ಸಾಮಾನ್ಯ ಮನುಷ್ಯನ ಪ್ರಕಾರ ಯೋಗದ ಮುಖ್ಯ ಉದ್ದೇಶ ವ್ಯಕ್ತಿತ್ವ ವಿಕಸನ. ಸಾಮಾನ್ಯವಾಗಿ ಮನುಷ್ಯನಿಗೆ 5 ಬಗೆಯ ವ್ಯಕ್ತಿತ್ವಗಳಿವೆ. ಅವು ಯಾವುದೆಂದರೆ 1) ದೈಹಿಕ ವ್ಯಕ್ತಿತ್ವ, 2) ಮಾನಸಿಕ, 3) ಭಾವನಾತ್ಮಕ 4) ಭೌದ್ಧಿಕ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ವ್ಯಕ್ತಿತ್ವ. ಯೋಗದ ಅಭ್ಯಾಸವು ಈ ಎಲ್ಲಾ ಶರೀರಗಳನ್ನು ಸಮತೋಲನಗೊಳಿಸಿ ವ್ಯಕ್ತಿತ್ವದ ಪರಿಪಕ್ವತೆಯನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ.

ಯೋಗದ ವಿವಿಧ ಮಾರ್ಗಗಳು ಮಾನವನ ಸರ್ವೋತ್ತಮ ಬೆಳವಣಿಗೆಗೆ ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ಯೋಗದ ವಿವಿಧ ಮಾರ್ಗಗಳು ಯಾವುದೆಂದರೆ ಕರ್ಮಯೋಗ, ಭಕ್ತಿಯೋಗ, ಜ್ಞಾನಯೋಗ, ರಾಜಯೋಗ. ಕರ್ಮಯೋಗವು ಮನುಷ್ಯನ ಕಾರ್ಯಶೈಲಿಯನ್ನು ಬದಲಿಸುತ್ತದೆ. ಕರ್ಮಯೋಗದ ಅಭ್ಯಾಸದ ಮೂಲಕ ಮನುಷ್ಯನು ಒತ್ತಡರಹಿತ ಜೀವನವನ್ನು ನಡೆಸಬಹುದು.

ಭಕ್ತಿಯೋಗವು ಮನುಷ್ಯನ ಭಾವನೆಯನ್ನು ಹತೋಟಿಯಲ್ಲಿಡಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ಭಕ್ತಿಯೋಗವು ಮನುಷ್ಯನ ಭಾವನೆಯನ್ನು ಹತೋಟಿಯಲ್ಲಿಡಲು ಸಹಕಾರಿಯಾಗುತ್ತದೆ. ಭಕ್ತಿಯೋಗವು ಮಾನವನ ಬಲಮೆದುಳನ್ನು ಬಲಪಡಿಸಿ ಆ ಮೂಲಕ ಮನೋದೈಹಿಕ ಕಾಯಿಲೆಗಳನ್ನು ಹೋಗಲಾಡಿಸುತ್ತದೆ. ರಾಜಯೋಗ ಅಥವಾ ಅಸ್ವಾಂಗಯೋಗದ ಅಭ್ಯಾಸದ ಮೂಲಕ ನಮ್ಮ ಎಲ್ಲ ವ್ಯಕ್ತಿತ್ವದ ಮಜಲುಗಳನ್ನು ಸಮತೋಲನಗೊಳಿಸಬಹುದು. ಜ್ಞಾನಯೋಗವು ನಮ್ಮಲ್ಲಿರುವ ಜ್ಞಾನವನ್ನು ಹೆಚ್ಚಿಸಿ ನಮ್ಮಲ್ಲಿರುವ ಕೆಟ್ಟ ಹವ್ಯಾಸಗಳನ್ನು ಹೋಗಲಾಡಿಸುತ್ತದೆ. ಅಜ್ಞಾನವು ಕೆಟ್ಟ ಹವ್ಯಾಸಗಳ ತಾಯಿಬೇರು.

ದೈನಂದಿನ ಯೋಗ ಅಭ್ಯಾಸ ಮತ್ತು ಯೋಗದ ಜೀವನ ಶೈಲಿಯ ಮೂಲಕ ನಾವು ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳಬಹುದು. ಕಾಯಿಲೆಗಳನ್ನು ಗುಣಪಡಿಸಬಹುದು ಮತ್ತು ಮಾನವನನ್ನು ಅತೀ ಶ್ರೇಷ್ಠತೆಯ ಮಟ್ಟಕ್ಕೆ ಕೊಂಡೊಯ್ಯುತ್ತದೆ.



ಪ್ರಾಣಾಯಾಮ ಮತ್ತು ಅದರ ಮಹತ್ವ



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Yogacharya Sri Raghavendra Guruji began his education at the feet of the Late Shri Shri Raghavendra Swamijee who was the founder of world famous Yoga Centre at Malladihalli Karnataka, which is named now "Patanjali Yoga Mahavidhyala". Vishwa Yoga Mandira. Since 25 years he has engaged himself in teaching Yoga & running Yoga classes, conducting Yoga work shops, disease wise yoga therapy also. Sri Guruji's talent and services are recognized by the public institutions and associations and honoured with the title "Yoga Prabhakar" in 1987. His talent was broad casted in the Television which is really a great feat of the great man. He directed and produced "Surya Namaskara System", a short television film with 800 children, in the year 1996.

ನಮ್ಮ ಶರೀರಕ್ಕೂ ಮತ್ತು ಮನಸ್ಸಿಗೂ ನಿಕಟ ಸಂಬಂಧವಿದೆ. ಶರೀರಕ್ಕೇನಾದರೂ ನೋವಾದರೆ, ಅದರ ಪರಿಣಾಮವು ಮನಸ್ಸಿನ ಮೇಲೂ ಉಂಟಾಗುವುದೆಂಬುದು ನಮ್ಮ ಅನುಭವವೇ ಇದೆ. ಹಾಗೆಯೇ ಶರೀರ ಸ್ವಾಸ್ಥ್ಯ ವೆಂದರೆ ಮನಸ್ಸಿನ ಸ್ವಾಸ್ಥ್ಯವೆಂದೇ ಅರ್ಥ ಮಾಡಿಕೊಳ್ಳಬೇಕು. ಆದುದರಿಂದ ಮನಸ್ಸಿಗೆ ಪ್ರಧಾನವಾಗಿರುವ ಮನಸ್ಸನ್ನು ಸ್ವಾಧೀನಪಡಿಸಿ ಬಲಗೊಳಿಸುವುದರ ಜೊತೆಯಲ್ಲಿ ದೈಹಿಕ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಂಡು ಅದನ್ನು ಶಕ್ತಿಯುತವನ್ನಾಗಿ ಮಾಡುವ ಕಾರ್ಯವು ನಡೆಯಬೇಕು. ಚಿತ್ತವು ಚಂಚಲಯುಕ್ತವಾದದ್ದು, ಅದನ್ನು ಅಂಕಿತಕ್ಕೆ ತರುವುದು ಬಹಳ ಪ್ರಯಾಸದ ಕೆಲಸ. ಆದರೆ ಪ್ರಾಣಕ್ಕೂ (ಉಸಿರಾಟಕ್ಕೂ) ಮನಸ್ಸಿಗೂ ಅತೀ ಸಮೀಪದ ಸಂಬಂಧವಿರುವುದರಿಂದ ಪ್ರಾಣದ ನಿರೋಧವೆಂದರೆ ಕೇವಲ ಉಸಿರಾಟದ ಗತಿಯನ್ನು ನಿರೋಧಿಸುವುದೇ ಆಗಿದೆಯಲ್ಲದೇ, ಬೇರೆಯಲ್ಲವೆಂದು ತೋರಿದರೂ, ಕೇವಲ ಉಸಿರೇ ಪ್ರಾಣ, ಗಾಳಿಯೇ ಪ್ರಾಣವೆಂದು ವಿವರಿಸಬಹುದು.

ಯೋಗ ಸಾಧನೆಯಲ್ಲಿ ಪ್ರಾಣಾಯಾಮಕ್ಕೆ ಒಂದು ವಿಶಿಷ್ಟವಾದ ಸ್ಥಾನವಿದೆ. ಇದು ದೇಹ ಸ್ವಾಸ್ಥ್ಯವನ್ನು ನೀಡುವುದಲ್ಲದೆ, ಆತ್ಮ ಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೂ, ದೇಹವನ್ನು ಹದಗೊಳಿಸಿ ಜೀವನಿಗೆ ಬ್ರಹ್ಮಪ್ರಾಪ್ತಿಗೂ, ಬಹುಮಟ್ಟಿಗೆ ಸಹಾಯಕವಾಗುತ್ತದೆ. ಅದೇ ಶರೀರದ ಜೀವ ಜ್ಯೋತಿ. ವಿಶ್ವದಲ್ಲಿಯ ಸರ್ವ ಕಾರ್ಯಗಳಿಗೂ ಈ ಪ್ರಾಣ ಶಕ್ತಿಯೇ ಆಧಾರ. ಸೂರ್ಯನಲ್ಲಿಯ ಬೆಳಕು, ಚಂದ್ರನಲ್ಲಿಯ ಕಾಂತಿ, ನಕ್ಷತ್ರಗಳಲ್ಲಿಯ ಹೊಳಪು, ಮಿಂಚಿನಲ್ಲಿಯ ಪ್ರಭೆ ಇವೆಲ್ಲಕ್ಕೂ ಪ್ರಾಣವೇ ಆಧಾರ. ಹೆಚ್ಚಿನ ರೀತಿಯಲ್ಲಿ ಹೇಳಬೇಕಾದರೆ ಮಾನವನ ಸರ್ವ ಜೀವ ಕೋಟಿಗಳ ವಿವಿಧ ಚೇಷ್ಟೆಗಳು ನಡೆಯುವುದು ಪ್ರಾಣಶಕ್ತಿಯ ಪ್ರೇರಣೆಯಿಂದಲೇ ಇಂತಹ ಅನಂತ ಶಕ್ತಿ ಸ್ವರೂಪವಾದ ಪ್ರಾಣಶಕ್ತಿಯನ್ನು ತಮ್ಮ ಹರೋಟಿಗೆ ತೆಗೆದುಕೊಳ್ಳಲು ನಮ್ಮ ಪ್ರಜೀನ ಋಷಿಮುನಿಗಳು ದೀರ್ಘ ತಪಸ್ಸನ್ನೇ ಮಾಡಿ ಅದರಲ್ಲಿ ಜಯಶೀಲರಾಗಿದ್ದಾರೆ. ಅಂತಹ ಅದ್ಭುತ ಶಕ್ತಿಯ ಪ್ರಾಣವನ್ನು (ಚೈತನ್ಯವನ್ನು) ಸದುಪಯೋಗಪಡಿಸಿಕೊಂಡು ನಮ್ಮ ದೇಹಾರೋಗ್ಯವನ್ನು ಕಾಪಾಡಿಕೊಳ್ಳುವುದರ ಜೊತೆಗೆ, ಆ ಮಹಾಶಕ್ತಿಯ ಬಲದಿಂದ ಆತ್ಮಸಾಕ್ಷಾತ್ಕಾರವನ್ನೂ ಪಡೆಯಬಹುದು.

ಶರೀರದಲ್ಲಿಯ ಪ್ರಾಣಶಕ್ತಿಯು ಹೊರಟು ಹೋದರೆ, ಶರೀರವು ಶವವೇ ಆಗುತ್ತದೆ. ಆದುದರಿಂದ ಪ್ರಾಣವೇ ಎಲ್ಲಾ ಜೀವಿಗಳ ಮತ್ತು ಸೃಷ್ಟಿಯ ಅಸ್ತಿತ್ವಕ್ಕೆ ಆಧಾರವೆಂಬುದು ಸತ್ಯಾಂಶ. ಇಷ್ಟೊಂದು ಅಮೂಲ್ಯವಾದ ಪ್ರಾಣಶಕ್ತಿಯನ್ನು ನಮ್ಮ ಜೀವನದಲ್ಲಿ ನಾವು ಹೇಗೆ ಬೆಳೆಸಿಕೊಳ್ಳಬೇಕೆಂಬ ಪದ್ಧತಿಯನ್ನು ಪ್ರಾಣಾಯಾಮವು ತಿಳಿಸುತ್ತದೆ. ಇದೊಂದು ಜೀವನ ಶಾಸ್ತ್ರ, ಜೀವಂತ ಶಾಸ್ತ್ರ, ಅಲ್ಲದೆ ಇಹ-ಪರ ಸಾಧನೆಗಳ ವಿಶ್ವಧರ್ಮ ಶಾಸ್ತ್ರವೂ ಹೌದು. ಪ್ರಾಣಾಯಾಮದಿಂದ ಚಿತ್ತದ ಏಕಾಗ್ರತೆಯುಂಟಾಗುತ್ತದೆ. ಚಿತ್ತದಲ್ಲಿ ಎರಡು ಸಂಗತಿಗಳು ಸೇರಿರುತ್ತವೆ. ಒಂದು ಪ್ರಾಣಗಳ ಸ್ವಂದನ, ಎರಡು ಕಾಮನೆ.

ಯೋಗನಡಿಗಿ



ಡಾ. ಕೆ. ರಾಘವೇಂದ್ರ ಆರ್. ಪೈ.

ಕಾರ್ಯದರ್ಶಿ, ಶ್ರೀವೇದವ್ಯಾಸ ಯೋಗ ಪ್ರತಿಷ್ಠಾನ (ರಿ.), 37/1, ಮಹಾಮಾಯಾ,
ಬಾಲಕೃಷ್ಣರಾವ್ ರಸ್ತೆ, ಚಾಮರಾಜಪುರಂ, ಮೈಸೂರು - 570 005
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ಶ್ರೀಕ್ಷೇತ್ರ ಧರ್ಮಸ್ಥಳ ಮಂಜುನಾಥೇಶ್ವರ ಯೋಗ ಮತ್ತು ನೈತಿಕ ಶಿಕ್ಷಣ ಯೋಜನೆಯ ನಿರ್ದೇಶಕರಾಗಿ 18 ವರ್ಷ ಕಾರ್ಯನಿರ್ವಹಿಸಿರುವರು. ಮೂಲತಃ ಕಾರ್ಕಳದವರು. ಜನ್ಮಸ್ಥಳ ಶಿವಮೊಗ್ಗ. ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾಲಯದ ಬಿ.ಕಾಂ. ಹಾಗೂ ಸಂಸ್ಕೃತ ಎಂ.ಎ. ಪದವೀಧರರು. ಶ್ರೀ ಕಾರ್ಕಳ ರಂಗನಾಥ ಶ್ರೀಧರ ಪೈ ಹಾಗೂ ಶ್ರೀಮತಿ ರುಕ್ಕಾ ರಂಗನಾಥ ಪೈ ಅವರ ಸುಪುತ್ರರು. ಶ್ರೀಮತಿ ಭವಾನಿ ಪೈ

ಇವರ ಪತ್ನಿ, ಚಿರಂಜೀವಿ ವೇದವ್ಯಾಸ ಪೈ ಇವರ ಸುಪುತ್ರ. ಪುಣೆಯ ಲೋನಾವಳಿ ಕೈವಲ್ಯಧಾಮದಲ್ಲಿ ಯೋಗ ಡಿಪ್ಲೊಮಾ ಹಾಗೂ ಹಂಪಿ ಕನ್ನಡ ವಿಶ್ವವಿದ್ಯಾಲಯದಿಂದ 'ದಾಸ ಸಾಹಿತ್ಯ ಹಾಗೂ ಯೋಗದರ್ಶನ; ಪಾರಸ್ಪರಿಕ ಅಧ್ಯಯನ' ಎಂಬ ವಿಷಯದ ಪೌಢ ಪ್ರಬಂಧಕ್ಕಾಗಿ 'ಡಾಕ್ಟರೇಟ್ ಇನ್ ಲಿಟರೇಚರ್' (ಡಿ.ಲಿಟ್.) ಪದವಿ ಪಡೆದಿರುವರು. ಯೋಗ ಕ್ಷೇತ್ರದಲ್ಲಿ 25 ವರ್ಷಗಳ ಸಾಧನೆ ಹಾಗೂ ಅನುಭವ ಹೊಂದಿರುವರು. ನಾಡಿನ ಒಳಗೆ ಹಾಗೂ ಹೊರಗೆ ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚು ಯೋಗ ಶಿಬಿರ, ಕಾರ್ಯಾಗಾರ, ಯೋಗ ಚಿಕಿತ್ಸೆ ನೋಡಿರುವರು. ಐದು ಲಕ್ಷಕ್ಕೂ ಹೆಚ್ಚಿನ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ, ಸಾವಿರಕ್ಕೂ ಅಧಿಕ ಶಿಕ್ಷಕರಿಗೆ ಯೋಗ ಪ್ರಶಿಕ್ಷಣವನ್ನು, 35 ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚಿನ ಸಾರ್ವಜನಿಕರಿಗೆ ಯೋಗ ತರಬೇತಿ ನೀಡಿದ್ದಾರೆ. ಅಂತಾರಾಷ್ಟ್ರೀಯ ಪುರಸ್ಕಾರದಂತಹ ಹಲವು ಗೌರವಗಳು, 'ಯೋಗ ವಿದ್ಯಾಭೂಷಣ', 'ರಷ್ಯಾ ಯೋಗಗುರು', ಉಡುಪಿ ಶ್ರೀ ಕೃಷ್ಣಮಠದ 'ಆಸ್ಥಾನ ಯೋಗಾಚಾರ್ಯ'ದಂತಹ ಬಿರುದುಗಳು ಅವರಿಗೆ ಸಂದಿವೆ. ಲಂಡನ್, ಸಿಂಗಾಪುರ, ಶ್ರೀಲಂಕಾ, ದೋಹಖತಾರ್ ದೇಶಗಳಲ್ಲಿ ಪ್ರಬಂಧ ಮಂಡನೆ, ಕಮ್ಮಟ, ಯೋಗ ತರಬೇತಿ ನೀಡಿರುವರು. ಸದ್ಯ ಮೈಸೂರಿನಲ್ಲಿ ಶ್ರೀ ವೇದವ್ಯಾಸ ಯೋಗ ಪ್ರತಿಷ್ಠಾನ(ರಿ.)ನ ಮೂಲಕ 'ಯೋಗವಿಶ್ವಕೋಶ' ರಚನೆಯಲ್ಲಿ ತೊಡಗಿದ್ದಾರೆ. ಯೋಗ ಹಾಗೂ ದಾಸ ಸಾಹಿತ್ಯದಲ್ಲಿ ಸಂಶೋಧನೆ, ವಿಕಲಚೇತನರಿಗೆ, ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಆರೋಗ್ಯಾರ್ಥಿಗಳಿಗೆ ಯೋಗದ ಅನುಕೂಲ ಲಭಿಸಬೇಕೆಂಬ ಮಹದಾಸೆ ಇವರದು. 'ಯೋಗನಡಿಗಿ ಪಂಚಸೂತ್ರ' ಎಂಬುದು ಯೋಗಕ್ಷೇತ್ರಕ್ಕೆ ಇವರದೆ ಕೊಡುಗೆ ಅಭಿಮಾನದ ಸಂಗತಿಯಾಗಿದೆ.

'Man is body with soul and Soul with body'. ಮಾನವನು ಎಲ್ಲ ವೃತ್ತಿ ಪ್ರವೃತ್ತಿಗಳನ್ನು ಸಾಧಿಸಿಕೊಳ್ಳಲು ಶರೀರ ಒಂದು ಮಾಧ್ಯಮ. ಇತರ ಪ್ರಾಣಿಗಳಿಗಿಂತ ನಿರಾಯಾಸವಾಗಿ ಆಕರ್ಷಕವಾಗಿ ಮಾನವನು ತನ್ನ ದೇಹವನ್ನು ಕಾಲುಗಳ ಮುಖಾಂತರ ಸಾಗಿಸಲು ಶಕ್ತನಾಗಿದ್ದಾನೆ. ನಡಿಗಿ ಮಾನವನ ಹಿರಿಮೆಯಾಗಿದೆ. ನಡಿಗಿ ಶಾರೀರಿಕ ಆರೋಗ್ಯದ ದೃಷ್ಟಿಯಿಂದ ಅತ್ಯಗತ್ಯ ಹಾಗೂ ಒಳ್ಳೆಯ ವ್ಯಾಯಾಮ ಎಂಬುದು ವೈದ್ಯಕೀಯ ಲೋಕದ ಆವಿಷ್ಕಾರ.

ಯೋಗನಡಿಗಿ: ಸಹಜ ನಡಿಗಿಯನ್ನು ಯೋಗ ತಂತ್ರದೊಂದಿಗೆ ಅಳವಡಿಸಿ ಅಭ್ಯಸಿಸಿದರೆ ಸಹಜ ಆರೋಗ್ಯ ಎಂಬ ಸಂಪತ್ತು ಲಭಿಸುತ್ತದೆ. ಇದರೊಂದಿಗೆ ಆತ್ಮವಿಶ್ವಾಸ, ಮನಃ ಪ್ರಸನ್ನತೆ, ಸೂಕ್ಷ್ಮದೃಷ್ಟಿ, ಮನೋಬುದ್ಧಿ, ಸಮನ್ವಯತೆ ಇತ್ಯಾದಿ ಲಾಭಗಳು ಪ್ರಾಪ್ತವಾಗುತ್ತದೆ. ಶ್ವಾಸಕೋಶ, ಹೃದಯ ಸಾಮರ್ಥ್ಯ ಹೆಚ್ಚುತ್ತದೆ. ಪಂಚಕೋಶಗಳ ಸಮನ್ವಯತೆ ಲಭಿಸುತ್ತದೆ.

- ನಡಿಗಿ ಮತ್ತು ಯೋಗ ಸಮನ್ವಯಗೊಂಡು 'ಯೋಗನಡಿಗಿ' ಆಗಬೇಕಾದರೆ ನಡಿಗಿಯೊಂದಿಗೆ ಯೋಗಮುದ್ರೆ, ಸರಳ ಪ್ರಾಣಾಯಾಮ ತಂತ್ರ ಹಾಗೂ ಮಂತ್ರಧಾರಣೆ ಅಳವಡಿಕೆ ಅವಶ್ಯಕ.
- ಯೋಗನಡಿಗಿಯಲ್ಲಿ ಲಕ್ಷ್ಯ, ಅನುಭವ ಹಾಗೂ ವಿಶ್ರಾಂತಿ ಮುಖ್ಯ.



- ಯೋಗನಡಿಗೆಗೆ ಆಧಾರ ಹಠಯೋಗ ಪ್ರದೀಪಿಕ, ಉಪನಿಷತ್ತು, ಆಯುರ್ವೇದ ಹಾಗೂ ಬಿಂದು ಒತ್ತಡ ವಿಜ್ಞಾನ.

ಯೋಗ ನಡಿಗೆಯ ಸಿದ್ಧತೆ : ಕರ್ಣಚೈತನ್ಯಮಾಲಾಕ್ರಿಯೆ, ಪ್ರಾಣಸಂತುಲನ ಕ್ರಿಯೆ, ಹಸ್ತಬಿಂದು ಪ್ರಚೋದಕ, ಪ್ರಾಣಚೈತನ್ಯ ಚಪ್ಪಾಳೆ ಹಾಗೂ ಯೋಗನಡಿಗೆಗೆ ಪಂಚ ಸೂತ್ರಗಳು.

ಯೋಗನಡಿಗೆ - ಐದು ಸೂತ್ರಗಳು

- ಯೋಗ ನಡಿಗೆ ಸೂತ್ರ 1 : 'ಚೈತನ್ಯ ನಾಲ್ಕರ ಸಮಹೆಜ್ಜೆ' (ಪೂರಕ 4; ರೇಚಕ 4)
ಅರ್ಥ : ಮುಂದಡಿ ಇಡುತ ಪೂರಕ ನಾಲ್ಕು, ರೇಚಕ ನಾಲ್ಕು. ಚೈತನ್ಯ ಮುದ್ರೆ ಅಳವಡಿಸಿ ಅನುಲೋಮ ವಿಲೋಮ ಅನುಸರಿಸಿ.
- ಯೋಗ ನಡಿಗೆ ಸೂತ್ರ 2 : 'ಚಿನ್ಮುದ್ರೆ ಉಜ್ಜಾಯಿ ನಾಲ್ಕು ಆರು' (ಪೂರಕ 4; ರೇಚಕ 6)
ಅರ್ಥ : ಚಿನ್ಮುದ್ರೆ ಸಹಿತ ಉಜ್ಜಾಯಿ ಉಸಿರು (ಪ್ರಾಣಾಯಾಮ) ನಡೆಯುತ ಒಳಹೊರ ನಾಲ್ಕು ಆರು.
- ಯೋಗ ನಡಿಗೆ ಸೂತ್ರ 3 : 'ಚಿನ್ಮಯ ವಿಜಯ ನಾಲ್ಕು ಆರು : ನಡುಕಡೆಯಿರಲಿ ಎರಡರ ತಡೆಯು' (ಪೂರಕ 4, ಕುಂಭಕ 2; ರೇಚಕ 6, ಕುಂಭಕ 2).
ಅರ್ಥ : ಚಿನ್ಮಯ ಮುದ್ರೆ ಸಹಿತ ಉಜ್ಜಾಯಿ (ವಿಜಯ) ಪ್ರಾಣಾಯಾಮ. ಹೆಜ್ಜೆಯೊಂದಿಗೆ ಪೂರಕ ನಾಲ್ಕು, ರೇಚಕ ಆರು, ಕುಂಭಕ ಎರಡು.
- ಯೋಗ ನಡಿಗೆ ಸೂತ್ರ 4 : 'ಆದಿಮುದ್ರೆ ವಿಜಯದ ಹೆಜ್ಜೆ, ಜತೆ ಉಸಿರಿರಲಿ ನಾಲ್ಕು ಎಂಟು, ನಡುಕಡೆ ಗಂಟು ನಾಲ್ಕರ ನಂಟು' (ಪೂರಕ 4, ಕುಂಭಕ 4; ರೇಚಕ 8, ಕುಂಭಕ 4).
ಅರ್ಥ : ಆದಿಮುದ್ರೆ ಸಹಿತ ಉಜ್ಜಾಯಿ (ವಿಜಯ) ಪ್ರಾಣಾಯಾಮ. ನಡಿಗೆಯ ಜತೆಗೆ ಪೂರಕ ನಾಲ್ಕು, ಕುಂಭಕ ನಾಲ್ಕು (ಗಂಟು) ರೇಚಕ ಎಂಟು, ಕುಂಭಕ ನಾಲ್ಕು.
- ಯೋಗ ನಡಿಗೆ ಸೂತ್ರ 5 : 'ಓಂಕಾರ ಶ್ರೀಕಾರ ಸೀಕರ ಗುರಿಯು' (ಶ್ರೀ ಓಂ) ಸ್ವೀಕಾರ ಮುದ್ರೆ ಸಹಿತ ಸಾಮರ್ಥ್ಯ ಪ್ರಮಾಣ ಉಸಿರಾಟ, ಪೂರಕ ಜಪವು ಶ್ರೀಕಾರ, ರೇಚಕ ಮಂತ್ರವು ಓಂಕಾರ.

FASTING - THE DOOR TO WHOLISTIC HEALTH



Sri Basavananda Swamiji

Sri Guru BasavaMahamane, Managundi, Dharwad District, Karnataka

People who are suffering from Hepatitis-B ,Diabetes ,Kidney stones etc., come to swamiji follow his diagnosis and they will be cured. One lady was suffering from Hepatitis-B. Many of the doctors declared that she will die after few days. Later panic lady came to swamiji and followed his diagnoses and get cured. Finally She came out from Hepatitis-B. Some people come here to get cured from high diabetes .There are so many examples that proved his diagnoses challenges medical science. His diagnoses will be like this. You should FAST and only have to take LEMON+HONEY+WATER

for 42 days plus and to drink liter of water. Shree Basavananda swamiji is blind, age will be around 30. He had done research on nature medicine and he had challenged current medical science.

Wholistic health does not mean mere physical fitness. If a person wishes to live well and let others also to live well, one has to achieve invariably the four dimensional health viz., Physical health, Mental health, Social health and Spiritual health. Any shortfall in achieving these will result in proportionate shortfall in leading an useful life.

When questioned, whether Modern Medical Science has any concrete agenda to realize all these dimensions of Health, the answer is very disappointing. Hundreds of medicines have been invented to counter the physical ailments, but their side-effects, anti-effects have been tormenting the human society. Everyone is on the look-out for a way out. Different systems of medicine have failed in securing the wholistic health for the mankind. On the contrary, more and more diseases are pestering the humanity. The situation is allegorical to the Musk Deer roaming in search of the sweet fragrance, which in fact, is its own secretion. It is high time the man-kind arouses its inner vision and the Medical Profession should aim at the welfare of the suffering, which has great belief in the Medical fraternity. Health cannot be achieved by building high-tech hospitals or by publishing volumes. Modern Medical Science has to realize this fact, though bitter, at its earliest.

Mother Nature has blessed us with the best medicine – Fasting. According to scientists the earth is 360,00,00,000 years old. Man has been on the planet since 40,00,000 years. Use of chemicals as medicine is just 200-250 years practice. Truth can be seen by the experts of the Medical Profession. Infinite lives have lived a healthy life and have evolved over crores of years. The only medicine they have employed during illness has been FASTING. I can categorically proclaim, based on about 15 years of experimentation on myself and lakhs of other people that, THE FIRST AND THE LAST MEDICINE BEATIFIED IS FASTING. In earlier days fasting was resorted to regain physical health. Later, the seers, religious leaders, saints and the sharanas, the devout god-fearing people used this fasting as an effective tool to achieve mental peace, purity of soul and social transformation.



ಭಾರತೀಯ ಆಹಾರ ಪದ್ಧತಿ: ವೈಜ್ಞಾನಿಕ ಹಿನ್ನೆಲೆ



Shri Abhinava Bhargava Dr Santhoshjee

Renowned Ayurvedacharya, Ayurashram, Bengaluru

His Holiness "Shri Abhinava Bhargava Dr Santhoshjee, a renowned Ayurvedacharya and most revered spiritual Gurujee is the spiritual Guru of Bejjavalli Shri Ayyappaswamy temple Teerthahalli Taluk, Shimoga district popularly known as "Sabarimalai of Karnataka". Gurujee was born to privileged parents Shri Someshwara Krishna and Smt. Rukmini in the year 1971 at Dugganamakki near Kundapur in Dakshina Karnataka district of South Karnataka.

ಮಹಿಳೆಯರ ಆರೋಗ್ಯಕ್ಕಾಗಿ ಯೋಗ



Dr Nagarathna Raghuram MD, FRCP (UK)

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Is one of the pioneers in the field of Yoga therapy. She is the Dean, Division of yoga and life sciences and chief consultant at Arogyadhama, SVYASA. Dr Nagarathna did her MBBS from Bangalore medical college, MD in internal medicine from Mysore medical college, Her MRCP and FRCP from edinburgh, UK. She has over 40 publications in national and international journals and has 11 books on series of yoga for different ailments published. She been felicitated with numerous awards such as the: Patanjali Award" (2000) for contributions in the field of yoga by Indian Systems of Medicine and

homoeopathy (ISM & H), Ministry of health and family welfare, Government of India, arranged through Director, ISM & H in Bangalore. "Dr P S Shankar Vaidya Shree" award (2001) by Dr P S Shankar Pratistana, Gulbarga. "Woman of Excellence" award (2003) by the BadaganaduSangha Association, Bangalore, for service to humanity through Yoga Therapy. "Karnataka Kalpavalli" award (1995) for 'Service to women through Yoga' awarded by 'Shaswathi' a women's organization, NMKRV College, Bangalore. "Doctor's Day" award (July 1992) by IMA, Bangalore branch.

ಭಾರತದಲ್ಲಿ ಶ್ಲಾಘನೀಯವಾಗಿ ಪ್ರಗತಿಯೆಡೆಗೆ ಜರುಗುತ್ತಿರುವ ಮಹಿಳೆಯರ ಜೀವನ ಶೈಲಿ ಅತೀ ಶೀಘ್ರವಾಗಿ ಪರಿವರ್ತನೆಯಾಗುತ್ತಿರುವ ಕಾರಣ, ಅನೇಕ ರೀತಿಯ ತೊಂದರೆಗಳನ್ನು ಎದುರಿಸುವಂತಾಗಿದೆಯಷ್ಟೆ? ಈ ಒತ್ತಡ ಜನ್ಯವಾದ ಅನಾರೋಗ್ಯಗಳಿಗೆ ನಾಲ್ಕು ಮುಖ್ಯ ಕಾರಣಗಳನ್ನು ವಿಜನ ನಿರೂಪಿಸಿದೆ. ಆಹಾರ, ವ್ಯಾಯಾಮ, ದುಶ್ಚಟಗಳು ಮತ್ತು ಮಾನಸಿಕ ಒತ್ತಡ ಈ ನಾಲ್ಕರ ಹಿಂದೆಯೂ ಇರುವುದು ಮನಸ್ಸನ್ನು ಆದ್ದರಿಂದ ಮನಸ್ಸಿನ ಅಸಮತೋಲತೆಯೇ ಅತಿ ಹೆಚ್ಚಿನ ಪ್ರಮಾಣದಲ್ಲಿ ವರ್ಧಿಸುತ್ತಿರುವ ಅನೇಕ ಖಾಯಿಲೆಗಳಿಗೆ ಕಾರಣ ಎಂದಿದೆ ವಿಜ್ಞಾನ. ಆದ್ದರಿಂದ ಬುಡವನ್ನು ಸರಿಮಾಡಿದರೆ ಮಾತ್ರ ಖಾಯಿಲೆಗಳು ನಿರ್ಮೂಲ ಎಂಬ ಆಧಾರದ ಮೇಲೆ ಯೋಗವನ್ನು ಅಭ್ಯಾಸ ಮಾಡಬೇಕು. ಯೋಗವು ಮನೋನಿಗ್ರಹ, ಮನೋದಾರ್ಢ್ಯಗಳನ್ನು ನೆದಾನ್ಯತೆ ಮತ್ತು ವಿಶ್ರಾಂತಿಯ ಮೂಲಕ ಒದಗಿಸಿ ಸಂಪೂರ್ಣ ಸ್ವಾಮಿತ್ವದೆಡೆಗೆ ಕೊಂಡೊಯ್ಯುವ ವಿಧಾನಗಳನ್ನು ಕೊಟ್ಟಿದೆ. ವಿವೇಕಾನಂದ ಯೋಗ ಅನುಸಂಧಾನ ಸಂಸ್ಥಾನ ಕಳೆದ 20 ವರ್ಷಗಳಿಂದ ಮಾಡುತ್ತಾ ಬಂದಿರುವ ಸಂಶೋಧನಾ ಪ್ರಕಟಣೆಗಳ ಸಾರಾಂಶವನ್ನು ಈ ಸಮ್ಮೇಳನದಲ್ಲಿ ಮಂಡಿಸಲಾಗುತ್ತದೆ.

ಪ್ರತಿ ಖಾಯಿಲೆಗೆ ತಕ್ಕಂತೆ ಆಯ್ದ ವಿಶೇಷ ಅಭ್ಯಾಸಗಳನ್ನು ಸಂಶೋಧನೆಯ ಪುರಾವೆಗಳ ಮೂಲಕ ಸಿದ್ಧಪಡಿಸುತ್ತಾ ಬಂದಿರುವುದು ವ್ಯಾಸದ ವಿಶೇಷ ಕೊಡುಗೆ ಎಂದರೆ ಅತಿಶಯೋಕ್ತಿಯಾಗಲಾರದು.

ಮಹಿಳೆಯರಲ್ಲಿ ಬರುವ ವಿಶೇಷ ಅನಾರೋಗ್ಯಗಳಲ್ಲಿ ವ್ಯಾಸ ಮಾಡಿರುವ ಸಂಶೋಧನೆಗಳು: ಗರ್ಭಿಣಿಯರಿಗೆ ಯೋಗ, ಶಾಲಾ ಹೆಣ್ಣುಮಕ್ಕಳಲ್ಲಿ ಪಿ.ಸಿ.ಓ.ಎಸ್. ಸಮಸ್ಯೆಗೆ ಯೋಗ, ರಿಮಾಂಡ್ ಹೋಮ್‌ನಲ್ಲಿರುವ ತಪ್ಪಿತಸ್ಥ ಹೆಣ್ಣುಮಕ್ಕಳಿಗೆ ಯೋಗ ಮತ್ತು ಮೆನೋಪಾಸ್ ಸಮಯದ ಮಹಿಳೆಯರಿಗೆ ಯೋಗ.

ಅನಾರೋಗ್ಯವನ್ನು ತಡೆಯಲು ಶಾಲಾ ಹೆಣ್ಣು ಮಕ್ಕಳಿಗಾಗಿ ಸಂಪೂರ್ಣ ವ್ಯಕ್ತಿತ್ವ ವಿಕಾಸ ಶಿಬಿರಗಳು, ಶಾಲೆಗಳಲ್ಲಿ ವರ್ಷ ಪೂರ್ತಿ ನಡೆಸುವ ಯೋಗ ತರಗತಿಗಳು, ಏತನ್ಮೂಲಕ ಮಕ್ಕಳ ಸ್ವಾಸ್ಥ್ಯವೃದ್ಧಿ ಇವುಗಳ ಮಹತ್ವವನ್ನು ಮಂಡಿಸಲಾಗುವುದು.



ಮಹಿಳೆಯರ ಆರೋಗ್ಯ ವೃದ್ಧಿಗೆ ಪಂಚತಂತ್ರ

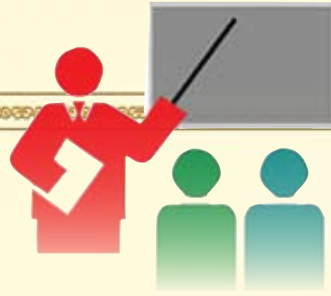


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ನಮ್ಮ ದೈನಂದಿನ ಜೀವನದಲ್ಲಿ ಕೆಲವು ನಿಯಮಗಳನ್ನು ಪಾಲಿಸಿದಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬರು ಖಂಡಿತವಾಗಿಯೂ ರೋಗರಹಿತ ಜೀವನ ನಡೆಸಬಹುದು. ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸೆಯನ್ನು ಜನಪ್ರಿಯಗೊಳಿಸುವುದರಲ್ಲಿ ಮಹಾತ್ಮಾ ಗಾಂಧೀಜಿಯವರ ನಂತರ ಪ್ರಯತ್ನಿಸಿದ ಹಿರಿಯ ಪ್ರಕೃತಿ ಚಿಕಿತ್ಸಕರಾದ ದಿ. ಡಾ|| ವೆಂಕಟರಾವ್ ಅವರು ರೋಗರಹಿತ ಜೀವನ ನಡೆಸಲು 5 ಸೂತ್ರಗಳನ್ನು ನೀಡಿದ್ದಾರೆ. ಅವುಗಳನ್ನು ಪಂಚತಂತ್ರಗಳೆಂದು ಕರೆಯುತ್ತೇವೆ. ಅವುಗಳೆಂದರೆ,

- 1) ಪ್ರತಿನಿತ್ಯ ಕನಿಷ್ಠ 3-4 ಲೀಟರನಷ್ಟು ನೀರು ಕುಡಿಯಿರಿ: ಮನುಷ್ಯ ದೇಹ ಪ್ರತಿಶತ 60-70ರಷ್ಟು ನೀರಿನಿಂದ ಕೂಡಿದೆ. ಹೆಚ್ಚು ನೀರು ಸೇವನೆ ಆರೋಗ್ಯಕ್ಕೆ ಪೂರಕವೆಂದು ವೇದಗಳು ಸಹ ಹೇಳಿವೆ. ಹೈಪರ್ ಎಸಿಡಿಟಿ, ಮಲಬದ್ಧತೆ, ಮೂತ್ರಕೋಶದ ಕಲ್ಲು, ತಲೆನೋವು ಮುಂತಾದ ತೊಂದರೆಗಳು ಹೆಚ್ಚು ನೀರು ಕುಡಿಯುವುದರಿಂದ ಕಡಿಮೆಯಾಗುತ್ತವೆ. ಆದರೆ ಊಟದ ನಡುವೆ ನೀರು ಕುಡಿಯುವುದು ಒಳ್ಳೆಯದಲ್ಲ. ಊಟ ಮುಗಿದ ಅರ್ಧ ಘಂಟೆಯ ನಂತರ ಅಥವಾ ಅರ್ಧಗಂಟೆ ಪೂರ್ವದಲ್ಲಿ ಕುಡಿಯಬೇಕು.
- 2) ದಿನಕ್ಕೆ ಕೇವಲ ಎರಡು ಬಾರಿ ಮಾತ್ರ ಆಹಾರ ಸೇವಿಸಿ: ಎರಡು ಬಾರಿ ಆಹಾರ ಸೇವಿಸುವುದರಿಂದ ಜೀರ್ಣಾಂಗ ವ್ಯೂಹಕ್ಕೆ ಸಾಕಷ್ಟು ಸಮಯ ದೊರೆತು ಆಹಾರ ಸಂಪೂರ್ಣವಾಗಿ ಜೀರ್ಣವಾಗುತ್ತದೆ. ಇದರಿಂದ ಜೀರ್ಣವ್ಯೂಹದ ಸಮಸ್ಯೆ ಕಾಣಿಸಿಕೊಳ್ಳುವುದಿಲ್ಲ. ಎರಡು ಬಾರಿ ಆಹಾರ ಸೇವಿಸುವುದು ಕಷ್ಟವಾದಲ್ಲಿ ಬೆಳಗಿನ ಸಮಯ ಯಥೇಚ್ಛವಾಗಿ ಹಣ್ಣು ಹಂಪಲುಗಳನ್ನು ಸೇವಿಸಬಹುದು. ಅಥವಾ ಮೂರು ಬಾರಿ ಮಾತ್ರ ಆಹಾರ ಸೇವಿಸಬಹುದು. ಆದರೆ ನಾಲ್ಕೈದು ಬಾರಿ ಆಹಾರ ಸೇವಿಸುವುದು ಆರೋಗ್ಯಕ್ಕೆ ಒಳಿತಲ್ಲ.
- 3) ಪ್ರತಿದಿನ ಕನಿಷ್ಠ ಎರಡು ಬಾರಿ ಪ್ರಾರ್ಥಿಸಿ: ಶ್ರದ್ಧಾ ಭಕ್ತಿಯಿಂದ ಪ್ರಾರ್ಥಿಸುವುದರಿಂದ ನಮ್ಮ ಉದ್ದೇಗ, ಒತ್ತಡ, ಚಿಂತೆ ದೂರವಾಗಿ ಮನಸ್ಸಿನಲ್ಲಿ ಶಾಂತತೆ ನೆಲೆಯೂರುತ್ತದೆ. ಪ್ರಾರ್ಥನೆ ನಮ್ಮ ಆತ್ಮಸ್ಥೈರ್ಯವನ್ನು ಸಹ ಹೆಚ್ಚಿಸುತ್ತದೆ. ಆಹಾರ ದೇಹಕ್ಕೆ ಶಕ್ತಿ ನೀಡಿದರೆ ಪ್ರಾರ್ಥನೆ ಮನಸ್ಸಿಗೆ ಶಕ್ತಿ ನೀಡುತ್ತದೆ. ಆದುದರಿಂದ ಪ್ರತಿದಿನ ಎರಡು ವೇಳೆ 10 ನಿಮಿಷದಂತೆ ಶ್ರದ್ಧೆಯಿಂದ ಪ್ರಾರ್ಥಿಸಿರಿ.
- 4) ವಾರಕ್ಕೊಂದು ದಿನ ಉಪವಾಸ: ಆರೋಗ್ಯದ ದೃಷ್ಟಿಯಿಂದ ಉಪವಾಸ ಮಾಡಿದಾಗ ಜೀರ್ಣಾಂಗ ವ್ಯೂಹಕ್ಕೆ ಸಂಪೂರ್ಣ ವಿಶ್ರಾಂತಿ ದೊರೆತು, ತ್ಯಾಜ್ಯವಸ್ತುಗಳು ದೇಹದಿಂದ ಹೊರ ಹೋಗಲು ಪ್ರಚೋದನೆ ಸಿಗುತ್ತದೆ. ಈ ಸಂದರ್ಭದಲ್ಲಿ ಕೇವಲ ದ್ರವಾಹಾರ ಮಾತ್ರ ಸೇವಿಸಬೇಕು. ಎಳೆನೀರು, ಲಿಂಬೆ ಮತ್ತು ಜೇನಿನ ಪಾನಕ, ಮಜ್ಜಿಗೆ, ಹಣ್ಣಿನ ರಸಗಳನ್ನು ಮಾತ್ರ ಸೇವಿಸಬೇಕು. ಇದು ಸಾಧ್ಯವಾಗದಿದ್ದರೆ ಫಲಾಹಾರ ರೂಢಿಸಿಕೊಳ್ಳುವುದು ಉತ್ತಮ.
- 5) ಪ್ರತಿನಿತ್ಯ ಒಂದು ಗಂಟೆ ಯೋಗಾಭ್ಯಾಸ ಮಾಡಿರಿ: ದೇಹ ಹಾಗೂ ಮನಸ್ಸನ್ನು ಸದೃಢವಾಗಿಡಲು ಯೋಗಾಭ್ಯಾಸ ಅತ್ಯಗತ್ಯ. ನಿಯಮಿತ ವ್ಯಾಯಾಮದ ಅಭ್ಯಾಸದಿಂದ ಹೃದಯರೋಗ, ಸಕ್ಕರೆ ಕಾಯಿಲೆ, ಮಲಬದ್ಧತೆ, ಮಾನಸಿಕ ಒತ್ತಡ ಮುಂತಾದ ಕಾಯಿಲೆಗಳನ್ನು ನಿಯಂತ್ರಿಸಬಹುದು. ದಿನನಿತ್ಯ 45 ನಿಮಿಷದಿಂದ 1 ಗಂಟೆಯವರೆಗೆ ಯೋಗಾಭ್ಯಾಸ ಮಾಡುವುದನ್ನು ರೂಢಿಸಿಕೊಂಡಲ್ಲಿ ಒಳ್ಳೆಯದು.



Training & Skill Development Workshop



One who has control over the mind is tranquil in heat and cold, in pleasure and pain, and in honor and dishonor; and is ever steadfast with the Supreme Self

- Bhagavad Geeta

WORKSHOP ON CLINICAL ACUPUNCTURE (NEURO-REHABILITATION)



Dr. Vinay Varma

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Dr. Vinay varma, a graduate of modern medicine having inclination towards acupuncture, pursued higher degrees in it. He treats the patients with the holistic aspects of acupuncture in a scientific manner. He is the founder president of Acupuncture Association of India. He has established a unique holistic center using a useful combination of modern medicine, physical rehabilitation with medical acupuncture, the first and one of its kind in Karnataka. He is a dedicated person working for the betterment of life of the society with a holistic approach.

Acupuncture which is one of the oldest healing art is now not confined to the countries of its origin but created interest all over the world and entering modern medical mainstream medicine. Generally it was and is believed that acupuncture just offers pain relief and may not be much useful in neurological disorders.

Neuro-Rehabilitation is defined as "A process whereby patients who suffer from impairment following neurologic diseases regain their former abilities or, if full recovery is not possible, achieve their optimum physical, mental, social and vocational capacity". It is usually a challenging team work and acupuncturist is one of them.

Stroke, Cerebral Palsy (CP), Facial palsy, Spinal cord injury (SCI), Traumatic Brain injury (TBI), Degenerative Diseases and Neuromuscular disorders- Residual Polio (PPRP), Muscular Dystrophies etc are the most common conditions which are treatable with acupuncture.

In most cases Body Acupuncture is effective but in some difficult and old cases 'Scalp Acupuncture is indicated. Scalp acupuncture is a modern therapeutic method which has been undergoing development since the 1970's. The Chinese attribute its advancement to Jiao Shun-Fa, a physician in northern China. Based on the principle of functional neuro-anatomy, discrete motor and sensory zones are represented on the surface of the scalp. Once these zones are accurately determined, fine needles are inserted on the scalp to stimulate diseased area(s) of the brain in order to facilitate a return of function in that part of the body.

Introductory audio-visual presentation will follow by live demo on patients /volunteers and interaction from the participants.



RECTIFICATION OF GATE CONTROL THEORY OF PAIN: NEO ACUPUNCTURE THEORY

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Acupuncture, the ancient Chinese art of healing by inserting fine needles into the specific points of the body, has become popular in the world for the past few decades. Not only as an anesthetic agent for surgical operations, but in many diseases, which are resistant to conventional forms of therapy, acupuncture has proved remarkable effective.

As regards the best known effect produced by needling is the analgesic effect. As far as pain relief is concerned, the most popular neurological explanation is based on the "Gate Control Theory of Pain" proposed by Melzack and Wall in 1965. The essence of the theory is that signals which reach the spinal cord and are transmitted upwards to conscious sensation are modulated by other afferent impulses and by control from higher centers of brain.

Yet, despite the high status of the theory, there are critiques of it. Firstly, Nathan concluded his critique of the theory with the statement "Ideas need to be fruitful; they do not have to be right". Melzack and Wall's theory has enshrined a major concept and it has had a powerful impact on research, theory and treatment. (Brain, 1976) Secondly, the theory is only a hypothesis based on uncertain predictions of microelectrode studies on the spinal cords of animals. In a penetrating reappraisal one of its originators, Professor Wall, has admitted that some of the initial data were frankly misleading. (British Medical Journal, 1978)

Although serious researches on acupuncture are going on, they have been insufficient to unravel all the mechanisms of the complicated neurophysiological phenomenon. It must be accepted that even the most precise mechanism of acupuncture still does not provide evidence for the clinical effectiveness. At the moment, what is really lacking is an integrated theory which covers all the known facets. It has been almost half a century since the Gate Control Theory of Pain was published. It is important to research and to rectify the Gate Control Theory of Pain with the help of Neuro-Imaging Techniques and Spectrophotometry measuring the changes of the amount of neurotransmitters released, which are responsible for the transmission of pain, during the application of acupuncture as well as to explore the neurophysiology of acupuncture because it is likely to only gain respectability in a scientific context if it can be convincingly explained by neurophysiological mechanisms.

WORKSHOP ON ACUPRESSURE

Dr Devendra Vora

Director, Dr Devendra Vora Acupressure Foundation, Mumbai

Acupressure found its roots in India as early as 5000 years ago. Acupressure is a great boon given to mankind by the creator/nature. The chart of the soles and hands given in the book 'HEALTH IN YOUR HAND' is based on the writings of "SUSHRUT". Acupressure is only an offspring of Nature's own science installed in our body and given as a great boon to mankind. Acupressure is a marvelous system, simple to understand and easy to practice. It is highly effective, completely safe and absolutely scientific. The advantages of Acupressure & Natural Therapies are:

1. Diagnosis made with Acupressure is equivalent to MRI.
2. Basic therapy of ancient India is a combination of Naturopathy, Yoga and Ayurveda.
3. Uses only thumb for diagnosis.
4. Uses pressure point for cure
5. Means for prevention, diagnosis and cure.
6. 100% safe and no side effect
7. No cost; no test and hence called it as 'Zero Cost Therapy/Low Cost Therapy'
8. Can be used even on new born babies
9. Can diagnose and cure all types of diseases including cancer and HIV
10. It is a "do it yourself" therapy.
11. Discover the treasure of good health in your hands and feet.
12. Acupressure does wonders for pain management. (Spondylitis, lower back pain, knee pain, shoulders pain etc.)

Demonstration for diagnosis of diseases, pain management and treatment for participants would be done.



SCIENTIFIC REVIEW: CHANGING PERSPECTIVES OF SCIENTIFIC ACCEPTABILITY OF ACUPRESSURE IN HEALTHCARE PRACTICE



Dr Mahesh J Pandit

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Dr. Mahesh Pandit is a second batch BNYS graduate from the SDM College of Naturopathy and Yogic Sciences, Ujire. Following his graduation, he has served as a lecturer and Asst. Professor at his mother institute. Currently he is the Asst. Professor and Chief Medical Officer at Sant Hirdaram College of Naturopathy and Yogic Sciences and Hospital, Bhopal. He has keen interest in Yoga and naturopathy research and has presented at various national and international conferences.

Acupressure is a traditional Chinese medicine bodywork technique based on the same idea as Acupuncture. It involves placing physical pressure, by hand, fingers, or with the aid of various devices, on different pressure points on the surface of the body which may be far distant from the symptom. The practice of applying pressure to specific points throughout the body brings about relief through greater balance and circulation of fluids and metabolic energies such as body heat and Qi. (Life / vital energy). It has been used in China since 2000 BC, prior to the use of acupuncture. Acupressure philosophies consider health as uninterrupted flow of Qi along 12 primary channels and eight additional pathways maintaining the balance of contrasting energies yin and yang. Disease state is believed to occur when energy flow is blocked, is deficient, or is in excess. The goal of acupressure is to restore normal life energy flow. It is proposed that acupressure may reduce muscle pain and tension, improve blood circulation, release endorphins, and eliminate toxins.

Acupressure technique is practiced internationally for relaxation, wellness promotion, and treatment of various health conditions. With proper training, self-administered acupressure and that performed by an experienced therapist appear to be generally safe but not been thoroughly tested in humans. Its safety and effectiveness have not always been proven.

The pace of new studies coming out today surpasses that of five or ten years ago, which means the weight of scientific evidence on acupressure and related therapies are building very quickly. What was conventional wisdom about two or three years ago may change, as new studies are completed and evaluated by a qualified health care professional. As with many areas of science, the research on acupressure and related therapies is continuously growing. As results from new, important studies are published, more refined conclusions can be drawn.

HASTA MUDRA



Yogini Kaliji

Founder of TriYoga, USA

TRIYOGA@aol.com

Yogini Kaliji (Kali Ray) is internationally renowned as a yogini and founder of TriYoga. Traveling extensively, she has taught TriYoga on a daily basis for over 30 years. Integrating Eastern thought and Western tradition, she has presented 34 keynote addresses at yoga conferences and other venues worldwide, and has been featured in yoga magazines and other media. Kaliji's presence, her mastery of the flow and the ageless wisdom inherent in TriYoga have inspired and transformed

countless lives.

TriYoga, which includes the full range of yoga practices, is taught in 38 countries and 33 TriYoga Centers have been established, including centers in Austria, Denmark, Germany, India, Russia, Switzerland, Ukraine and the United States. In the tradition of ancient hatha yoga, TriYoga is guided by Kriyavati siddhi (kundalini-inspired yoga) as it flows through Kaliji. She has systematized asana (posture), pranayama (breathing practices), and dharana (concentration techniques) from Basics to Level 7, and over 1000 hasta mudras (hand gestures) have expressed through her. The art and science of yogaflow, TriYoga unites pranayama and mudra with dynamic and sustained asana.

Yogini Kaliji, internationally renowned in the field of mudra and founder of TriYoga®, will present her work in mudra. With over 1000 mudras, she is the authority on mudra today. You will view rare mudras and learn a mudra sequence.

Hasta mudras are symbolic hand gestures where the fingers move in specific patterns to focus the energy and mind. From simple to complex, flowing one into the next or sustained, hasta mudras facilitate healing and meditation. From ancient times, deities have been portrayed with their hands in precise gestures. From the hand gesture, one can understand the aspect of the Divine that is being represented.

These mystical hand gestures directly influence the flow of prana. Connecting the five fingers in precise patterns, each finger representing one of the five pranas derived from MahaPrana, increases the flow of prana through the nadis.

In Samkhya Yoga, one of the five karma-indriyas is the power to grasp. Reflecting the state of mind, our hands grasp various objects, and perform various feats from simple tasks to inspired arts.

Hatha yoga is a trinity of yoganasa, pranayama, and mudra. Hasta mudras accompany yogasanas and pranayama. Yogasana and pranayama are most effective with the corresponding hasta mudra. Hasta mudra can also be used in daily life to maintain yoga awareness in all activities.

Yogini Kaliji will present a PowerPoint on mudra, followed by a meditative mudra demonstration with asana and pranayama.



ATTENTION: A KEY TO MENTAL BALANCE



B. Alan Wallace

USA

balanwallace@me.com

Dynamic lecturer, progressive scholar, and one of the most prolific writers and translators of Tibetan Buddhism in the West, B. Alan Wallace, Ph.D., continually seeks innovative ways to integrate Buddhist contemplative practices with Western science to advance the study of the mind. Dr. Wallace, a scholar and practitioner of Buddhism since 1970, has taught Buddhist theory and meditation worldwide since 1976. Having devoted fourteen years to training as a Tibetan Buddhist monk, ordained by H. H. the Dalai Lama, he went on to earn an undergraduate degree in physics and the philosophy of science at Amherst College and a doctorate in religious studies at Stanford. With his unique background, Alan brings deep experience and applied skills to the challenge of integrating traditional Indo-Tibetan Buddhism with the modern world.

Mental balances may be said to consist of four kinds: conative, attentional, cognitive, and affective. The mind becomes conatively imbalanced when there is too little desire, resulting in apathy and listlessness; too much desire, resulting in restlessness and agitation; and inappropriate desires that serve neither others' nor one's own interests. The mind is attentionally imbalanced when it is subject to hyperactivity, deficit, or to attention being directed in unhealthy ways. The mind is cognitive imbalanced when it apprehends things that are not there, fails to apprehend things that are there, or has a distorted awareness of whatever is cognized. Affective imbalances occur in cases of hypersensitivity, emotional insensitivity, and emotional responses that are inappropriate to the given circumstances. The meditative cultivation of attention balance provides a key to achieving freedom from all four kinds of mental imbalances. This entails first of all cultivating a sense of ease and relaxation in body and mind. Secondly, one trains in developing sustained, voluntary attention, resulting in attentional stability. Finally, one emphasizes the enhancement of attentional vividness and acuity.

In this workshop, Dr. Wallace will present a concise summary of the nature and effects of mental balance and the role of attention in this regard. Then he will offer practical instructions on ways to enhance one's attention skills, showing how this draws forth an inner sense of serenity, composure, and wellbeing that is not dependent on outer stimuli. Drawing on the ancient, Indian tradition of samādhi, he will show how such training leads to genuine happiness.

SHULS - SWAMI HARDAS UNIVERSAL LIFE SYSTEM ADVANCED MICRO NATUROPATHY (AMN)



Swami Hardas

Inventor, Founder & President; Swami Hardas Foundation. Pune
siddhascience@hotmail.com

It is no exaggeration that words fall short for writing about 'Dr Swami Hardas'. He is also known as Dr Swami Hardas. He is mild in nature, large hearted, simple is his appearance and living; he has thorough knowledge of most of the subjects; he is a renowned astrologer, has unique personality. He has invented most powerful and unique alternate therapies / methods i.e. 'Siddha Marg', 'Siddha Science', 'Sish Technology' and 'Swami Hardas Life System'. He is also founder and president

of 'Siddha Mandir', 'Health & Peace Foundation', 'Siddha Science Research & Development Organisation', 'Swami Hardas Charitable Trust'

The aim of my Life is to make every one's Life and Globe Glorious.

This covers all aspects of life like Health, Peace, Poverty, Weather etc world widely.

This methodology works on the Universal Law - "Universe is capable of fulfilling every one's needs and not the craze". So the method fulfills all the requirements for making life Globe Glorious. This is known as Swami Hardas Universal Life System (SHULS). This also works on the principle of Naturopathy, hence called Advanced Micro Naturopathy. Most of the times SHULS gives astonishing results which are beyond science.

SHULS brings body to ideal natural positive state. By balancing of energy field. It is perfect combination of Actual Life, Science, Humanity and Spirituality, hence it gives better and faster results.

This is a zero budget Methodology of making life, village, nation and Globe Glorious in all respects covering all Millennium Development Goals and all subjects of Life for every one in the world.

My aim and sole agenda of my life is Making Life and Globe Glorious. It is getting fulfilled perfectly well by the blessings of Almighty

We have trained more than 5 crores people & 5000 villages partially glorious.



EMOTIONAL CULTURE THROUGH BHAKTI

Dr. Dhaval Dalal

Chief Physician and Trustee, Bhaktivedanta Hospital

Dr. Dhaval Dalal deeply attracted to the healing profession from early childhood led him to pursue with great interest his medical education at Mumbai University. He completed his M.B.B.S. in 1986 and pursued post graduation in Medicine at Topiwalla National Medical College Mumbai. Obtained M.D. in Medicine in 1990. He developed keen interest in yoga and meditation as a medical student and pursued yogic practices and spiritual discipline since 1986. Having attained some insight into yoga, healing and spirituality Dr.Dhaval Dalal has been counseling medical students and patients, inspiring them for a balanced holistic life style. He conducts various stress management and holistic spiritual healthcare seminars at various places of Maharashtra. He Has been a founder member and is a trustee of the Bhaktivedanta Hospital. He Has been instrumental in the creation of a curriculum of the Spiritual care Certificate course for Healthcare providers, of which five courses are already successfully conducted at the Bhaktivedanta Hospital.

Bhakti can be defined as the offering of selfless service with the attitude of love and true concern for the complete and highest welfare of every individual. The spirit of bhakti is rooted in pure love for the Supreme Lord. This love is based on perceiving His presence in the heart of every living being, and expressed through compassion for suffering of the individual.

In a hospital set up practically every one, patients and relatives alike are in a state of deep physical and emotional disturbance. They may go to various emotional upheavals like fear, confusion, pain sometimes anger uncertainty.

The word 'atma' is sometimes used synonymously in Sanskrit for the body mind and soul. In Bhaktivedanta Hospital the entire hospital staff is inspired to work with this spirit. Through training program and festivals, cultural activities the spirit of bhakti percolates through every member of the hospital whether clinical or non clinical staff. The combined effect of this alongwith the ambience of spirituality, sanctified vegetarian food, chanting of hymns, mantras and devotional songs and the power of prayer, all working synergistically to create a rapid transformation of the emotional state of the patient and faster healing at the physical level.

Spirituality in health care is now an active subject of research by biological scientists, consciousness studies and neuroscientific experts. The scientific proof of the presence of God is proved by the fact that patient's beliefs in God, creates new neuronal circuits by phenomena never known before as neuroplasticity. These neuronal pathways in turn lead to behavioral and lifestyle changes, and strengthen the neuroimmunohumoral axis. These ground breaking studies will have far reaching effects and are likely to revolutionize healthcare from its current reductionistic approach to the whole person healing model provided by Holistic health care.

At the hospital, the power of bhakti is a specially seen through the emotional changes in the patients of palliative care who are nearing the end of their journey and through the bereavement care given to relatives who suffer loss of their near and dear ones in soothing their aggrieved hearts.

YOGA FOR PREGNANCY



Dr. Shamanthakamani Narendran

Consultant Neonatologist and Pediatrician at the MahabodhiMallige Hospital and Gunasheela Maternity and Surgical Hospital, Bengaluru
drshama65@hotmail.com

Dr. Shamanthakamani Narendran is Doctorate in Yoga from the S-VYASA University. Basically she is a conventional medicine professional specialized in Pediatric care. She is a recipient of several awards and recognitions like the Indira Gandhi Priyadarshini award. She has authored and co-authored several books and scientific research publications. Currently she serves as a Consultant Neonatologist and Pediatrician at the MahabodhiMallige Hospital and Gunasheela Maternity and Surgical Hospital, Bengaluru

YOGA FOR WOMEN - SVYASA PUBLICATIONS

- 1 Maharana, S., Nagendra, H. R., Nagarathna, R., and Padmalatha, V. (2009). Effect of integrated yoga on stress and heart rate variability in pregnant women. *International Journal of Gynecology & Obstetrics*, 104(3): 218-222.
- 2 Chattha, R., Raghuram, N., Venkatram, P., and Hongasandra, N. R. (2008). Treating the climacteric symptoms in Indian women with an integrated approach to yoga therapy: a randomized control study. *Menopause*, 15(5): 862-870.
- 3 Chattha, R., Kulkarni, R., Nagarathna, R., and Nagendra, H. R. (2008). Factor analysis of Greene's Climacteric Scale for Indian women. *Maturitas*, 59(1): 22-27.
- 4 Chattha, R., Nagarathna, R., Padmalatha, V., and Nagendra, H. R. (2008). Effect of yoga on cognitive functions in climacteric syndrome: a randomised control study. *An International Journal of Obstetrics and Gynaecology*, 115(8): 991-1000.
- 5 Narendran, S., Nagarathna, R., Gunasheela, S., and Nagendra, H. R. (2005). Efficacy of yoga in pregnant women with abnormal doppler study of umbilical and uterine arteries. *Journal of Indian Medical Association*, 37 (2): 165-175.
- 6 Narendran, S., Nagarathna, R., Narendran, V., Gunasheela, S., and Nagendra, H. R. (2005). Efficacy of yoga on pregnancy. *Journal of Alternative and Complementary Medicine*, 11(2): 237-244.



GARBHA VIDYA - “Practical training for the Prenatal”



Dr.S.Viswanathan, M. D., D.G.O., F.R.C.S, F.I.M.S.A, F.A.B.M.S., P.G.D.Y.,
P.G.D.Y.T., P.G.D.V.E.S., P.G.D.M.D. & P.N., M.Sc. (Yoga), M.Sc. (VES), Ph.D. (Yoga)
Professor and Head, Division of OB&GY
Medical Superintendent, Rajah Muthiah Medical College Hospital
Founder - Director, Centre for Yoga Studies, Annamalai University
viswayoga@gmail.com

Dr. S. VISWANATHAN is the Professor & Head, Division of Obstetrics & Gynaecology; Medical Superintendent, Rajah Muthiah Medical College & Hospital, Annamalai University & Director, Centre for Yoga Studies, Annamalai University. He is the Editor in Chief of Om Magazine. He has several awards and recognitions credited to his name. Few of those are Yoga Rathna award, Key of Nation award, Yoga Einstein award, Bangalore Sundaram award, Yoga Chemmal award. He is the member of several societies and associations. Few of which include - Vice - Chairman - Academy of Medical Science, Senate Member - Annamalai University. He initiated the Centre for Yoga and Meditation Research in Annamalai University.

Garbha Vidya is the ancient method of education. It is the technique to create a healthy good looking, brilliant, cultured, peace loving progeny for the future. The aim of this programme is to achieve full genetic and intellectual potential.

Women's health is very important for her, the family and the society. Women's well being has to be taken care by five principles, i.e., Proper Diet, Proper Exercise, Proper Breathing, Positive Attitudes and Proper Relaxation.

The baby inside the womb immediately after conception can be trained by using several methods such as Meditation, Visualisation, Play, Creativity, Active Listening, Reflection, Appreciative Enquiry, Mudras and Communication with unborn child by both parents, through music, chanting mantras, Garbha chintan (Inner journey to parenthood, what are your aim in raising the child?), Garbha sangeet, Garbha prarthana (Prayer), Garbha sanskar ritual (Religious ceremony), Auto suggestion.

In the 21st century learning revolution Garbha Vidya is a science of neural efficiency, which is magnificent and inexpensive way to improve intelligence. The more stimulation the brain receives the more sophisticated its dendritic networks become.

To help a mother remain in the best possible frame of mind in the interest of her growing baby. The day-to-day education of garbha vidya consists of What to do?, What to think?, What to eat?, What to read?, What to see?, What to hear?.

This education has become a tool for social revolution in order to spread good values in our society, best investment of the world which gives infinite times returns in our life.

GARBH SANSKAR



Mr. Gajanan Kelkar

Manashakti Research Center, Lonavala

gsk@manashakti.org

Mr. Gajanan Kelkar is the Research Trustee and Head of Research Division Manashakti Research Center, Lonavala. He attended the New English School in Mumbai, graduated from Pune University in Engineering, and earned his Masters degree in technology from the Indian Institute of Technology, Mumbai. Currently he is Research Director and Trustee at Manashakti REST New Way Trust, Lonavla, India.

'Manashakti's "GarbhSanskar" (Prenatal Education) has turned highly popular, in a very short time! It is meant for developing a multi-faceted and cultured future generation! Alongwith expectant couples, even doctors are participating in it in large numbers.

Samskaras are inherent tendencies which are acquired right from the time of conception until the baby is born. It is the most essential component in shaping the intellect of the fetus for it to further become a successful human being.

GarbhSanskar workshops are meticulously designed to cater these intellectual inputs necessary for the growth and wellbeing of the fetus to be a physically and mentally healthy human being.



**Anatomy and physiology of the human biofield, the meridian channels/
Bonghan ducts the layers and its composition, the chakras and their
function. Introduction to the range of technologies the Centre for
Biofield Sciences uses to evaluate health modalities**



Dr. Thornton Streeter

CEO, The Centre for Biofield Sciences, Pune, India & UK

drthornton@biofieldsciences.com

Dr. Thornton Streeter DSc is a special Advisor to the ICNM the UK's leading authority on Complementary Medicine and as a faculty member of Zoroastrian College's Holistic Health Department has been invited to promote their NGO Status with the UN and have his training programs recognised in 190 countries. He is Director of The Centre for Biofield Sciences, UK and India.

Kimberly Schipke

Biomedical Engineer

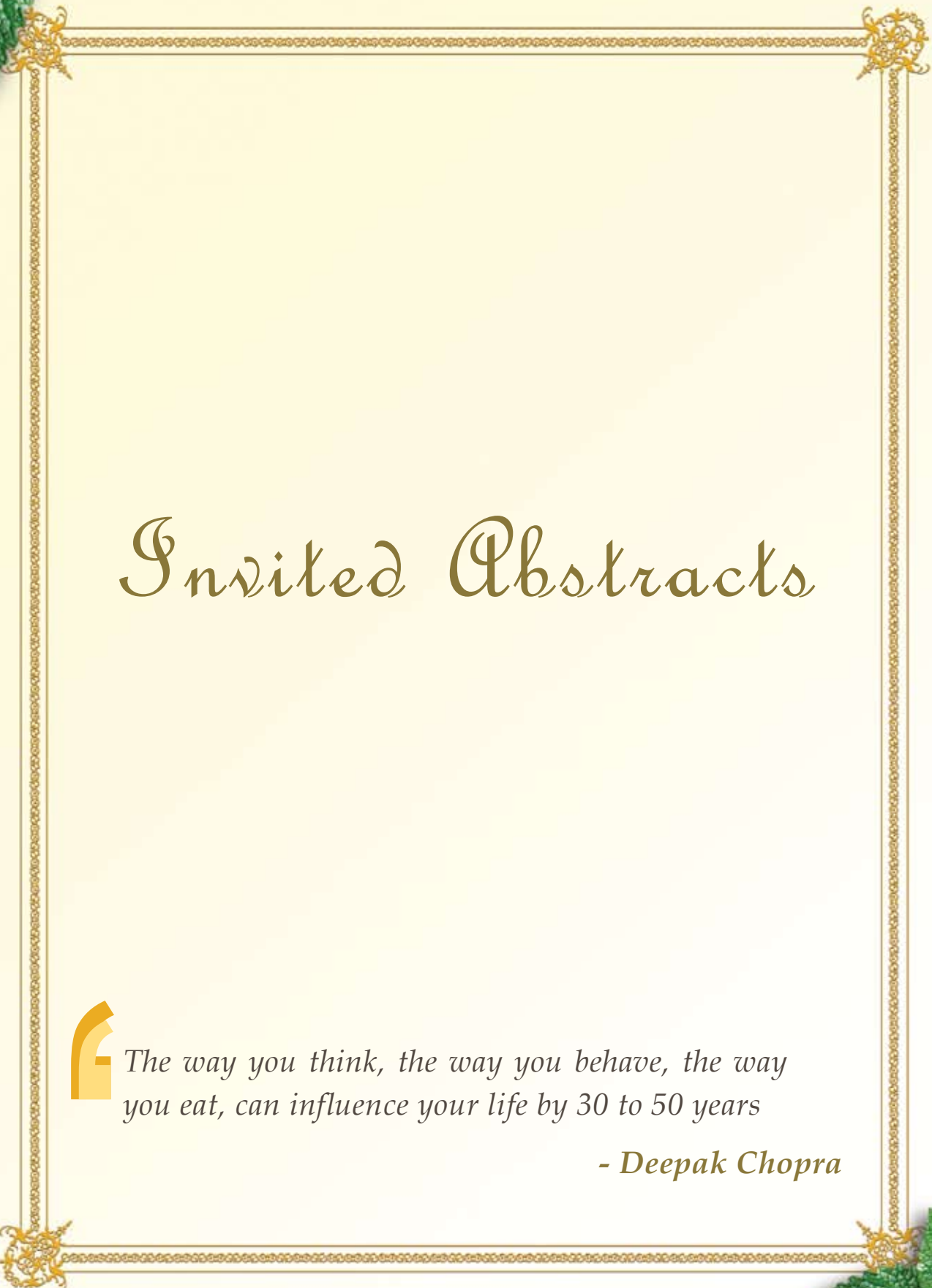
Kimberly Schipke, M.S. is a biomedical engineer with over six years of research experience in tissue engineering, cellular/tissue mechanobiology, and medical device design. She has presented her work at the Biomedical Engineering Society, the Institute of Biological Engineers, Vidya Pratishthan's School of Biotechnology in Baramati, India, the California Institute for Human Sciences, the Saude Quantum Conference 2011 in Recife, Brazil, and the Bioenergetics Conference 2011 in North Carolina, USA.



The principle aim of this presentation is to stimulate other practitioners into contributing work towards the integrative exploration of Human health with bioenergetic medicine. The understanding of the subtle anatomy of the Human integrated system has been explored for many millennia, but only recently with the aid of modern technologies and scientific investigation. Over 200 energetic modalities have been qualitatively reviewed by The Centre for Biofield Sciences using their specially designed bioenergetic protocols and this presentation will review a number of these different studies.

Usually a analysis is conducted before and after the treatment with a number of different devices monitoring the treatments efficacy. We compare Gas Discharge Visualisation (GDV), Electro Interstitial Screening (EIS), Polycontrast Interference Photography (PIP), and Medical Thermal Imaging (MTI) with subjective client issue identification. Participants were chance selected; each requested to complete a body perception questionnaire, in which they identified current and past health issues. The five scanning sessions for each participant took place on the same day and in the same order. The scans were interpreted by experts using qualitative analysis and compared to the health data from the client questionnaire.

Initial results often indicate strong correlations between participant subjective appraisal and that of the scanning mechanisms, particularly PIP and GDV, which show high correlation with each other.



Invited Abstracts



*The way you think, the way you behave, the way
you eat, can influence your life by 30 to 50 years*

- Deepak Chopra



GLOBAL HEALING INITIATIVES TO TREAT WOUNDED WARRIORS WITH HOLISTIC PRACTICES FOR POST-TRAUMATIC STRESS DISORDER (PTSD) & TRAUMATIC BRAIN INJURY (TBI)

Nisha N. Money

Medical Director for Integrative Medicine &

Global Health for the Global Healing Initiatives Institute, LLC, USA

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The principle aim of this presentation is to stimulate other practitioners into contributing work towards the integrative exploration of Human health with bioenergetic medicine. The understanding of the subtle anatomy of the Human integrated system has been explored for many millennia, but only recently with the aid of modern technologies and scientific investigation. Over 200 energetic modalities have been qualitatively reviewed by The Centre for Biofield Sciences using their specially designed bioenergetic protocols and this presentation will review a number of these different studies.

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Initial results often indicate strong correlations between participant subjective appraisal and that of the scanning mechanisms, particularly PIP and GDV, which show high correlation with each other.



INNOVATIVE METHODS FOR PREVENTION AND COMPLEMENTARY TREATMENT OF HIV/AIDS

Matthew Fritts, MPH, PMP, E-RYT
Senior Program Manager, Samueli, Institute

Mr. Fritts will present the results of nearly 10 years of international collaborative efforts to develop and test an integrative, whole-systems model of education, prevention and effective integration of Traditional, Complementary and Alternative Medicine (TCAM) with allopathic medicine for the prevention and management of HIV/AIDS and associated illnesses.

This work is based on three overarching hypotheses:

1. Unless we have successful models of TCAM integration, no drug or technology will be able to successfully control the spiraling HIV/AIDS epidemic-- which the World Bank, IMF, UNAIDS, UNDP and other international bodies have declared to be the number one development problem for the entire continent of Africa.
2. There is mutual interest and willingness on behalf of both conventional providers and Traditional Health Practitioners (THPs) to transcend this pattern of mutual distrust and work together to deliver effective HIV education, prevention and care.
3. The effectiveness of HIV care in developing countries can be substantially enhanced by improving the relationships between conventional physicians delivering anti-retroviral therapy (ART) and THPs.

HEALTH AND HEALING IS HARMONISING REG

Sri N V Raghuram

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When the whole paradigm of sickness is shifting to health, curing is shifting to healing which is in or own nature, there is a need to shift from fight and flight to harmony as the mechanism of curing or healing within.

According to Indian philosophy the human body is a miniature model of the nature outside. The whole principle behind the nature is harmony and in the same way within us the principle which governs us, is also this harmony or 'sama'. This concept is clearly spelt out in Ayurveda. As sama dhatu sama dosha etc

Based on this same principle the structure of our society is also conceived by in this culture. People are of different nature and some guna or the other is predominant in every one and in the same way different activities are also having some guna or the other predominant. With this view the activities of the society are also divided.

Protecting and enhancing the intellectual wealth is the work of a Brahmin and protecting and enhancing the identity of the society is the natural work of Kshatriya. Same way protecting and enhancing the material wealth is that of vaishya and sudra takes care of labour power and wealth. When you apply similar principle on human being who is the system of body mind consciousness complex, various organs are doing various functions within us according to their innate nature. For example legs help us to walk, eyes help us to see, stomach is doing the job of digesting the food according to its nature and in the same way some parts of our body is doing the work of protecting the health of the system by keeping the unwanted influences away from us. This is the activity of our immune system. How are we justified saying that in case of all other systems we say they are all functioning and in case of immune system we say our immune system fights? Thus we are bringing in the aspect of violence in case of immune system. In the view of Indian philosophy it is not taken as violence but it is also functioning like the kshatrya in a society functions to protect and promote the harmony or samatva and a state of equanimity. Any form of fight is sickness and non fight and deep inner harmony is the health. No form of healthy functioning is fighting!

When we understand this way there is a role for yoga in this health and healing is very important and in this way of understanding yogis perspective changes from fighting the sickness to enhancing the health.



COMPLEXITY BIOLOGY: A BASIS FOR RESEARCH ON MEDITATION AND CONSCIOUSNESS

Prof. Alex Hankey

Professor, Dept of Yoga & Physical Sciences, S-VYASA Yoga University, Bengaluru
alexhankey@gmail.com

Ancient Yoga practices are the ultimate source of most systems of meditation in the world today. They have been categorized according to their EEG signatures into systems of focused attention, open monitoring and self-transcending. Some of the last have been shown to lead effortlessly and easily to the experience of the breathless state, in which the light of consciousness starts to dawn.

What are the mechanics behind such a process? Enter Complexity Biology and its twin concepts of 'Edge of Chaos' regulation and 'Criticality'. Both indicate states of health, as is empirically well-established. Heart Rate Variability, for example, and similar states of 'Fractal Physiology', are characteristic of healthy function. 'Critical feedback instability' in regulatory systems results in varied 'fractal' responses, and depends on feedback gain being increased to maximum levels permitting system stability i.e. those at the 'Edge of Chaos'. This maximizes sensitivity of response to external stimuli, clearly a competitive advantage. Criticality can be stabilized if the feedback instability is also an attractor of the dynamical system, a condition I have previously named critical regulation, which is believed to hold.

We present a model of self-transcending agreeing with much of the known experimental data (cortical coherence up, sensory thresholds down) that depends on increasing feedback gain in sensory processing circuits. The feedback gain attains 'criticality' in Samadhi, since exceeding it explains characteristic phenomena of sound and light described in the Yoga texts. The dynamical attractor condition in critical regulation then explains why self-transcending can be effortless. The 'criticality' condition makes cognitive systems self-observing, and so explains the self-awareness / self-knowledge property of experience / consciousness.

The conclusion: modern theories of healthy physiological function, meditation and conscious experience are all linked by complexity biology's concepts of 'Edge of Chaos' and 'Criticality'.



Oral Presentations Research



*When there is harmony between the mind, heart
and resolution then nothing is impossible*

- Rig Veda



DOES ADVANCED YOGA THERAPY ACCELERATE FRACTURE UNION - A RANDOMIZED CONTROL TRIAL?

John Ebnezar

Consulting orthopedic and spine surgeon,
Parimala health care services, Bengaluru
johnebnazar@gmail.com

Objectives: The objective was to study the effect of the add-on yogic prana energisation technique (YPET) on healing of fresh fractures.

Materials and methods: Thirty (30) patients (22 men and 8 women) between 18 and 55 years with simple extraarticular fractures of long and short bones were selected from the outpatient department of Ebnezar Orthopaedic Centre and Parimala Speciality Hospital, Bengaluru. They were randomized into yoga (n¼15) and control (n¼15) groups. Compound, complicated, pathologic fractures, old fractures, and those associated with dislocations were excluded. Both groups received the conventional plaster of paris immobilization of the fracture site as the primary treatment. The yoga group, in addition, practiced YPET twice a day (30 minutes/session) for 2 weeks using taped audio instructions after learning under supervision for 1 week. YPET is an advanced yoga relaxation practice that involves breath regulation, chanting, and visualization, which according to yogic science revitalizes the tissues by activating the subtle energies (prana) within the body. Both the groups were assessed on the 1st and 21st day by the Numerical Pain Rating Scale for pain (NRS), tenderness (0-4), swelling (0-4), fracture line density (1-4), and the bridging of cortices (1-4).

Results: Two (2) groups were matched on all variables. The Wilcoxon test showed significant improvement in both groups on all variables.

Pain reduction (NRS) was better ($p¼0.001$ Mann-Whitney test) in the YPET group (94.5%) than in the control group (58.6%); Tenderness reduced ($p¼0.001$) better in the YPET group (94.4 %) than in the control group (69.12%); Swelling reduced by 93% in the YPET group and by 69.4% in controls (between groups $p¼0.093$, i.e., no significance); increase in fracture line density was better ($p¼0.001$) in the YPET group (48%) than in the control group (18.25%). The number of cortices united was significantly better ($p¼0.001$) in the YPET group (81.4%) than in controls (39.7 %).

Conclusions: Add-on yoga-based YPET accelerates fracture healing.

EFFECT OF TRATAKA ON ATTENTION AND CONCENTRATION IN SCHOOL CHILDREN

Geetha B Shetty¹, Y Manjula², Gangadhar Varma³

1. Asst. Professor, SDM College of Naturopathy & Yogic Sciences, Ujire, Karnataka
2. Professor & Head of Dept., Dept. Of Psychology, SDM College, Ujire, Karnataka
3. MD Scholar, SDM College of Naturopathy & Yogic Sciences, Ujire, Karnataka
gbsujire@gmail.com

Background: There is a widespread concern about the increasing prevalence of attention and concentration problems in children. Excessive television viewing, videogames have been cited as a possible cause of this problem. It has been suggested that television, computer games is so exciting that real-life tasks, such as schoolwork, may seem boring by comparison, leading to difficulties in maintaining attention and concentration. Trataka (in Sanskrit to look or to gaze) is the practice of staring at some



external object. It is used in Yoga as a way of developing concentration and attention and strengthening the eyes.

Methods: An experiment was conducted to study the effect of Trataka on attention and concentration in school children. 41 boys in the age group of 14 to 16 years were selected from a residential school to participate in the study. The study adopted a single group pre and post test design. The subjects were trained in Trataka for a period of 30 days. All the subjects were assessed on number cancellation test, letter cancellation test and digit symbol substitution test to test their level of attention and concentration. Pre-test and post-test results were compared using correlated t test.

Results: The results showed that there was a significant ($p < 0.001$) difference in the post tests scores in comparison with the pre test scores, which measures the level of attention and concentration in the subjects who have undergone Trataka for a period of 30 days. This indicates regular practice of Trataka has significantly improved attention and concentration ability of the subjects.

Conclusion: Regular practice of Trataka has significant improvement in the attention and concentration of school children.

NATUROPATHY AND YOGA TREATMENTS IN MANAGING PAIN AND REDUCING WEIGHT IN PATIENTS WITH KNEE JOINT OSTEOARTHRITIS

Babina Nandkumar

Institute of Naturopathy and Yogic sciences
Medical Research Society, Bengaluru, India
drbabina@yahoo.co.in

Background – Yoga and naturopathy are two of such therapies which are used independently as well as in combination for management of

osteoarthritis. However there is insufficient evidence about clinical benefits of these therapies in treating osteoarthritis when used in combination. This randomized waitlisted controlled study was conducted with a primary objective of systematically evaluating effects of naturopathy and yoga interventions in controlling pain and disability in patients of knee joint arthritis.

Methods: This study was conducted in 60 patients who were randomly assigned to either waitlisted group or Intervention group. Subjects in intervention group received Inpatient naturopathy and yoga treatments for 21 days. Subjects in waitlisted group were given general instructions and were asked to continue their conventional care. After the waitlisted period they also received the same treatment as that of subjects in the naturopathy and Yoga intervention group. The outcome measures were changes in scores of pain (as denoted in a 10 point visual analogue scale), WOMAC and 50 ft walking time. Quality of life was also assessed using SF36. Values of study variables between the two groups were compared using independent sample t test.

Results: After the interventions statistically significant reduction was seen in pain scores ($p < 0.001$), Body mass index ($p < 0.01$), 50 feet walking time ($p < 0.01$), and WOMAC ($p < 0.001$). Highly significant improvement was seen in quality of life as denoted by scores of SF 36 ($p < 0.001$).

Conclusion: Inpatient naturopathy and yoga interventions for 21 days cause significant reduction in pain and disability in patients with knee joint osteoarthritis. It also improves the quality of life in these patients.

EFFECT OF YOGA AND ANTIDEPRESSANTS ON SERUM BRAIN-DERIVED NEUROTROPHIC FACTOR IN DRUG NAIVE/DRUG FREE PATIENTS WITH DEPRESSION: REGULARITY OF YOGA AND MEDICATION COMPLIANCE

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Background and objectives: Serum Brain Derived Neurotrophic Factor level is lower in patients with depression and it increases with treatment. Yoga has been shown to have antidepressant effects. We examined the effect of yoga therapy and antidepressants on serum BDNF level in patients with depression.

Methods: Consenting, antidepressant-naïve/ drug-free outpatients (n=60, 27 females) meeting DSM -IV criteria for Major Depression received antidepressant medication alone (n=24), yoga therapy with (n=21), or without (n=15), concurrent antidepressants. They were aged between 18-55 years and had a score of 11 or more on HDRS. Yoga was taught by yoga professional for ten days and later twice weekly for two more weeks. All were advised to practice yoga at home on all the days for three months. Depression was assessed using the Hamilton Depression Rating Scale. Serum BDNF levels were obtained before and three months after treatment, using sandwich ELISA method. Adherence to treatment was defined as practicing yoga on at least 50 days during

follow up period and taking antidepressant medications for at least 2 months. Change in HDRS scores and serum BDNF levels were analyzed using paired T test in 3 groups of patients who were adherent to their treatments: Yoga alone, Yoga + antidepressant medications and medications alone. Also we examined the group differences for change from baseline to 3 months in the HDRS scores and BDNF levels using one way ANOVA.

Results: There was a significant increase in serum BDNF levels ($p<0.001$) and HDRS scores ($p<0.001$) in all three groups; patients who received yoga alone (BDNF 19.89 to 23.61 ng/ml; $p=0.045$, HDRS 17.13 to 1.80; $p<0.001$), yoga with antidepressants (BDNF 16.10 to 19.34 ng/ml; $p=0.01$, HDRS 17.81 to 3.61; $p<0.001$), and anti depressants alone (BDNF 20.94 to 25.52 ng/ml; $p=0.049$, HDRS 18.0 to 9.04; $p<0.001$).

There was no significant difference across groups with respect to change in BDNF level ($F=0.180$; $p=0.836$). The group difference was significant with respect to change in HDRS scores ($F=10.09$; $p<0.001$).

Conclusions: Adherence with yoga therapy and anti-depressants was associated with significant antidepressant effect as well as rise in serum BDNF levels.

CHANGES IN SLEEP ARCHITECTURE FOLLOWING LONG TERM PRACTICE OF MEDITATION

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Background: Meditation has been shown to have an impact on sleep architecture and overall quality of sleep. This study compared the sleep



patterns of long term meditators with that of non-meditators.

Methods: We studied a Buddhist meditation technique known as “*Ana-Pana-Sathi*” which means observation of inhalation, exhalation and the gap between the two.

Whole night polysomnographic measures were recorded in 55 male volunteers [age range 21 to 55 years; group mean age $\pm$ S.D., 28.21 ± 6.15 for meditators ($n = 28$) and 27.93 ± 6.99 for non-meditators ($n = 27$)] matched for their age and education. Meditators had a minimum experience of 3 years in their practice. Recordings were made in accordance with the guidelines from Rechtschaffen and Kales manual. Electroencephalogram (EEG) was recorded from the F4, C4 and O1 electrode sites referenced to linked earlobes (A1 and A2) along with bipolar electro-oculography (EOG) and electromyography (EMG).

Results: Independent samples t-test was performed to compare means of both the groups. Meditators had a relatively shorter sleep latency compared to non-meditators ($t = -2.932$, $p < 0.01$). Also meditator's spent less time in Stage 1 ($t = -2.295$, $p < 0.05$) and more time in Stage 3 ($t = 2.486$, $p < 0.05$) as compared to non-meditators. Overall, meditators spent more time in slow wave sleep ($t = 2.148$, $p < 0.05$) as compared to non-meditators.

Conclusion: Consistent practice of meditation appeared to have a positive impact on quality of sleep as demonstrated by increase in the time spent in SWS, decrease in sleep latency and a decrease in the duration of NREM 1 sleep.

Keywords: polysomnography, sleep, meditation, yoga

MEDITATION INDUCES A POSITIVE RESPONSE DURING STRESS EVENTS IN YOUNG INDIAN ADULTS

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Background: Relaxation techniques like meditation have been found to be beneficial in reducing stress. The aim was to find out the effect of the Integrated Amrita Meditation (IAM) technique on the response to life changes.

Materials and Methods: The IAM technique, progressive muscle relaxation (PMR) technique, and the Life Changes Questionnaire (LCQ) were used. LCQ was culturally adapted to the Indian population. One hundred and fifty subjects were randomized into IAM, PMR, and Control groups. LCQ scores were documented in all groups at 0 h, 48 h, 2 months, and 8 months after the training.

Results: Within groups, comparison was done by the paired t-test and between groups by ANCOVA. The new LCQ was analyzed using split-half reliability and was found to be having a correlation coefficient 0.96. On within group analysis, the IAM group showed a significant decrease in LCQ scores ($P = 0.004$) in the second visit which was maintained in the third ($P = 0.003$) and fourth visits ($P = 0.001$). Within the PMR group, there was a significant decrease ($P = 0.006$) in the third visit and fourth visits ($P = 0.001$). No significant change was seen within the control group in any of the visits. The decrease in LCQ scores in the IAM group was significant at the end of 8 months when compared to the

Control group ($P < 0.05$) whereas the decrease in the PMR group was not significant in comparison with the control group.

Conclusion: The IAM technique is an efficient tool in reducing stress as measured by LCQ.

A MULTIMODAL IN-PATIENT APPROACH INCLUDING YOGA, TO REHABILITATION OF CHRONIC NEUROLOGICAL DISEASES - A PILOT STUDY IN GERMANY

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Objective: To study the effect of integrated yoga therapy along with multimodal rehabilitation techniques in the rehabilitation of chronic neurological diseases in an in-patient setting.

Design: A single group study with pre-post design.

Setting: The study was conducted at a neurological rehabilitation centre- KWA-Klinik Stift Rottal in Bad Griesbach Germany. Twenty patients (11 female and 9 male, age 54.4 ± 9.50 years) with different neurological diseases volunteered to participate in the study.

Intervention: The yoga intervention included breathing practices, yogic loosening practices, Rapid nostril breathing (Kapalabhati), alternate nostril breathing (Nadishuddhi Pranayama), Physical Postures (Asanas), and Deep Relaxation Technique. Patients underwent yoga training for one hour daily along with other conventional rehabilitation procedures.

Outcome Measures: Pain Analog Scale, Spasticity Analog Scale, Barthel Index, Timed up and go test, Hospital Anxiety and Depression Scale (HADS) and WHOQoL-Bref questionnaire.

Results: There was significant reduction in pain scores (66.97%, $p=0.001$), spasticity scores (64.47%, $p=0.001$) anxiety scores (29.05%, $p=0.02$) and non-significant decrease in depression scores (21.86%, $p=0.065$). Improvement in Barthel index (10.38%, $p<0.001$), timed up and go test (11.63%, $p=0.001$) and physical (4.92%, $p=0.031$), psychological (4.79%, $p=0.036$) and environmental domains (9.12%, $p=0.001$) of health on WHOQoL was also observed.

Conclusion: It is feasible and beneficial to integrate yoga in a multimodal approach to neuro-rehabilitation in an inpatient setting in a German neurological rehabilitation hospital.

Keywords: Neurological Diseases, In-patient rehabilitation, Yoga.

A STUDY ON "JYOTHI TRATAKA" IN IMPROVING IQ OF SCHOOL CHILDREN

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The above Study involving the students of Government Higher Primary School. D.M Halli, Hassan were included for the research

The following were the findings of the study,

4. Total students screened - 47
5. Total students selected randomly for the study -20.
6. Total students who underwent a course of Jyoti -Trataka - 10 and the other 10 were kept as control.



Overall assessment in study group shows that the level of IQ is improved by 30.03% with mean difference of 31.99 which is highly significant. The level of attention and concentration is improved by 36.23% with mean difference of 13.5 which is also highly significant. The ability of general reasoning is improved by 81.08% with the mean difference of 09 which is highly significant.

Overall assessment in control group shows the level of IQ is improved by 3.89% with the mean difference of 04.09 and which is significant at the level of 0.05. The level of attention and concentration is improved by 1.37% with the mean difference of 0.5 and which is also significant at the level of 0.05. The ability of general reasoning is improved by 12.38 % with the mean difference of 0.9 which is not significant.

There is significant improvement of the I.Q. level (30.03%) in the study group than in control group.

RELATIONSHIP BETWEEN AEROBIC CAPACITY AND BODY COMPOSITION IN FEMALE BASKET BALL PLAYERS

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Purpose of study

Aerobic capacity (Vo_2 max) is one of the important determining factors to assess the basic endurance. For this purpose sports scientists and coaches monitor the training schedules after getting a feedback of Vo_2 max of the sports

persons.

Material & Methods

In the present study, an attempt has been made to investigate the relationship between aerobic capacity and body composition in randomly selected inter-university female basket ball players (n=112) aged 18-24 years and comparisons are made with appropriate controls (n= 80). Eight parameters viz. Vo_2 max, height, body weight, % body fat, total body fat, body mass index, lean weight, lean % were taken into consideration and measurements were made after McArdle et al. (1999).

Results

There was highly significant difference ($P < 0.001$) between female basket ball players and controls in height, ($t = 4.10$), body weight ($t = 7.02$), % body fat ($t = 8.89$), total body fat ($t = 8.68$), body mass index ($t = 6.02$), lean weight ($t = 5.37$), lean % ($t = 8.37$) and statistically significant differences ($P < 0.05$) were noted in Vo_2 max ($t = 2.97$) among them.

Conclusion

Controlled intake of diet and regular physical activity decreases fat accumulation in the body, increase lean % and thereby increases aerobic capacity.

EFFICACY OF NATURE CURE IN MANAGEMENT OF METABOLIC SYNDROME

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Aim To reduce the risk of Cardio Vascular Diseases by normalizing the levels of objective parameters which are diagnostic of Metabolic Syndrome.

Hypothesis Because visceral adipose tissue drains in to portal vein, central obesity has a particularly potent influence on insulin sensitivity in the liver and there by adversely affect gluconeogenesis and hepatic lipid metabolism leading to type II Diabetes Mellitus & Dyslipidaemia respectively leading to Metabolic Syndrome.

All Nature cure & Yoga Therapies reduce BMI, reduce abdominal circumference, normalizes increased blood pressure & blood glucose levels and rectifies Dyslipidaemia thereby reducing the prevalence of CVD.

Method: 40 cases of Metabolic Syndrome were selected at the age group of 45 to 60 years both males & females. All the females were post Menopausal women.

A holistic approach through Nature cure treatments was planned in 2 parts.

Part I - Treatments of Nature cure daily for 10 days every month continuously for 3 months in 3 sittings.

Part II - Life style modification, Yogic management, Implementation of restricted diet & fasting.

All 40 cases were divided into 2 groups of 20 cases in each group. Objective parameters of 1st group- Abdominal circumference, blood pressure & fasting blood glucose. Objective parameters for 2nd group- Abdominal circumference, HDL & Triglycerides. All objective parameters for both groups were recorded before treatment & after treatment.

Result: All patients underwent Nature Cure & Yoga Therapies for a span of 10 days in 3 sittings within 3 months duration. Result was encouraging. All patients' objective parameters level normalized remarkably & they were out of

risk of Cardio Vascular Diseases.

Conclusion: Most of the patients of CVD are refractory to the existing treatments in modern medicine including surgery. On this context Nature cure plays an important role in the management of Metabolic Syndrome and prevention of CVD.



Oral Presentations Education



Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success, that is way great spiritual giants are produced

- Swami Vivekananda



NATURAL COMPOUNDS - BOON FOR MANAGEMENT OF CHRONIC DISEASE

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Compounds derived from nature have demonstrated their role in management of health along with abilities to fight number of chronic disease. The history of success in this direction is evidenced from use of compounds curcuma, oscimum and several plant alkaloids in ancient system of medicine in India. Later, it is the success of digitalis derived compounds to treat cardiovascular diseases and camptothecin, taxol and vincristin derivatives for cancer treatment has proved plant as a potential source of highly promising molecules for treatment and management of chronic disease. Due to adverse reaction and toxic effect of various synthetic chemotherapeutic drugs and cardiovascular disease, both plant derived and dietary compounds are gaining significance of paramount. This has resulted in development of diet components as 'Functional Foods'/'nutraceuticals' or 'designer foods' in last 10 years. Extensive clinical and pre-clinical studies have demonstrated that some of the dietary constituents can prevent incidence of organ specific cancers on long term use. With this type of development, nutrition science is slowly moving towards 'molecule nutrition' in which emphasis is laid on understanding the pharmacology and molecular mechanism of individual phytochemicals. As a result several dietary molecules have seen success in clinical and pre-clinical studies of chronic diseases. This includes, curcumin, EGCG, Resveratrol, flavonoids, terpenoids (mono,

di, triterpenoids), sterols and sulphated compounds in management of both cardiac diseases and cancer. Our research has shown benefit of Fruits and Vegetables derived compounds in prevention of complications associated with coronary heart disease, organ specific cancer and other ailments. Some of the results from our studies along with the existing knowledge on role of diet derived molecules in health along with the direction we need to focus to make this science success will be discussed in detail. Author would like to acknowledge the support of VFIC, Texas A&M University for the support for the research work and HCG Oncology network, Bangalore for its support.

PSYCHOPHYSIOLOGY OF YOGA- BASED RELAXATION TECHNIQUES: AN OVERVIEW

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A yoga practice [called cyclic meditation (CM)] derived from ancient yoga texts consists of cycles of yoga postures interspersed with periods of supine rest. Practicing CM reduced psychophysiological arousal based on a decrease in oxygen consumption and minute ventilation, changes in the heart rate variability suggestive of a shift in the sympathovagal balance towards vagal dominance. However, these changes occurred simultaneously with a decreased latency and increased amplitude in the P300 auditory oddball task. The prolonged latencies of evoked potentials generated within the cerebral cortex after the practice of CM, supported the idea of cortical inhibition. The



practice of CM improved the performance in memory scores and decreased state anxiety. The CM program has also been shown to decrease occupational stress levels and baseline autonomic arousal. Moreover, CM improved performance in psychomotor tasks which requires selective attention, concentration, visual scanning abilities, and a repetitive motor response. The practice of CM during the day time has been shown to increase the percentage of slow wave sleep in the subsequent night. However, these findings support the idea that meditation is a training in awareness which when practiced over long periods, produces definite changes in perception, attention, cognition and in psychophysiological measures. The above findings suggest that CM practice (i) reduces autonomic arousal, (ii) improves attention, and (iii) improves the quality of sleep.

Key Words: Cyclic Meditation Supine Rest
Yoga Relaxation Technique

AGE MANAGEMENT: FACT OR FICTION

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Calorie restriction (CR) is receiving ever-increasing attention because it is now well established that it is the only intervention, which strikingly and consistently retards the rate of aging in homeothermic vertebrates. Aging being a complex multifactorial process, understanding various biological processes of aging and several possibilities set forth to explain the causes will help us in understanding the effect of CR in age management. Evidence from number of laboratories suggests that free radicals either from mitochondria or elsewhere

inflict significant biological damage to cells. It is known for several years that respiring mitochondria produce free radicals and there is enough data concerning the relationships among nutritional status, mitochondrial free radical production and age. CR has a known role to play in restricting free radical formation and preventing accelerated aging.

The fundamental requirements for all restricted feeding regimens which extend species-specific maximum lifespan are : (i) restriction of calorie (energy) intake; and (ii) the avoidance of malnutrition (over nutrition & under nutrition). Multiple overlapping mechanisms are responsible for the CR -mediated effects on aging-related diseases and aging itself in rodents , including decreased free radical-induced tissue damage, improved insulin sensitivity , decreased inflammation, and several major neuroendocrine adaptive responses. In addition CR enhances DNA repair processes, decreases protein Glycation and increases removal of damaged cellular proteins and oxidized lipids. CR with adequate nutrition, a robust life extending intervention, prevents or attenuates local and systemic inflammation via multiple metabolic and neuroendocrine mechanisms. Ongoing Genomic studies in humans will provide a deeper understanding of this complex biological processes involved in the anti-oxidant, anti-inflammatory and most sort after anti-aging effects of CR.

CHANGES IN HEART RATE VARIABILITY AFTER KUÑJALA KRIYĀ

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Background: Yoga has shown its influence

on autonomic activity of the body by controlling involuntary actions voluntarily. Kuñjalakriyā being yogic voluntary vomiting technique, heart rate variability is chosen to evaluate the changes in autonomic activity. This study is conducted to evaluate the changes in heart rate variability soon after Kuñjalakriyā.

Methods: The present study is conducted by selecting the two groups of healthy volunteers, of both sexes, experienced (n=38) & novices (n=32) with a mean age of 26.2 ± 4 years. Experienced group had earlier experience in performing Kuñjalakriyā (> 4 times) & novices group had never practiced it earlier. Heart rate variability was recorded before & just after the practice of both groups.

Result: Significant decrease in low frequency (LF) & LF/HF ratio ($P < .001$), & increase in high frequency (H.F) was seen in experienced group & with reverse changes of significant increase in (LF) and LF/HF ratio ($P < .001$) & decreased in HF in novices

Conclusion: There was reduction in the sympathetic tone (LF & LF/HF) in experienced group compared to novices

Keywords: kuñjalakriyā, heart rate variability, years. Experienced group had earlier experience in performing Kuñjalakriyā (> 4 times) & novices group had never practiced it earlier. Heart rate variability was recorded before & just after the practice of both groups.

OVERVIEW OF RESEARCH IN BIO-ELECTROMAGNETISM

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Homeostasis is maintained by continuous

interplay between endogenous electromagnetic events (bio magnetism) such as; nerve conduction, peristalsis, cell signalling, biologically closed electrical circuits (BCEC), transepithelial electrical potential (TEP) and so on, FDA in 1983 approved 27.12 MHz for treatment of pain and oedema in superficial tissues, scientific interest in bio-electromagnetic phenomena is well established by compelling evidence suggesting that electromagnetic fields (EMF) can modulate cellular functions, it is proved by in vivo evidence that exogenous EMF (magnetobiotics) has biologically significant effects on; inflammation/wound healing, fractured bone healing, neuro-regeneration, tendon/soft tissue healing, pain relief, majority of in vivo evidence doesn't support use of static magnetic field (SMF) for pain relief. Enough in vitro studies are available to attribute above said therapeutic effects to definite cellular response mechanisms, as; activation of Ca^{+2} -calmodulin-cell free myosin phosphorylation pathway, Activation of mitochondrial proton influx, increased protein and DNA synthesis, restoration of free radical equilibrium, up regulation of cytoprotective gene (HSP 70). At molecular level the interaction between energy (EMF/SMF) and living matter is explained by few widely accepted evidence based theories, which are; systemic effect hypothesis, window/resonance hypothesis, bio-field hypothesis.

BASIC REVIEW OF EVIDENCE BASED YOGIC PRACTICES IN OBSTETRICS FOR PRACTITIONERS

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"Yoga is a systematic process in which all round personality development takes place



at Physical, Mental, Intellectual, Emotional and Spiritual Levels” – Aurobindo. Yoga as explained by Pathanjali comprises of *Yama*-Control of Body, Speech & Mind (*Ahimsa*, *Satya*, *Brahmacharya*, *Astheya*, *Aparigraha*), *Niyama*- Proper Conduct (*Soucha*, *Santosha*, *Tapas*, *Svaadhyaya*, *Ishwara Pranidhana*), *Asana*-Comfortable and Stable Posture, *Pranayama*-Control of Breath, *Pratyahara*- Introversion of the Sense organs, *Dharana*- Concentration, *Dhyana*-Meditation & *Samadhi*- salvation, moksha, super consciousness, supreme knowledge.

A Woman's Life is a multitude of problems including social, economic & natural burdens like motherhood which is considered as an ordained duty – *Svadharm*a. Pregnancy and childbirth induces various Physiological Changes, Problems & Internal Conflicts, affecting Physiology, Physical & Mental states of a woman.

Lot of Research on Yoga and women including pregnancy and childbirth is ongoing. Some of the evidences substantiated by studies in the field are enlisted and discussed in this paper and an effort to review these effects and inculcate them in our day to day clinical practice is done.

Studies have proven that yoga during pregnancy is safe and it improves birth weight, decreases preterm labor, decreases IUGR, significant reductions in physical pain, reductions in perceived stress and trait anxiety, higher levels of maternal comfort during labor and 2h post-labor as well as an increase in mother's quality of life is improved.

Yoga definitely is an answer to a healthy mother and child although further larger and more systematic studies may be necessary by researchers to prove its effects in all aspects of the process of Pregnancy and childbirth.

RANDOMIZED CONTROL TRIAL TO EVALUATE THE EFFECTIVENESS OF COLD AND HOT IMMERSION BATHS ON IMPAIRED GLUCOSE TOLERANCE IN PRE-DIABETES

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Background: Naturopathy and yoga interventions have been used increasingly to prevent and manage diabetes and reduce CVD risk. Calorie restriction, thermal therapy, massage, exercise and yoga are some of the important components of residential yoga and naturopathy intervention. In this study we evaluate the effects of naturopathy intervention such as hot and cold immersion bath on glucose insulin homeostasis in subjects with pre-diabetes.

Methods: 119 subjects were recruited from a eligible population of 163 pre-diabetes subjects in a screening population of 1653 subjects from a predominantly rural population if they satisfied the selection criteria and gave written consent for participation. Subjects were randomized to either receive hot immersion bath (HIB) (n=42) or cold immersion bath (CIB), (n=38) for 20 minutes duration for next 3 weeks or waitlisted (n=39) to receive them later after intervention period. Baseline assessments such as Spielberger's State anxiety inventory, Short form 12, Perceived stress, were assessed at day 1 before treatment and heart rate variability was recorded for 20 minutes before and after treatment on day 1 and at end of 3rd week in group 1 (HIB) and group 2(CIB) subjects. Assessments were recorded

before and after intervention period for waitlist controls group. Fasting and Blood samples were collected for all patients before and after intervention period (3 weeks) for blood glucose, serum insulin and serum adiponectin levels and post prandial blood glucose after 75 gm oral glucose challenge was also assessed. We also ascertained beta cell function, insulin sensitivity and insulin resistance using Homeostasis model of assessment calculator (HOMA). There were six dropouts in the study, one in the cold immersion bath group and another five in the waitlist control group. The data were not normally distributed and hence we performed a non parametric independent Mann Whitney test to detect differences between groups and used paired samples Wilcoxon's signrank test to detect differences within groups for questionnaire and lab measures. For heart rate variability measure due to large standard deviations we normalized the data by log transforming the data to base 10 and then analyzed the same using parametric independent samples t test and paired samples t test.

Results: Thermal therapy using hot immersion baths was significant in reducing blood glucose levels ($p=0.01$), BMI ($p=0.02$), normalizing lipid profile by reducing LDL ($p=0.02$), lipoprotein a ($p=0.02$), increasing serum adiponectin ($p=0.005$) and reducing insulin resistance ($p=0.005$) in subjects with pre-diabetes compared to CIB group. The study also shows an increase in LF/HF ratio component suggesting sympathetic overdrive ($p=0.05$). This suggests that thermal therapy could possibly enhance the metabolic process that is sluggish in patients with obesity and diabetes. This is similar to earlier studies where in thermal therapy especially sauna baths and hot foot baths have been shown to improve cardiovascular

functions and endothelial function. Our results can be explained by studies done earlier which point to the role of sympathetic nervous system and the hypothalamic-pituitary-adrenal axis that responds to help compensate for thermal stress.

Conclusion: Hot immersion baths offer a promising therapy in modulating glucose insulin homeostasis in pre-diabetic subjects. However larger randomized controlled trials are needed to validate these findings.

CRITICAL VIEW ON TRENDS IN HYDROTHERAPY RESEARCH

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Background: Hydrotherapy, a branch of naturopathy that involves the use of water at different temperatures, pressure, states, and mode of application in the treatment, has been used since ancient times. Vincent Priessnitz and Wilhelm Winternitz are considered as the creators of world hydrotherapy. It is believed that external application of water on human body produces diverse physiological effects. The objective of this review was to summarize the validity of therapeutic findings based on research studies in hydrotherapy.

Methods: Pubmed search was carried out with the keywords "hydrotherapy", "water therapy" and "physiological effects of water". Papers were categorized based on the parameters studied, mechanisms discussed and their



application in treating diseases. Full-papers or abstracts in English from the year 1975 to 2005 were included in the review.

Results: Among all the hydrotherapeutic interventions, immersion bath, underwater massage, foot and arm bath, sitz bath and whirlpool bath (Jacuzzi) were the most studied. Cardiovascular hemodynamics, cellular immunity, psychological parameters, neonatal growth and risks of hydrotherapy have been studied in depth. Studies attribute use of hydrotherapy in reduction of maternal anxiety and pain during labor, pressure ulcer healing, reduction of DSM (Diagnostic and Statistical Manual of Mental Disorders)-III scores, reduction of post-anorectic surgical pain, rehabilitation of myocardial infarct patients, enhancement of neuromuscular performance and reduction in low density lipoproteins and total cholesterol.

Conclusion: The physiological effects and therapeutic applications of hydrotherapy are diverse. The validity of therapeutic effects of hydrotherapy based on previous research studies will be discussed.

Keywords: Hydrotherapy Review Naturopathy

YOGA FOR SPORTS

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In recent years, fitness practitioners and coaches across the globe have emphasized on the need for core strengthening and stability improvement as part of sports conditioning programs. In that regard YOGA is fast becoming a popular conditioning tool for the body as well as the mind. The purpose of this study is to

provide an insight on the benefits of yoga and stability training in sports. Athletes in all sports are finding that yogic conditioning not only elongates tight, shortened, fatigued muscles but also brings calmness and clarity to the mind. Some athletes begin the practice to rehabilitate an injury and to gain more flexibility, stability and strength. Research that has evaluated the energy expenditure of yoga indicates that yoga is essentially equivalent to moderate forms of exercise. The available evidence suggests that the practice of yoga may be associated with an improvement in cardio respiratory fitness and both muscular strength and endurance. A single study that evaluated the heart rate for standing yoga postures found lower heart rate and higher rate of perceived exertion for the yoga posture sequence compared with treadmill walking. Balance and stability are very important for everybody and especially for sportsperson who undergo extreme physical activities. Balance and stability exercises not only have a great impact on the performance of the sportsperson but also play a pivotal role in their rehabilitation. To emphasize the need for knowledge about the sports persons balance and stability, a study is conducted using an indigenously developed motion systems for biomechanical applications. A random perturbation platform, capable of pitch, roll and a combination of the two, and a revolving jerk platform, a two degree freedom platform rotation and linear jerk simultaneously, is designed and developed to study the effects of random motion on the balance and stability of the sportsperson. Using Inertial Measurement Units (IMU) developed for human motion measurement, and the quantification of stability of the sportsperson, with and without real-time visual sensory feedback, is achieved. Also the test is conducted for single leg stance, alternately with only the left and right leg on the platform,

to ascertain the unstable leg of the two (where suitable remedial exercises are suggested to correct the defect). The data obtained, i.e. the movement of the jerk platform with respect to time can be treated as a signal. For any given random signal, power spectrum describes how the power of a signal or time series is distributed with frequency. Power spectrum is used for varied application from identifying noise in a given signal to estimating the systolic blood pressure to analyzing the color characteristics of a particular light source. To analyze the data, discrete Fourier transform is used. Discrete Fourier transforms are extremely useful because they reveal periodicities in input data as well as the relative strengths of any periodic components. The results of Fourier transform of the data is a complex vector output. The magnitude of the Fourier transform output squared is called the estimated power spectrum. The power spectrum versus frequency is plotted for each trial of each subject, for conditions with visual sensory feed and that without visual sensory feedback.

INTEGRATED YOGA THERAPY WITH AUTISM SPECTRUM DISORDER CHILDREN

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Autism is a debilitating condition characterized by disturbances in social interaction, communication, and behaviors. It affects approximately 1 out of 150 children. A comprehension theory of causation and an effective treatment method are still incomplete. Yoga as a supplementary intervention has shown effectiveness in reducing ASD behavior. The effect of a long term intensive yoga program on eye to eye gaze, sitting tolerance, body posture/

balance, imitation skills, self-stimulatory / injurious behaviors and communication skills was studied in two groups of ASD children in a school set up in Bangalore. Thirty two subjects with ASD were assigned to yoga and non-yoga groups. The intervention consisted of a two year intensive yoga program, five days a week/one hour sessions, comprising of warm-up practices, loosening exercises, strengthening asanas, calming asanas, yogic breathing practices and chanting. The non-yoga group received traditional ABA based training in a special school set up. In the yoga group there was a significant improvement in all the variables tested. There was no significant change in any of the parameters in the non-yoga group. This study shows that yoga therapy is highly recommended as a supplementary therapy as it uses ASD children's strengths such as sticking to a routine and learning through visuals, kinesthetic and tactile modalities. Stimulation from strengthening asanas will provide relief from constant over stimulation to the nervous system. The language of yoga is simple and can be conducted without words at all. It is based on applied behavior principles where even the most complex task can be broken down into steps. Children can be rewarded at every step when they achieve success. Improvement in ASD children's behavior after the practice of yoga resulted in a better quality of life for parents.



Yoga

Poster Presentations

Yoga



Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked

- The yoga sutras of Patanjali





List of Judges (Poster)



- 1 **Dr. Sathyaprabha T.N.,**
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2

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Dr. Ulka Natu,
Director, Prajnan Research Institute,
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DEVELOPMENT AND PILOT - TESTING OF YOGA PROGRAMME FOR INDIAN CAREGIVERS OF IN- PATIENTS WITH SCHIZOPHRENIA

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Background and Aim: Yoga has been found to be effective in the management of stress. This paper describes the development of a yoga programme aimed to reduce burden and improve coping of family caregivers of inpatients with schizophrenia in India.

Setting, Design and Method: Based on the assessment of caregiver needs, literature review and expert opinion, a ten day group yoga programme was initially developed using the qualitative inductive method of inquiry. Each day's programme included warm-up exercises, yogic asanas, pranayama and satsang. A structured questionnaire eliciting comments on each day's contents was given independently to ten experienced yoga professionals working in the field of health for validation. The final version of the programme was pilot-tested on a group

of 6 caregivers of in-patients with schizophrenia admitted at NIMHANS, Bangalore.

Results: On the question of whether the programme would help reduce the burden of caregivers, six of the ten experts (60%) gave a rank of four out of five (very much useful). Based on comments of the experts several changes were made to the programme. In the pilot-testing stage, more than 60% of the caregivers assigned a score of four and above (on a five-point likert scale, five being extremely useful) for the overall programme, handouts distributed and performance of the trainer. Qualitative feedback of the caregivers further endorsed the feasibility and usefulness of the programme.

Conclusion: The developed yoga programme was found to be acceptable to caregivers of in-patients with schizophrenia. It is thus feasible to develop a need - based yoga programme for caregivers of in-patients with schizophrenia in India, using a sound methodology (inductive enquiry model). Future studies could test the efficacy of the programme with a larger sample to reconfirm its validity, reliability and generalizability.

SPINAL FLEXIBILITY, THE LEVEL OF PAIN AND MENTAL STRESS IN PATIENTS WITH MRI PROVEN HERNIATED LUMBAR DISC: A RANDOMIZED CONTROL TRIAL

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Objective: The aim of the present study was to assess the effect of yoga on the level of pain, mental stress and spinal flexibility in patients having a herniated lumbar disc.

Method: Twenty-two participants with ages between 20 and 45 years were randomly assigned to yoga and control groups using a random number table. In the yoga group, there were eleven participants (5 males and 6 females) of both sexes (group mean $\pm$ S.D., 38 ± 5.31 years) and in the control group also; there were eleven participants (5 males and 6 females) of both sexes (group mean $\pm$ S.D., 36.82 ± 6.21 years). Participants of both groups were staying close to a residential yoga center located in north India. All of them had herniated lumbar disc based on a MRI taken pre-assessment. Spinal flexibility (using Sit and Reach flexibility tester, model 01285A, Lafayette Instrument) and the level of back pain and mental stress (using analog scales) were measured. Assessments were done before and after three months of intervention. It was a randomized controlled study. Participants of the yoga group practiced *asanas* and *pranayamas* in the morning (08:00 - 09:00 hours) thrice in a week for three months. For the rest of the week, they were practicing yoga at home. Follow up was by telephone and they maintained a diary. For the control group, no intervention was provided. The pre-post data of the yoga group and the pre-post data of the control group were compared using the t-test for paired data of both groups.

Result: The yoga group showed a trend of increase in spinal flexibility and decrease in the level of pain and mental stress.

Conclusion: Yoga practice under supervision can improve the flexibility of the spine and reduce the level of pain and mental stress in the patients with a herniated lumbar disc.

Key Words: Yoga, Mental Stress, Spinal Flexibility, MRI

KUNJAL KRIYA AS AN INTERVENTION FOR BRONCHIAL ASTHMA: UNDERLYING PHYSIOLOGICAL MECHANISM OF CURE - A NOVEL HYPOTHESIS

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Background: Prevalence of Bronchial Asthma has been on the increase since the 1970s, and now affects 4-7% people worldwide. Kunjal Kriya, the Hata Yogic practice of drinking 4-7 glasses of warm saline water on an empty stomach and voluntarily vomiting it out, has been used as a yogic intervention since ancient times. The physiology behind how it affects a cure has not been fully understood. This article presents a novel hypothesis that underpins certain neuroendocrine mechanisms that may lead to such a cure.

Discussion: Asthmatic patients have a hypo responsive Hypothalamic-Pituitary-Adrenal (HPA) axis, which contributes to a hyper responsive Sympathetic Adreno-Medullary (SAM) system, leading to increased catecholamine and reduced circulating cortisol. This leads to a suppression of Interleukin-12 and stimulates secretion of Interleukin-10, which causes a suppression of TH₁ cell proliferation and function, at the same time increasing proliferation of TH₂ cells and rendering them hypersensitive. This may facilitate TH₂-mediated atopic reactions seen in asthma.

The emetic reflex is activated in Kunjal Kriya practice, leading to secretion of Vasopressin, among other hormones like adrenaline, cortisol, growth hormone, prolactin, ACTH and

pancreatic polypeptide. Vasopressin induces peripheral vasoconstriction, pulmonary vasodilatation and broncho-dilatation. Further, it reduces levels of Interleukin-1, which takes part in inflammatory reactions seen in asthma. It also stimulates the HPA axis, increasing cortisol levels and reducing catecholamine levels, leading to a reverse shift of the TH_1/TH_2 balance, from pathological to normal levels. The mechanisms for the same are discussed in detail in this article.

Conclusion: This article proposes a hypothesis that Kunjal Kriya, through activation of emetic reflex, stimulates secretion of Vasopressin, among other hormones, which reverses the pathological processes behind an asthma attack, at the symptom level as well as the underlying pathology.

INTEGRATED APPROACH OF YOGA THERAPY AND AYURVEDA AS COMPLEMENTARY THERAPY FOR ORTHOSTATIC HYPOTENSION AND BENIGN PROSTATIC HYPERTROPHY IN TYPE 2 DIABETES MELLITUS: A CASE REPORT

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Background: Type 2 Diabetes Mellitus (T2DM) develops several complications among which the less known ones include greater severity of symptoms of benign prostatic hypertrophy (BPH) and cardiac autonomic neuropathy resulting in orthostatic hypotension which has been traced to Vitamin-B 12 deficiency caused by long term intake of Metformin. We present a case wherein these two problems changed

dramatically within two weeks of residential treatment through Integrated *yoga* therapy and *Ayurveda*.

Methods: A 70 year old male with chronic T2DM since 17yrs, diagnosed with BPH and orthostatic hypotension admitted with symptoms of increased frequency of micturition, generalized weakness, giddiness and imbalance during walking. In spite of 48 units of insulin per day along with the usual life style care, the HbA_{1c} level was 11.2 mgs% and FBG was 180 mg/dl. IAYT, which included specific *asanas*; relaxation techniques, *pranayama*, meditation, counselling, and yogic diet were administered as a lifestyle intervention. Add on *Ayurveda* treatment included *Abhyangam* and *Shaman chikitsa*. The intervention went on for 14 days with regular assessment of glycaemic state.

Results: On discharge, he showed impressive improvement in glycaemic control with reduced dose of insulin by 66%. The frequency of urination reduced from 18 times/day to 6 times/day. Subjective improvement is seen in perceived giddiness and balancing power. The difference between Supine and Standing B.P. reduced significantly.

Conclusion: Standard prescribed IAYT for T2DM with added ayurveda treatment helps in management of T2DM. Long term holistic treatment can further improve the health status with reduction of medication and complications.

EFFECT OF YOGA THERAPY FOR EMERGING STRESS LEVEL AMONG CORPORATE EMPLOYEES

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In current program the main objective is to reduce the stress among the employees of



corporate world for this we worked over 50 employees for comparative pre-post experimental design volunteered to undergo a well-planned integrated yoga program of 90 minutes (from 6:30 am to 8:00 am) per day for one month from (09/01/11 to 09/02/11). This comprises of yogic package consisting of asana, relaxation (yoga nidra), pranayama, kriya and last but not least end the session with meditation for mental relaxation and regain of energy.

A significant ($t=2.43$; $p<0.05$) enhancement has been observed in stress with the help of stress scale made by Dr. M. Singh. Thus this study proves that yoga practices reduce stress among corporate persons.

Key word: - Yoga therapy, stress, corporate employee

YOGA FOR PREGNANCY: AN OVERVIEW

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Yoga is an ancient Indian science which includes the practice of loosening exercises (sithilikarana vyayama), specific postures (asanas), and cleansing practices (kriyas), voluntarily regulated breathing (pranayamas), and meditation (dhyana). In recent days yoga is used as wellness strategy and as therapy. Yoga has been practiced during pregnancy as a wellness strategy and also to reduce the pregnancy related complications. Prenatal yoga has become very much popular and there are many research studies available showing the beneficial effects of yoga during pregnancy.

Pregnancy, an important milestone in a women's reproductive life is a unique state of physiological stress which needs physical, mental and social adaptation. Research studies have shown that an integrated approach of yoga practice during pregnancy improves birth weight, decreases preterm labor, and associated complications. A study was conducted to assess the effect of integrated yoga practice and guided yogic relaxation on perceived stress and autonomic response in healthy pregnant women. Results suggested that yoga reduces perceived stress and improves adaptive autonomic response. Another study, reported significant reductions in physical pain from baseline to post intervention following seven week practice of mindfulness yoga in the second trimester, while the women in third trimester showed greater reductions in perceived stress and trait anxiety.

A recent study on normal pregnant women has shown the integrated yoga to be an effective means of improving the quality of life of pregnant women and enhancing certain aspects of their interpersonal relationships.

Thus, research evidences supports the idea that yoga practice during pregnancy influences mother as well as the fetus in the womb, paving a healthy pregnancy and normal labor.

REACTION TIME FOLLOWING YOGA BELLOWS TYPE BREATHING AND BREATH AWARENESS

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Background: Breath awareness is an important part of any yoga breathing practice. In previous

study yoga breathing (*pranayama*) but not breath awareness practiced improved performance in an attention task. Breath regulation during yoga was found to improve attention. The orientation of attention was based on the reaction time (RT) to auditory stimuli during involuntary or voluntary breath regulation. Hence the present study was designed to assess the effect of (i) yoga breathing (*bhastrika* or bellows type breathing) with breath awareness, (ii) breath awareness alone, and (iii) no intervention, on the RT in a simple Go-No go task.

Method: There were 35 participants in both groups, yoga and control, (age range 20 - 40 years; group $M \pm SD$, 29.0 ± 6.4 years; healthy males with 6 months average experience of *bhastrika pranayama*). Assessments were made before (5 min), during (18 minutes), and after (5 min) each intervention.

Results: Following *bhastrika* and breath awareness there was a decrease in: (i) time to respond to green light ($p < 0.001$, both cases), (ii) correct responses to red light ($p < 0.001$ in both cases, ANOVA and *post-hoc* analyses), (iii) incorrect responses to red light ($p < 0.001$ in both cases), and (iv) early responses ($p < 0.001$, both cases). Correct responses to green light ($p < 0.01$; $p < 0.05$, respectively), alone increased. The control group showed a decrease in (i) responses to green light ($p < 0.01$), (ii) incorrect responses to red light ($p < 0.001$), and (iii) decrease in early responses ($p < 0.001$). Correct responses to red light ($p < 0.001$) alone increased.

Conclusion: These results suggest that *bhastrika* with breath awareness had comparable effects to breath awareness alone, though with a greater magnitude of change. The control group had an increased RT, but inexplicably their responses

to red light were better.

YOGA IN SCHOOL CURRICULUM: A STUDY OF THE AWARENESS AMONG GUARDIANS OF THE SCHOOL STUDENTS OF WEST BENGAL IN INDIA

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Yoga not only provides physical benefits to the children but also develops mental strength. Yoga also helps to open up several hidden qualities that children have. By few successful experiments, it has been revealed that Yoga can increase enthusiasm and ability to pay attention and catching power of the students. The National Curriculum Framework (2005) had already mentioned the benefits of integrating yoga as a mandatory subject which has got an equal status with other core subjects in school curriculum. Since 1988, Yoga which is included in physical education has been a part of the curriculum in secondary schools. In Karnataka state, implementation of teaching Yoga in most CBSE schools is well accepted by the health conscious parents in the current scenario. West Bengal Government has also decided to introduce Yoga which is a part of Physical Education as a compulsory subject from academic session-2012 in school curriculum because it is instructed by the Central Board of Secondary Education that 45 minutes sports hour must be included in curriculum. In West Bengal, it was treated as an optional subject from April 1995, so that most of the examinees are not taking it seriously. The present study is an attempt to understand the



guardian's awareness and reactions about the curriculum if only the study is involved for better children's academic performance or the overall development of physical and behavioral aspects along with the study is to be focused. The data will be collected through questionnaires relating to some aspects of Yoga in school curriculum. In this survey 100 guardians from 10 schools from Purba medinipur district of West Bengal have been randomly selected. The findings of this study demonstrate that including Yoga in school curriculum attracts the guardians about the disciplined Yoga lifestyle of their children which increases more focus on study. This study also suggests various recommendations to the school authority and school regulatory bodies which point out how they can structure their curriculum that must be supported by the guardians, so that students can easily accustomed with Yoga related school life which helps them to build their better carrier.

EFFECT OF INTENSIVE INTEGRATED YOGA ON BODY COMPOSITION, INSULIN RESISTANCE AND LIPID PROFILE IN TYPE 2 DIABETES MELLITUS

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Background: Type 2 diabetes mellitus (T2DM), epidemic attracts much attention by its high morbidity and mortality directly from disease or by associated complications. Insulin resistance and Obesity (IR) are the major causative risk factors for the disease and IR is well established, before the impairment in glucose homeostasis.

Methods

Objectives: To study the effect of intensive integrated yoga therapy program (IIYT) on body composition and IR in T2DM.

Design: Single group longitudinal pre-post study

Setting: Study was conducted on thirty patients with T2DM in a residential yoga health care center, Bengaluru, India, between July and November 2011.

Intervention: IIYT combines the practices intended to act at physical, emotional, intellectual, and spiritual levels and includes diet, *āsanas* (yogic postures), *prāṇāyāma* (breathing exercise), *kriyā* (internal cleansing technique), meditation, notional correction, counseling, and devotional sessions.

Outcome measures: HOMA-IR, Body composition, Lipid profile, and anthropometric measurements

Results: There was a significant reduction in HOMA-IR (35.69%, $p<0.001$), Fasting insulin (28%, $p<0.001$), Fasting glucose (12.28%, $p=0.039$), Triglycerides (15.43%, $p=0.003$), Very low density lipoprotein (15.54%, $p=0.003$), BMI (2.36%, $p<0.001$), Weight (2.30%, $p<0.001$), hip circumference (1.01%, $p<0.001$) waist circumference (1.36%, $p<0.001$), body fat percentage (1.81%, $p=0.039$), and significant increase in lean mass percentage (0.95%, $p=0.045$), Water percentage (0.99%, $p=0.04$).

Conclusion: IIYT reduces IR, BMI, body fat, visceral fat, triglycerides and hyperglycemia; and increases lean body mass within two weeks. Future work through RCT is necessary to confirm these results.

Keywords: Type 2 Diabetes, Integrated Yoga, Insulin resistance, Body composition.

ASHTANGA YOGA: A PROMOTION TO MENTAL HEALTH

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In our daily routine life we are either dominated by Rajo Guna (passion) or by Tamo Guna (ignorance, inertia). Even during our meditation, we are notable to free ourselves from this vicious circle of Rajo Guna and Tamo Guna. So, we do not have a feeling of the separateness of the self and the mind. Through the practice of the steps of Ashtanga Yoga the impurities dominating our mind in the form of excessive stupor indolence of Tamo Guna starts waning away and simultaneously with the growing dominance of Sattva Guna, its light starts spreading by which we start having a faint realization of the separateness of the self and the mind.

Mind is the most mysterious part of an individual. It is the primary and most important physiological entity of life. This is the faculty that receives, disposes and controls the different activities. A person is called healthy not only when his Dosha, Dhatu, Mala and Agni are in normal condition but also Manas should be in the normal condition.

Hence the present paper is intended to promote mental health through philosophical Yoga.

Key words: Ashtanga Yoga, Manas, Sattvadi Gunas.

YOUTH EDUCATION: THE YOGIC WAY

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An early stage for a human being which one

would tag as a human's youth is the most prestigious stage of one's life. This attractive stage has however brought about a lot of disruptions in the functioning of the body at all aspects... physically, mentally and emotionally. Educational systems by and far have all been much mechanical and have only intended in generating money making machines out of institutions every single year rather than creating a unique and talented personality developing the real dignity in man. An ideal educational syllabus evolved by the ancient Indian culture included a process of "auto mental education" which was successfully taught to and practised by students for centuries. Today, after a lapse of a few hundred years it is claimed that the content of the ancient life moulding system has been re-discovered and will re-vitalize future generations all over the world. The basis of this much acclaimed system is yoga. In the yogic system the process of imbibing knowledge is a spontaneous affair which takes place at the deeper levels of the mind. Yogic practices automatically bring sobriety. Character and sobriety are the expressions of the inner purity of mankind. Performing these practises would be very necessary for they cannot be infused from outside solely by speeches. Through this concept, an effective multi-dimensional approach would be attempted to deal with the various psychological and psycho-social issues faced by the youth of today. "It is little short of a miracle that modern methods of instruction have not already completely strangled the holy curiosity of enquiry, because what the delicate little plant needs most, apart from initial stimulation, is freedom; without that it is surely destroyed" - Albert Einstein.



EFFECTS OF MEDITATIVE STATES ON LONG LATENCY AUDITORY EVOKED POTENTIALS

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Background: Different forms of meditation have shown distinct effects in the brain leading to state and trait changes. Better understanding of process and context of meditation would lead to better models of neural substrates of meditation.

Aim: To assess the effect of four states, of wakeful consciousness traditional yoga text [two controlled (*canalata*, *ekagrata*), and two meditative states (*dharana* and *dhyana*)] on long latency auditory evoked potentials (LLAEPs).

Material and Methods: Forty eight male subjects within the age from 18 to 30 years ($M = 19.33; \pm SD = 2.56$) with a minimum experience of one year in meditating "OM" were selected. Each subject was assessed in four sessions, i.e. two meditation and two control sessions. The two meditation sessions were (i) *Dharana* (i.e. focusing on the symbol OM) and (ii) *Dhyana* (i.e. effortless single thought state "Om") on other hand two control sessions were (i) *Ekagrata* (single topic lecture on meditation) and (ii) *Canalata* (i.e. random thinking). All four sessions were recorded on four different consecutive days and consisted of three states, i.e. pre, during, and post.

Results: RMANOVA were performed followed by a *post hoc* analysis with Bonferroni adjustment for multiple comparisons between the mean values of different states (Pre, During 4, and Post). The results showed that there was a significant decrease in the amplitude of P1,

P2 and N2 waves during *canalata* ($p < 0.01$; $p < 0.001$ respectively) and *ekagrata* ($p < 0.01$; $p < 0.01$; $p < 0.05$ respectively) sessions and a decrease in the latency of P2 wave during and after *dhyana* ($p < 0.001$) session.

Conclusion: The results suggest that there was facilitated information conduction at the mesencephalic-reticular level selectively during *dhyana* phase of meditation.

Thus studying meditation according to traditional discipline helps localized to the neural correlates of phases of meditation.

CONCEPT OF PRANAYAMA ACCORDING TO SWARA YOGA

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Pranayama is the science of cleansing, balancing and gaining control over the Prana in the human system. The word Prana is a combination of two syllables, Pra and Na. Prana is the vital life force and Pranayama is the process by which the internal Pranic store is increased. Pranayama is comprised of the words Prana and Ayama which means 'Pranic capacity and length.' It is not merely breath control, but a technique through which the quantity of the Prana in the body is activated to a higher frequency. The swara yoga is the art and science of controlling prana. This can be achieved through the practice of Pranayama. Swara Yoga is an ancient spiritual science that deals with the various qualities of the flow of Prana (the source of the life force) in the universe and as such in the body and mind. Prana is the life principle, the dynamic or working force in human beings and in all life forms. It is the power, which is the support

of the body and all its moving life forces. The Nadis, the subtle energy path of the pranik body, are channels for Prana. The body is the support of the nadis. When Prana is in motion it flows through the nadis, consciousness arises. The science of breath or swara yoga aims at the desire to understand prana. The control of prana can be through the practice of Pranayama. Once we gain the ascendance over prana the whole body will be healthy and the person will be in the state of bliss. The Control of prana leads to health, an increase in strength and energy, good complexion, increased vitality, the growth of knowledge and extension of the life span.

When Prana is in motion it flows through the nadis, consciousness arises. The science of breath or swara yoga aims at the desire to understand prana. The control of prana can be through the practice of Pranayama. Once we gain the ascendance over prana the whole body will be healthy and the person will be in the state of bliss. The Control of prana leads to health, an increase in strength and energy, good complexion, increased vitality, the growth of knowledge and extension of the life span.

EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY ON QUALITY OF LIFE IN PATIENTS WITH CHRONIC DISEASES

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Background: In recent years, there has been a dramatic increase in the incidence and prevalence of chronic diseases all over the globe. Quality of life (QOL) has become a key concept in the medical community where health care

places dual emphasis on treatment and quality of care.

Objective: To study the efficacy of a residential short term IAYT (Integrated Approach of Yoga Therapy) program on quality of life in patients with chronic diseases.

Materials and Methods: The subjects for the study were 91 patients (females 51) suffering from various chronic diseases, with 47.70 ± 14.73 years of mean age. They were registered for a week long Integrated Approach of Yoga Therapy (IAYT) at SVYASA Holistic Health Centre in Bengaluru, India. A single group pre-post design was followed. WHOQOL-BREF (WHO's Quality of life-brief) was administered for measuring QOL. Paired samples t test was used to analyze the data.

Results: The data analysis showed highly significant improvement in all the four domains of WHOQOL-BREF - Physical ($P < 0.001$), Psychological ($P < 0.001$), Social ($P < 0.01$) and Environmental ($P < 0.001$), after the IAYT intervention as compared to the before values.

Conclusion: Yoga has a role in improving the quality of life in major chronic diseases; this improvement is evident even within a short span of one week.

Keywords: yoga therapy, chronic diseases, quality of life, WHOQOL.

EFFECT OF INTEGRATED APPROACH OF YOGA THERAPY ON DISABILITY, NEUROLOGICAL IMPAIRMENT, FATIGUE AND HEALTH-RELATED QUALITY OF LIFE IN MULTIPLE SCLEROSIS: A CASE STUDY

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Background: Multiple Sclerosis (MS) is a neurodegenerative disease which runs its



course for the remainder of the patient's life frequently causing disability of varying degrees. Negative effects on Health-related quality of life (HRQoL) are well documented and are a subject of clinical study. Several studies have shown that HRQoL assessments provide unique information not measured by the Expanded Disability Status Scale (EDSS), the commonly used outcome measure of impairment disability for MS patients.

Case: A 43-year-old male, diagnosed with relapsing remitting multiple sclerosis (RRMS) eight years prior, over a period of time he developed progressive disabling neurological sequelae. This case came to our holistic health home Arogyadhama with chief complaints of severe lethargy, difficulty in speaking, difficulty in seeing, inability to control the urine, poor balance and memory, inability to sit up from supine posture, inability to lift the right foot and inability to stand. He was entirely dependent on the caregiver for his daily routine activities.

Method: The case underwent a residential integrated approach of yoga therapy (IAYT) intervention adapted to his specific needs and limitations continuously for 6 months with conventional medications as before. The intervention included breathing practices, relaxation techniques, meditation, mantra-chanting, yogic counseling and bodily postures with awareness.

Assessments: Relapse Rate, No. of Hospital Visits, Expanded Disability Status Scale (EDSS), Ambulation Index (AI), Standardized Neurologic Status Scale (SNS), Modified Fatigue Impact Scale (MFIS) and (Multiple sclerosis Quality of Life) MSQoL-54 were assessed before and at the end of 6 months of IAYT intervention.

Results: This study shows a sustained effect of IAYT on reduction of the relapse rate and number

of hospital visits, which is lower than during the year before treatment commencement. During this six month period we also observed improvement in EDSS score (31.58%), AI (44.45%), SNS score (61.76%), and MFIS scores (68.42%). MSQoL-54 also showed improvement in physical as well as mental health composite scores over 6 months.

Conclusion: Yoga Therapy may help MS patients by reducing the neurological impairment, disability, relapse rate, no. of hospital visits and fatigue, in addition to the improvement in overall health related quality of life.

MEDITATION IN RELIGION & TRADITIONS- CONCEPTS AND PRACTICES

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Meditation is an integral part of all religions & traditions, although some don't use the word 'meditation' to describe meditative or contemplative practice. Across the globe Meditation is given different names like Mantra meditation, Mindfulness meditation, Yoga, Tai Chi, Qi Gong, Vipasana Meditation, Transcendental Meditation, Cyclical, Christian Meditation, Buddhist Meditation etc the basic concept of calming down the mind seems to be a constant. Although this is achieved by a varied practices and beliefs the effects of such practices could be the same which would require a thorough scientific evaluation.

Meditation is a natural part of the human experience and is now even used as a therapy at various levels of intervention like preventive, palliative, curative or rehabilitative medicine.

Meditation is anything making us feel calm experience inner joy, while mind becomes clear and perception sharpens. Successful meditation means simply being - not judging, not thinking, just being aware, at peace and living each moment as it unfolds.

This paper is an overview and summarises the various concepts and practices of Meditation in religions & traditions in their own way across the world.

CHANGES IN VISUAL PERCEPTUAL SENSITIVITY FOLLOWING THE PRACTICE OF TRATAKA - A YOGIC KRIYA

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Background: Earlier studies have shown that combination of yoga practices including yoga based eye exercises can improve visual perceptual sensitivity. An attempt was made earlier to understand the effects of Sahaja Yoga meditation on 32 patients with primary idiopathic epilepsy on the Visual Contrast Sensitivity (VCS). The patients were randomly divided into 3 groups: group I practiced Sahaja Yoga meditation twice daily for 6 months; group II practiced postural exercises mimicking the meditation for the same duration; and group III was the control group. Visual Contrast Sensitivity, Auditory Evoked Potentials, Brainstem Auditory Evoked Potentials, and Mid Latency Responses were recorded initially (0 month) and at 3 and 6 months for each group.

Methods:

Design: Pre post design

30 normal healthy volunteers with ages ranging

from 18 - 21 years were recruited. They were assessed at the beginning and after 6 and 12 months of trataka training. They were assessed for changes in their visual acuity using a snellen's chart. The subjects practiced trataka (a yoga based eye exercise) for 30 minutes a day, 6 days a week for 1 year. The data were extracted based on the standard method. The data were analyzed using the statistical package SPSS version 16.

Result: Results suggested that there was a significant improvement in the visual acuity of students who have practiced trataka regularly for one year duration. Hence, the present study shows that practicing yoga based eye exercise and cleansing practice (Kriya) improves visual perceptual sensitivity in college students.

Conclusion: Practicing trataka for a longer duration (one year) has been shown to improve the visual acuity in college going students. Earlier studies have shown similar results using different measures of visual perceptual sensitivity. While the present study suggested that similar results can be achieved with long term follow-ups and using standard measures of visual acuity.

PSYCHOPATHOLOGY ACCORDING TO SRIMAD BHAGVAD GITA

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The goal of life is to manifest Divine within by controlling Nature, external and internal. Do this either by work or worship, or by Yoga or Philosophy, by one or more or all of those and be free. This is the whole of Dharma.

Śrīmad Bhagavad Gītā, Sung by the Universal Master Lord Kṛṣṇa, being a universal scripture



teaches man the means for attaining it. The goal is Supreme Personal – Impersonal Brahman and the means are Jñāna, bhakti and Yoga.

Gītā is born out of the despondency and doubt but it shatters the fetters of ignorance and begets fearlessness, firmness, Enlightenment and Wisdom. It is a path to be walked upon by which a man rises up with self confidence, inner strength, discriminative power, purity, wisdom of self. The Fear, Fury, fatigue, Falsehood are no longer remained for the practitioner of Gītā as it brings the steadfastness of mind, love for humanity, self awakening and ultimately the self – Realisation.

Again Health is not only the absence of ill – health. It is a comprehensive state of wellbeing which refers to a physical, mental, intellectual and spiritual well being of an Individual. And for this should seek for a sole refuge of Gītā and simultaneously would be acquired with unperturbed evenness of mind.

DESIGNING, VALIDATION AND FEASIBILITY OF A YOGA-BASED INTERVENTION IN ELDERLY WITH COGNITIVE IMPAIRMENT

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Background: Aging and increased longevity is associated with increase in the prevalence of

many chronic medical illnesses like diabetes mellitus, hypertension, vascular abnormalities like coronary artery disorders, cerebrovascular disorders leading to cognitive impairment and dementia thus affecting their quality of life⁴⁻⁵. Yogic practices have been reported to promote healthy aging¹⁻³. Previous studies have used either Yoga therapy interventions derived from a particular school of Yoga or particular yogic practices such as meditation has been tested. Current study is the phase 1 and phase 2 (Pilot) of the study testing the efficacy of a comprehensive yoga based intervention in elderly with cognitive impairment.

Aim: This study reports the development, validation and feasibility of a yoga based intervention in elderly with cognitive impairment

Method: This study was conducted in two phases. Phase 1 of the study consisted of designing of a yoga module based on review of traditional and contemporary yogic literature. This yoga module along with the three case vignettes of elderly with cognitive impairment were sent to ten yoga experts to help develop the intended yoga based intervention. Phase 2 of the study was to test the feasibility of thus developed yoga based intervention.

Results: Phase 1:- Experts (n=10) felt the yoga based intervention will be useful in improving cognition in elderly with few modifications. Frequent supervised yoga sessions, regular follow-ups, add/delete/modifications of yoga postures were some of the suggestions of the experts. **Phase 2:-** Out of 10 recruited, 8 participants completed the phase 2 study. All of them (n=10) were able to perform most of the sukshma vyayama, pranayama and meditation technique. Some of the participants (n=3) experienced difficulty in performing postures

seated on the ground. Most of the older adults experienced difficulty in remembering & completing entire sequence of yoga based intervention independently.

Conclusion: The yoga based intervention is feasible in elderly with cognitive impairment. Pilot testing with larger sample of older adults is warranted.

YOGA PROGRAM FOR MILITARY PERSONNEL - A PILOT STUDY

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It is still a mandatory duty for young boys in some country that they are obligated to serve their country in the military. During the military training periods, soldiers often experience the difficulties of having leave their families and friends and be exposed to demanding and very strenuous physical and mental disciplinary practices. Many of the young boys find the military environment very hard to cope with and some of them undergo adjustment problems and emotional crisis. Often their beliefs are compromised, as a significant majority of them do not believe in war and violence. This causes the boys to experience stress and difficulty in coping with the stressful situations.

In such a stressful situation, it is essential that a balanced and effective coping strategy be adopted to buffer the trauma of the hardships of military life. In that context, it may be relevant to cite the beneficial role of yoga practices in mitigating stress, boosting immunity and preventing illnesses. Several landmark studies have established that yogic practices play a very

beneficial role in significantly reducing stress, creating a positive self-image, giving better control over the emotions and also reducing depression. In addition, the integration of a systematized practice of yoga helps to improve cognitive skills, decision making abilities as well as memory and performance on tasks. It is proposed that a pilot study be undertaken to explore the idea of introducing an integrated yoga program for the young recruits in the Korean Army to help them to adapt to the Military Training Program further.

Key words: Yoga, stress, depression, military

ROLE OF SARVANGASANA IN MANAGEMENT OF KHALITYA ROGA

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Hair loss is the most common ailments in men at any age. Some amount of hair loss is normal every day. However, excessive hair loss or unusual hair thinning can be a symptom of a disease. Excessive hair falling is called alopecia in medical terminology and khalitya in ayurveda. To get results in excessive hair falling, I did work in sarvangasana for two months.

Sarvangasana improves functions of brains due to fast supply of blood towards the brain. As the blood flows into the roots of the hair; this prevents the fall of hair.

Key words: excessive hair falling, hair loss (khalitya), sarvangasana.

WHAT IS ASTANGA YOGA?

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Astanga yoga deals with eight aspects, divided into two parts. Each part is made up of four aspects. The first four aspects are yama, niyama, asana and pranayama. The second four aspects are pratyahara, dharana, dhyana and Samadhi.

The first four aspects deal with the control of the physical body, the mind, the breath and the nervous system, which makes a man physically strong

The second four aspects deal with making the soul strong. In the second aspect the soul becomes strong, and since soul is energy, the energy of the soul becomes strong. The soul is the prime mover of the body. Since it is energy, it cannot be created, nor destroyed. As such there are two parts in the physical body, the destructible body and the indestructible soul. The destructible body dies. The indestructible soul is the cause of rebirth. If the soul is stronger, the man is stronger. Hence, if one is interested to take birth as a strong human being, veda has an answer.

Hence the answer of the yoga is to make the physical body strong for this life through the first four aspects called yama, niyama, asana and pranayama. This becomes the base for furtherance of strengths not only for the present life, but also for life to come. This is achieved through pratyahara, dharana, dhyana and Samadhi.

The important aspect of astanga yoga is an internal journey. The journey cannot be done without a force. The various forces which play a pivotal role in the body are called mantra. Hence, the dhyana which is the important aspect of an internal journey in which we donate (dhan) energy and also make an internal journey (yana), is called dhan+yana=dhyana. Hence doing yoga i.e., pranayama which is

a vehicle for carrier of energy called mantra without which the dhyana is not possible. Hence doing meditation without mantra is meaningless. Hence, how the mantra is to be taken in with the pranayama called viniyoga is lost in the yogic scriptures.

The paper explains in brief the various aspects of astanga yoga and adaptation called universal dharma.

YOGA, A SUPER SCIENCE

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Yoga is a branch of visualization. Through this visualization the Vedas were seen. As such the veda is a darshana. The darshana has come from yoga. Can any person who does yoga be able to see Vedas? Let us understand what Vedas are.

Vedas are visualization which was seen by a man who is in transcendental meditation. Transcendental meditation means is to take the mind along with the jnanendriyas, karmendriyas and the intellect which works at velocity of light to work beyond velocity of light. This we call it atindriya jnana or crossing the barriers of velocity of light, defeating the concept of time, and to be in the past, future at present. This we call it as trikalagnana. Under such extraordinary circumstances, the Vedas were visualized. Hence the yoga is for darshana; to know the past, present and future.

If we have to know the past present and future, we have to move beyond the velocity of light. If we have to move beyond the velocity of light,

the energy of the particles must be very high. As we are aware, the indriyas are particles of matter, mind is particle of matter, and buddhi (intellect) is also particle of matter. To have darshanas, integration of the above is a must. Not only the integration, but also the particle gaining that velocity is also important. Hence yoga is a process of integration called samyukth. The integrated particle has to be fired with an agni to reach velocities beyond velocity of light. At this point of juncture, the Vedas were realized, and the knowledge of the universe known to us whether it is past or present.

The particle is a state of matter. The strength which accelerates this integrated matter is energy. Hence yoga is to be dealt not only at the material level, but also at the energy level.

Without purifying the matter, the matter can't gain additional energy. As such if a particle is to be accelerated beyond velocity of light, the particle must be in its purest form. Hence the integration, gaining velocity, defeating the concept of time comes only after purification of matter. The word purification of matter means that there are impurities. The impurities come on account of food and corrupt mind. If impurities are to be removed from the food, the food coming from agriculture is the elder brother (agraja) and that culture is agriculture. Hence the first aspect of yoga is agriculture. The second aspect of agriculture free from impurities called organic farming. Two: diagnosing the impurities is a must, without which entire aspect of the yoga cannot be realized. Three: Diagnosing impurities and making the matter in the human body pure called material science is to be adopted. Last: the velocity of the particle which forms the darshana, realized from yoga, and hence yoga is an energy science.

Finite and ultimate energy cannot be realized

without purity of matter. Hence this paper gives the aspect of the base of the yoga which is an energy science, which cannot go beyond velocity of light without purifying the matter.

IMMEDIATE EFFECTS OF *SHIRODHARA* ON STATE ANXIETY AND BLOOD PRESSURE AMONGST NEUROLOGICAL RELATED STRESS PATIENTS

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Objectives: The present study emphasized if '*shirodhara*' can reduce state anxiety amongst neurological related stress patients and also study its immediate effect on systolic and diastolic blood pressure too.

Method: The study design was single time pre-post experimental. There were 27 patients diagnosed with neurological related stress problem in accord with Indian Ayurvedic System of Medicines. Seventeen patients treated with essential medications were excluded from the study in order to test the influence of '*shirodhara*' explicitly. Ten patients who were completely abstained from any medication comprising (n=5 males) (35 ± 7.62) and (n=5 females) (39.8 ± 5.36) were included in the study for the purpose. The assessments were (i) systolic and diastolic blood pressure measured with non-invasive sphygmomanometer (ii) state anxiety assessed with Spielberger's 20-item questionnaire. Total time duration of '*shirodhara*' intervention was thirty minutes. '*Shirodhara*' technique involved dripping warm tolerable *shribala* oil while messaging the scalp gently. Data was analyzed



with paired t-test in SPSS 18.0 version. All had signed informed consent form. The study had approval of ethics committee meeting.

Result: There was significant decrease in state anxiety by (13.59 %) ($p < 0.05$), systolic blood pressure decreased significantly by (4.18 %) from (131.5 ± 18.72) to (126 ± 15.42) ($p < 0.05$), diastolic blood pressure decreased insignificantly by (0.56%) from (89 ± 13.70) to (88.5 ± 10.01) ($p > 0.05$).

Conclusion: Further studies can be enhanced to investigate long period effects of '*shirodhara*' on state trait anxiety and blood pressure with a larger sample size.

PRANIC HEALING - AN OVERVIEW OF IT'S CLINICAL APPLICATIONS

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Pranic Healing has been practised for millennia in India as Prana Vidya and in China and Japan as either internal or external Chi kung or Qi gong. This particular form of energy medicine has been used for the treatment of many clinical conditions with remarkable success. Research done at some of the well-known medical research institutes have shown evidence that regular practice of Qigong can cause specific changes in gene expression and cellular function. It has been observed that Qigong practice can enhance gene transcription, both for stress reduction as well as better functioning of the immune system. There currently exists a significant body of well documented and validated research on the effects of Qi or Chi energy and the impact of Qigong practices on the mind and body.

However, when it comes to Pranic Healing,

there's a lacunae in terms of published clinical research. This paper explores the many different applications of Prana Vidya in the treatment of refractory and difficult to treat clinical conditions. Besides, it provides an overview on key concepts in Pranic Healing and also attempts to provide a rationale for how Pranic Healing works.

The paper also introduces Twin Hearts Meditation and Superbrain Yoga, two practices that have become an integral component of Prana Vidya. Twin Hearts Meditation is a unique meditation practice that is focussed on blessing the earth with loving kindness and peace. This meditation practice was reintroduced to the world by Grand Master Choa Kok Sui, Founder of the World Pranic Healing Foundation and Institute for Inner Studies in Manila under the guidance of his teacher MahaGuruji Mei Ling. It is a meditation practice that has become an important global movement for world peace. Superbrain Yoga is a simple yoga practice that has become popular for its' ability to improve cognitive abilities in school children. Studies have shown that when Superbrain Yoga is practised regularly by students in school, it reduces stress and improves behaviour, enhances learning and significantly boosts academic performance.

AN ANALYTICAL STUDY OF MARMA SIDDHANT IN YOG THERAPY

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Yog therapy is a way of Rishi chikitsa and not a newly founded therapy. Yamas, Niyamas, Asana, Pranayama, Dhyana, Mudra, Bandha

and Satkarma are all parts of this therapy. Based on several principles Yog therapy provides holistic health to every individual. Such as the principle of mental state, principle of Marma, principle of Tridosha, principle of diet, principle of exercise, principle of chakras, principle of Panchamahabhootas, etc. Among all the above principle, the principle of Marma is one of the very significant, subtle and scientific. In addition, this principle also links Yog and Ayurveda but it has been felt that the scientists of Yog pay less attention to this principle. i.e. in this research paper extensive light has been thrown on this Marma principle of Yog therapy mainly asana and pranayama.

Key words: Yog therapy, Rishi Chikitsa, Holistic health, principles of holistic health, Marma principle.

JALA NETI AND SMOKING

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JalaNeti, or nasal cleansing using warm saline water, is being practised by the Yogis for both physical as well as spiritual benefits. Neti is excellent for those trying to give up smoking. JalaNeti helps to purify the nasal capillaries which carry the gases in the blood which the brain analyses with each breath. The smoker inhales the toxic smoke through the mouth which makes the olfactory nerves unable to sense the presence of chemicals in the inhaled air.

The only time when the olfactory senses get any indication of smoking, is if the smoker exhales through the nose, in which case, the spent smoke is much less potent since the lungs have

absorbed the desired chemicals.

This exhalation through the nose actually traps even more of the smoke particles in the mucous lining on the way out, which then run backwards and are swallowed. The result is a mixture of cigarette by-products in the stomach.

Response of the nasal mechanisms and the brain to cigarette smoke:

When the cigarette filter is introduced into the nose and drawn in, the body's natural reaction would be massive head spin, vomit or faint. Such is the true response of the nasal mechanisms and the brain to cigarette smoke entering the body. So for a smoker, wherever there is cigarette smoke in the air, the brain adjusts the psyche and the physiology to what it is normally accustomed to and the addiction is maintained.

But if the nasal passages have been reprogrammed by Jala Neti on a regular basis to smell properly so that one can identify good clean air, the brain sends a message of revulsion to the mind. Due to this, the smoker will be less interested in the cigarette at an unconscious biological level and can sometimes even feel nauseous in the presence of cigarette smoke.

These mechanisms of nature's design are there to ensure that all gases should enter the body through the nose, and that only liquids and solids should enter via the mouth. That is the greatest trick of smoking and the single strongest reason why it is so hard to give up. The brain has no defence against it.

Neti re-sensitises the nose to the actual pollution of ingesting smoke, thereby de-programming the brain of the physical and psychological addiction



LESSONS FROM THE YOGA SUTRAS TO HUMAN LIFE

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This paper focuses on the philosophical basis of Yoga in general and Yoga sutra's in particular. Sutra's have a magical value and are used as Mantra's because they awaken information in the 8 steps deal with the whole human being: emotional, moral, physical, mental, and it is impossible to make man develop properly if you take only one or some of the steps and leave some of the others out.

The Yoga Sutras are the answers of all the worries of the world today. The paper also focuses on the importance of Yoga as the tool of modern living, and should be incorporated into daily life. The shift from the industrial age to the consumer age has been so fast for many societies to make appropriate adjustments. Indian society, in particular, has still to come to grips with this change due to its various culture and socio-economic differences. The world tends to become more impersonal and remains more materialistic. In the crossroads of culture, we find crises of values, trust and confidence. It is a crisis in our civilization, despite its advances. Man has lost his bearings and is solely motivated by material goals. The only purushartha is success and survival. Yoga takes a holistic view of human existence and the universe.

This paper also attempts to show the importance of Yoga sutras as the basis of all other purusharthas and how these can be practiced in today's world. Restoring faith in idealism and spiritualism, life can be turned into a celebration from being merely enjoyed The

practice of the yogic techniques will not only help one to identify and decide the real nature of the mind but also help in keeping the mind at ease. In short, Yoga suggests a number of ways to achieve a calm and peaceful mind.

DOES MODERATE HOME-BASED YOGA EXERCISES INCREASE VO2 MAX (AEROBIC CAPACITY) ?

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Background: There is a belief that, moderate home-based yoga (MHY) exercises replace conventional aerobic activities in increasing aerobic capacity. Current study examines the effect of 30 min MHY among the young adults.

Methods: Twenty-five fit army soldiers (24-30y) volunteered for the study. Fifteen sedentary males (clerks aged 24-32y) volunteered as a control group. Cosmed K2 telemetry system was utilised to measure their Oxygen uptake & heart rate (HR) during prescribed activities for the above groups. The study group (yoga group) performed 10 yoga asanas for 30 min (5 sessions a week for 6 weeks). Control group undertook brisk walking of 30 min with a target HR of 50%-70% of heart rate reserve (5 sessions a week for 6 weeks).

Results: At the end of 6-weeks, the aerobic group has increased O₂ uptake significantly ($p < 0.005$) but there were no significant improvements in oxygen consumption in the yoga group. However, yoga group reported better subjective feelings of relaxation.

Conclusion: Thirty minutes of home-based

yoga exercises could not increase their Vo2 max significantly in males. To achieve improvements in Vo2 max, conventional aerobic activities with correct intensity are important. It is better to combine good aerobic exercise with yoga to maintain good health

YOGIC INTERVENTION IN CARDIAC DISEASES

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Yoga for heart disease is one of the most effective treatments in terms of lifestyle and physical fitness. It has an undeniably effective role in minimizing the risk of cardiovascular disease and lowers the risk of heart attacks, coronary heart disease, and hypertension. It has a direct influence on the hypothalamus, which controls endocrine activity, helping prevent attacks. Indirectly too the lifestyle that yoga promotes is one that is conducive to heart health, as it reduces stress, promotes relaxation, and improves the various bodily functions. For this reason many health care providers recommend yoga for heart patients. Heart disease has become a sign of our modern times and is in fact the leading cause of death. This is a largely psychosomatic problem triggered by unhealthy lifestyles, faulty diets and general negativity and stress. The relationship between the mind and body cannot be understated as our emotions and thoughts have a marked effect on physical health. This relationship is most notable with heart disease.

Yoga being a holistic discipline does not just focus on one area of the problem but

takes a dynamic approach addressing both physical and mental health. A yoga session involves the practice of physical postures or asanas, pranayama, and meditation. Just as physical, mental, and emotional or spiritual health are inter-dependent, the practices of yoga also work in a synchronized manner and are not meant to be practiced in isolation. Diet also plays an important role in minimizing the complications of cardiac diseases.

Detailed explanation will be presenting in the conference paper presentation

Key words: Yoga, cardiac health, Asana, Pranayama, Stress

PHYSIOLOGICAL MARKERS OF STRESS AND RELAXATION RESPONSE

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Stress is body's programmed response, to any physical or mental demand placed on it (eustress/ positive/necessary or a distress/ negative/unhealthy). Stress response is continuous, greatly developed neuro-chemical regulatory mechanism, comprising the general adaptation syndrome involving, a primary alarm response followed by adaptation and concluding in exhaustion. The restoration is through an integrated hypothalamic, physiologically complementing relaxation response. The Sympathetic and parasympathetic divisions of the autonomic nervous system having opposite functions maintain the body's homeostasis. The variables reflecting the activity of these two subdivisions are: (a). heart rate variability, measures beat-to-beat variations



in heart rate and is a favorable marker being based on the evidence that the heart, the limbic and autonomic nervous system are linked and the availability of techniques to easily elicit the signs of increased sympathetic or reduced parasympathetic activity through its spectral analysis. (b). finger plethysmogram amplitude, measures the peripheral cutaneous blood flow and in turn the sympathetic vasomotor changes. Decrease in the amplitude indicates peripheral vasoconstriction due to sympathetic arousal. (c). galvanic skin resistance, one of several electro dermal responses as a result of interaction between environmental events and psychological state is controlled by the brain via the autonomic nervous system and it reflects changes in the sympathetic nervous system. Increase in skin resistance implies relaxation, and a decrease implies stimulation. The respiratory rate is the number of breaths per minute with the rate increasing in exertion/ certain medical conditions and decreasing in relaxed states.

Repeated stress sooner or later hampers the immune system leading to serious consequences in the long run, ranging from hypertension to autoimmune diseases and even cancer. Thus screening the stress levels in the body by measuring these physiological markers said in greater protective and preventive clinical benefits and significantly contribute to the acquiring and maintaining of superior health states.

AQUA YOGA

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Aqua Yoga is a series of yoga exercises done in water that combines the therapeutic and afloat nature of water with the stimulating

and balancing of body work, performing yoga poses in thermal water. It is also known as anti-gravity yoga. As it is having Buoyancy media, practicing of Asana in water is therapeutic experience. Purpose of aqua yoga enhances flexibility, static balance, strength, relaxation, improves postures, diaphragmatic breathing and long exhalation enhances sense of body awareness. Aqua yoga takes the principles of movements of yoga and adopts them to the thermal water environment with the release of gravity the body is able to stretch, Improves the blood circulation, Strengthens and tone the body whilst relieving tensions and renewing energy of the joints, muscles, chronic back pain can benefit enormously which Strengthens gently, increases flexibility, improves posture, spinal awareness and other musculoskeletal system, by using the rhythm of the breath as inner sense of relaxation can be achieved and Rejuvenates your mind, the body and the emotions. The buoyancy of water can reduce your "weight" by about 90 % with escape of the vicious cycle through low-impact, which reduces stress on joints and connective tissues. Aqua yoga for healing it can build awareness of your body if you go as far as is right for you as beneficial for those with many medical problems mainly Joint problems, like arthritis, rheumatic diseases, Osteoporosis where you don't put strain on the joints as they would on land and many of the asanas and exercises will increase synovial fluid production, which improves the lubrication of the joints, ease the pain of fibromyalgia, Varicose veins, Anti-natal, the hydrostatic pressure is beneficial for Aqua Yoga breathing. The pressure of the water on the chest wall resists muscles that expand the chest for breathing. In this way, these muscles are strengthened and can more efficiently expand the chest helps respiratory and heart disease

in rehabilitation. Benefits aquatic therapy is recognized for the Neurological problems. Precautions & Contraindications should be taken care. Hence aqua yoga can be promoted as a major intervention to treat various disorders.

CONCEPTS OF ASANA ACCORDING TO CLASSICAL TEXTS

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In 3000 BC at the Indus valley Statues and paintings represents the lord Shiva, in various meditation and asana poses. The Sanskrit word 'asana' comes from the root 'asi', which means, 'to be'. Literally, the word asana means 'a state of being'. It was found that the Asana in the ancient scriptures explains the physiological benefits and limitations are similar in different texts but slokas are explained in different ways. Gheranda said the postures are as many in number as there are number of species of living creatures in this universe. Among these some postures have been found useful for mankind in this world helps in destroying all sorts of diseases, giving psychic powers to yogi and it destroys the effect of deadly poison. Shiva Samhita explains the secret asana is the greatest on the earth merely by thinking of it the yogi is freed from sin. The breath of the wise yogi should practice this excellent asana every day is sure to travel by rearward path. The wise yogi should practice pranayama using the asana. The sage Patanjali states the eight "limbs" or steps prescribed in the second pada are *Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi*. According to that an asana should be understood, practiced and experienced with firmness, steadiness and endurance in the

body, good will in the head and awareness and delight in the heart, the performance should be nourishing and illuminating. In the 6th century BC, Lord Buddha's influence brought the ideals of meditation, ethics and morality to the fore and the preparatory practices of yoga were ignored. Matsyendranath an Indian yogi sage soon realized the limitation of the view and taught that before taking to the practices of meditation, the body and its elements need purifying. Around 200AD Swami Swatmarama wrote the *Hatha Yoga Pradipika*, Being the first accessory of Hatha Yoga, provided the first textual evidence of asana, explains as salutation to Adinatha (Siva) who expounded the knowledge of Hatha Yoga, which like a staircase leads the aspirant to the high pinnacled Raja Yoga. It should be practiced for gaining steady posture, health and lightness of body.

EFFECT OF HIGH FREQUENCY YOGA BREATHING ON AUTONOMIC FUNCTIONS & ENERGY EXPENDITURE

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Background: Earlier studies on high frequency yoga breathing (HFYB) support the hypothesis that changing the respiratory rate can alter the cardiovascular rhythm. In these studies HFYB was practiced at the rate of 2 Hz. Two studies were conducted to assess the effect of HFYB when practiced at the rate of 1 Hz on heart rate variability (HRV) and energy expenditure.

Methods: In study 1 the effect of HFYB on HRV was assessed on 38 male volunteers with group average age $\pm$ S.D., 23.3 ± 4.4 years and in study 2 the effect of HFYB on energy expenditure was



assessed on 47 males with group average age $\pm$ S.D., 23.2 ± 4.1 years. Both studies followed the same design and have breath awareness (BAW) as the alternate intervention. In both studies each participant was assessed on two separate days and the sequence of intervention was reversed for alternate participants. Each session lasted for 35 minutes, with three epoch i.e., pre (5 minutes), during HFYB or breath awareness (15 minutes) and post (15 minutes). HRV was measured using a two channel polygraph and energy expenditure (EEm), energy derived from carbohydrate (CHO_{kc}) and fat (FAT_{kc}) were assessed using an open circuit oxygen consumption analyzer. Repeated measures analysis of variance (ANOVA) followed by *post-hoc* with Bonferroni adjustment were done to compare during and post data with pre data using SPSS version 18.0.

Results: A significant decrease in NN50, pNN50 and the mean RR interval during and after HFYB and after breath awareness when compared to the respective pre values ($P < 0.05$) in study 1. In study 2 there was a significant increase ($P < 0.001$) in EEm and CHO_{kc} during HFYB compared with pre. When post HFYB was compared with pre HFYB, CHO_{kc} reduced significantly ($P < 0.001$) and FAT_{kc} increased significantly ($P < 0.001$).

Conclusion: Results of study 1 suggest that there was reduced parasympathetic modulation during and after HFYB and results of Study 2 suggest during HFYB there was an increase in energy expenditure with carbohydrate as the

primary source of energy.

EFFECT OF INTEGRATED YOGA TECHNIQUES IN MULTIPLE SCLEROSIS PATIENTS WITH NEUROGENIC BLADDER DYSFUNCTION

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Background: Multiple sclerosis (MS) is an inflammatory, demyelinating, neurodegenerative disorder of central nervous system, where neurogenic bladder dysfunction (NBD), is one of the common symptom which limits social contact. Yoga is one of the known complementary and alternative medicines which have proven its efficacy in balancing autonomic nervous system.

Methods: The study was conducted at KWA-Klinik Stift Rottal in Bad Griesbach Germany, specialized in MS rehabilitation. It was an open pre-post, with 11 participants [(1 male, 10 female) mean age 46.7years, duration of illness 17.2 years] who satisfied both McDonald's diagnostic and inclusion, exclusion criteria. Yoga intervention included loosening exercises, breathing exercises, alternate nostril breathing (*nadi shuddhi pranayama*), pelvic floor exercises (*Moola bandha*), forced nostril breathing (*Kaphalabhati*) and deep relaxation technique. Participants were assessed at baseline and after 21 days.

Results: Paired sample t test showed significant improvement in micturition checklist (25%, P

<0.05), post void residual urine (62.34%, $P < 0.05$), Incontinence Impact Questionnaire-7 (33.2%, $P < 0.05$), Uro-genital Distress Inventory-6 (26.2%, $P < 0.05$).

Conclusion: Results suggest yoga-therapy benefit MS patients with NBD. Further studies are recommended to strengthen the efficacy of intervention in terms of controlled design and larger sample size.

Key words: multiple sclerosis (MS), yoga, neurogenic bladder dysfunction (NBD), post void residual urine.

YOGA AND STRESS MANAGEMENT

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According to National Mental Health Association, 75-90% of visits to physicians are stress related. Stress is a normal occurrence in life; even useful because it prompts one to take action. This is positive stress. Stress for long periods causes many psychosomatic diseases. Modern man in the search of happiness in the contest of becoming more competent acquires tremendous stress. Studies show that yoga provides organized mental & physical training stimulation, inputs to the nervous system (meditative practices), sensory system, respiratory system (breathing), cardiovascular system, autonomic nervous system. There is towards homeostasis with shift towards activation of parasympathetic nervous system and stress reduction. Thus, can yoga be the answer to stress-induced ailments? Research found that practice of yogic asanas and pranayama leads to reduces sympathetic activity shifting autonomic balance to parasympathetic preponderance. Stress has become major subject of study related to yoga research. Many studies found that job

stress influences the employees' job satisfaction and their overall performance in their work. In fact, modern times have been called as the—Age of anxiety and stress. Several study measures are part of modern psychophysiology including measures of brain activity such as ERPs, brain waves (electroencephalography, EEG), fMRI (functional magnetic resonance imaging), showed significant changes in skin conductance (skin conductance response, SCR; galvanic skin response, GSR), cardiovascular measures (heart rate, HR; beats per minute, BPM; heart rate variability, HRV; vasomotor activity), muscle activity (electromyography, EMG), changes in pupil diameter with thought and emotion (pupillometrics). Studies on SMET (Self Management of Excessive Tension) and Cyclic Meditation developed by SVYASA shows significant result in the above variables. There is a positive correlation between managers and stress but research establishes a negative correlation between yoga and stress. Many research papers shown that yoga plays a major role so far as management of stress concerned. By regular yoga practice managers can have balanced work life. As Bhagvat Geeta rightly says '*samatvam yoga ucyate and Yoga karmasu kausalam*' by practicing yoga and adopting yoga way of life managers can achieve excellent in action which is the goal of each manager in the field of management.

COMPLEMENTARY AND ALTERNATIVE MEDICINE IN TYPE-2 DIABETES MELLITUS

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Type 2 Diabetes Mellitus (T2DM), the seventh leading cause of death, is a biggest challenge



for mankind. Despite of fascinating advances in pharmaco-therapeutic agent offering various oral hypoglycemic agents and insulin formulation, the prevalence of T2DM is growing every year. Complementary and Alternative medicine (CAM) as classified by the National centre of Complementary and alternative medicine (NCCAM) have documented various positive results in the management of T2DM. Whole ancient medical systems like Ayurveda, Siddha, and TCM etc use natural herbs, which are either used as a single drug therapy or in the form of formulations by combining two or more herbs depending upon principles of respective medical system. Studies done on these herbs viz. *Momordica charantia*, *Trigonella foenum-graecum*, *Cinnamomum verum* etc prove their immediate and long term effect on T2DM. Whereas mind body intervention like Yoga and Acupuncture were also found to be beneficial in decreasing the stress levels and side effects of T2DM. As a result of these positive results, several surveys say that a large number of physicians are either referring to or practicing some of the more prominent and well known forms of CAM as they believe that these therapies are useful and efficacious.

The concepts proposed and used in treating diabetes by these whole systems of medical practice (that are kept alive by CAM practitioners round the globe for thousands of years) appear very mysterious to the present day biomedical practitioners. These models of therapies seem to have evolved through several phases of internal research just like the present day drug trials that go through 4 phases of intensive statistical evaluation. It appears that today's scientists need to follow the footsteps of research used by the ancient seers of TCM, Ayurveda, Siddha, Yoga or Homeopathy to

unravel these mysterious theories.

We, at S-VYASA University are involved in generating evidence not only for the efficacy of these holistic systems but also in carrying out systematic research by biomedical scientist who have the knowledge of both the western and eastern sciences.

STATE ANXIETY IN PATIENTS WITH MRI PROVEN HERNIATED LUMBAR DISC: A RANDOMIZED CONTROL TRIAL

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Objective: The aim of the present study was to assess the effect of yoga on the level of state anxiety among patients with MRI proven herniated lumbar disc.

Method: Twenty-two participants with ages between 20 and 45 years were randomly assigned to yoga and control groups using a random number table. In the yoga group, there were eleven participants (5 males and 6 females) of both sexes (group mean $\pm$ S.D., 38 ± 5.31 years) and in the control group also; there were eleven participants (5 males and 6 females) of both sexes (group mean $\pm$ S.D., 36.82 ± 6.21 years). Participants of both groups were staying close to a residential yoga center located in north India. All of them had herniated lumbar disc based on a MRI taken pre-assessment. The level of state anxiety was measured using Spielberger's State Trait Anxiety (STAI). Assessments were done before and after three months of intervention.

It was a randomized controlled study. Participants of the yoga group practiced *asanas* and *pranayamas* in the morning (08:00 - 09:00 hours) thrice in a week for three months. For the rest of the week, they were practicing yoga at home. Follow up was by telephone and they maintained a diary. For the control group, no intervention was provided. The pre-post data of the yoga group and the pre-post data of the control group were compared using the t-test for paired data of both groups.

Result: The yoga group showed a trend of decrease in the level of state anxiety.

Conclusion: Yoga practice under supervision can reduce the level of state anxiety in the patients with a herniated lumbar disc.

Key Words: Back pain, State Anxiety, Yoga, MRI

EFFECT OF TWO YOGA-BASED RELAXATION TECHNIQUES ON MEMORY SCORES & STATE ANXIETY

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In fifty-seven male volunteers (group average age $\pm$ S.D., 26.6 ± 4.5 years) the immediate effect of two yoga relaxation techniques was studied on memory [using sections of the Wechsler memory scale (WMS)] and state anxiety. All participants were assessed before and after (i) Cyclic meditation (CM) practiced for 23 minutes on one day and (ii) an equal duration of Supine rest (SR), on another day. The following components of memory were assessed using sections of the Wechsler memory scale (WMS),

i.e., (i) attention and concentration (digit span forward and backward), and (ii) associate learning. State anxiety was assessed using Spielberger's State-Trait Anxiety Inventory (STAI). There was a significant improvement in the scores of all sections of the WMS after both CM and SR, but, the magnitude of change was less after SR when compared to the change after CM. Also, there was a decrease in state anxiety scores after both CM and SR, but, the magnitude of change was less after SR. However there was no correlation between memory scores and state anxiety in either group. Hence, a cyclical combination of yoga postures and supine rest in CM improved memory scores immediately after the practice and decreased state anxiety, more than rest in a supine posture.

Key words: Yoga-based relaxation Wechsler memory scale State anxiety

CORTICAL TOPOGRAPHY DURING HIGH FREQUENCY YOGA BREATHING & BREATH AWARENESS

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Objective: The present study was conducted to assess blood volume, oxygen saturation and carbon dioxide levels in cortical blood vessels before, during and after high frequency yoga breathing (HFYB; *kapalabhati*) and breath awareness.

Method: The participants were 12 male healthy volunteers with ages ranging between 23 and 39 years (group mean $\pm$ S.D., 27.2 ± 5.8 years). They all were living in a Yoga and Ayurveda center in the north of India. Their minimum experience



of yoga breathing practice was 3 months with a range between 8 and 36 months (group mean $\pm$ S.D., 17.4 ± 10.2 months). Each person was assessed in two sessions i.e., *kapalabhati* and breath awareness. Two interventions were given alternatively to each participant. Each session lasted for 33 minutes where the first five minutes was for baseline recording (pre) followed by 15 minutes of practicing either *kapalabhati* or breath awareness and 10 minutes post recording. Optical topography using a functional near infrared spectroscopy sensor placed over the dorso lateral prefrontal cortex was used for assessment. Data from the sensor on the extreme left and the sensor on the extreme right were analyzed separately using t-test for paired data with PASW version 18.0.

Results: There was a significant decrease in oxy-hemoglobin on the left side in high frequency yoga breathing during and post compared to pre ($p < 0.05$). There was a decrease in deoxy-hemoglobin on the left side during breath awareness and an increase during HFYB ($p < 0.05$). There was a significant decrease in oxy-hemoglobin on the right side during HFYB ($p < 0.001$). The increase in deoxy-hemoglobin on right side during and post HFYB were significant ($p < 0.01$).

Conclusion: Oxy-hemoglobin levels decreased bilaterally during and post HFYB practice. This change might be related to an increase in attention following HFYB.

EMOTIONAL DISORDERS IN CHILDREN AND ITS' MANAGEMENT THROUGH YOGA

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Children may experience number of different

emotional disorders. Prevalence rates for all psychiatric disorders are 8.3% for preschoolers, 12.2% for preadolescents and 15.0% for adolescents. Nearly fifty percent of the children in those studies have emotional disorders. Emotional disorders include two broad categories of anxiety and mood disorders. Anxiety symptoms in childhood are taken into study. Children experiencing anxiety difficulties may demonstrate behavioral features like avoidance of feared activities, withdrawal (shyness), tantrums, tearfulness and cognitive features and also demonstrate somatic features like palpitations, stomachache, headache, breathlessness, nausea etc.,

A strong relationship exists between childhood behavior problems, delinquency, and later criminality. If left untreated children are at high risk for persistent social and emotional problems, underachievement, school drop out and ultimately delinquency. & also early identification and intervention with social and emotional problems can have a significant impact on the developing child in three major areas. First, brain development, important early relationships and experiences can positively affect gene role, neural connections, and the organization of the mind, having a life-long positive effect.

Medications that are used to treat emotional disorders in children and adolescents are particularly unstudied. Most of these medications have been tested on adults, but are not formally approved for use with children.

Yoga helps dampen the causes of anxiety within one's mind. The hormonal reactions in the blood are neutralized by determined and forceful self restraint. The shortness of breath, rapid pulses and heartbeats get soothed by steady but gradual supply of oxygen and reduction in

circulation due to yoga. One way yoga helps is to release energetic blockages that are called Granthis. When we release these blockages, our physical and emotional layers open and energy flows freely. This energy, called Prana, which is the essential life-force of all being. Yoga asana sessions include set of yoga asanas, Pranayama and Tratak meditation. Along with this Parenting methods should be screened and art of parenting is thought by taking special classes to parent's along with this psychosocial skills, play as therapy can be used to handle the condition in better way.

In this paper an attempt will be made to critically analyze the effect of various Yoga & Pranayama on emotional disorders in children with concrete evidences from contemporary researches and evidence based medicine.

FORGOTTEN ASPECTS OF YOGA

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Today, man is getting lost in this material world. The purpose of life has become aimless and just for name, fame and money. Does everyone choose a career today for the cause of self betterment? In ancient times, daily life included good hygienic diet, lot of physical work and also proper sleep. But today, all these are being sacrificed for one's own profession. If a person consumes sattvic diet, he is mistaken to be following it as a cure for some serious illness. People do asanas, exercises etc. just to maintain shape of their body and not as a step to human upliftment.

With this scenario existing today, there is another trend emerging among people, i.e., the fashion

of considering themselves to be following yoga. Although put forth by our great masters the ways to attain enlightenment, the focus now has been only over the dry procedures. One prays daily, says he's a bhakti yogi; the other, so good at philosophies, calls himself a jnana yogi; and so on. Does one ponder, what is YOGA in true sense?

Today's generation tends to be losing their path in the quest for the ultimate goal. It's a high time to recall the good old definitions of yoga – yogaha citta vritti nirodhaha and thaam yogam iti manyante sthiram indriya dhaaranam. It takes pain to say that yoga with a very much broader sense almost as a way of living is just brought down to a very narrow spectrum of asana, pranayama and to some extent dharana. Where did yama and niyama disappear?

It is only with the complete awareness and control of body and mind, one can be considered to be following yoga or adopting yogic lifestyle. Once entered into the path of yoga, each individual will automatically gain true health in a holistic way.

Keywords: materialistic world; ancient days; misconcepts; yama and niyama; yogic way of life.

SCIENTIFIC STUDIES ON YOGA AND MEDITATION: AN OVERVIEW

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Yoga and meditation an integral ancient Bhartiya (Indian) way of life, in the recent years, has become an intense subject of scientific research covering psychological, physical and biological fields. The psychologist are trying to case



study how the yoga and meditation improve the overall dexterity in a person; the physical sciences are in search of union between science and spirituality; while the medical science is engaged with the study of physiological changes that meditation brings, essentially, in the brain of the meditator. Due to dark ages and fanatic mysticism Bharat (India) has lost its royal holistic tradition of living; and modern scientific tradition had come to revive its glory by probing and correlating its findings with that extolled in the scriptures. With the advancement in the neurosciences, it is possible to 'peep' into the brain; to map it, and to understand its function. It has been observed that the 'Hamsa' seen during meditation by the advanced yogis is not just a mere fantasy but it is an objective reality; and has been recorded during the MRI scan. Studies, though spiritually speaking are strictly on the level of *annamaya kosha*, give a glimpse that what wonder yoga and meditation may do on the human being – to bring out deep rooted hidden divinity embedded in souls; in the transformation of a person's character by way of expansion of consciousness; on the extension – the society, the nation, and the world. There is an endeavor to correlate the affect of yoga and meditation on the meditators, and the persons who are not introduced to this discipline using various biomedical scientific techniques.

THE MANAGEMENT OF DIABETES THROUGH ASTANGA YOGA, ACUPRESSURE AND AYURVEDA

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Background: Diabetes, with its attendant acute and long term complications and the myriad of disorders associated with it, is a major health

hazard. In keeping with the scenario of most developing countries, India has long passed the stage of a diabetes epidemic.

The crude prevalence rate of diabetes in urban area is about 9% and that the prevalence in rural area has also increased to around 3% of the total population.

A treatment should be "Available, Accessible and Affordable" to all persons with diabetes.

My study reveals Yoga with Accupressure and Ayurveda, can give successful result in 50% of patients.

Astanga Yoga: Astanga Yoga is a technique for balancing the mind through mastery over the mind. In diabetes, this component of mind mastery contributes to stability of blood glucose level around normal values.

Acupressure: It is a nature cure system, which is an effective method which stimulates blood circulation and regular flow of bio energy to develop immunity against the various diseases like diabetes.

Through acupressure, the spleen, pancreas and stomach channels are warmed up, particularly acupressure points GB 34 and ST 36 on the outside of the leg and SP 9 and SP 6 on the inside of the leg. Additionally, shiatsu on back T9 and L2 near the spine stimulate the pancreas and spleen.

Ayurveda:

Drugs like Amlaki, Guduchi, Nimba can keep diabetes under control.

Results: My study reveals 50% of cases can be controlled successfully with the help of Yoga, Acupressure along with Ayurvedic drugs.

Conclusion: A lot of research works concluded that diabetes can be controlled cannot be cured. I got the same result in 50% of cases by implementing a multiple approach which will show an array to the field of research in forth

coming days.

YOGA AS A SOLUTION FOR PREGNANCY INDUCED DEPRESSION

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Background: The period of pregnancy and child birth involves a bunch of bodily changes which in turn acts as stigmata for psychological imbalance in the expectant mother. The hormonal interplay causes a variety of problems ranging from mild mood swings to pregnancy induced anxiety and depression. Most times this trauma is overlooked and the result is an irritated woman, a confused spouse and an emotionally disturbed offspring.

Studies show that women exposed to emotional stimulation in the first trimester end up in a premature labour along with increased chances of Pregnancy-Induced-Hypertension and a considerable Low Birth Weight. Experts say that the rate of behavioural and emotional problems like ADHD, autism, temper tantrums, depression is 2-3 times higher in children born to such women. The role of the endocrine system is also suspected to cause this abnormal behaviour, thereby paving way to augmented chances of impaired fetal brain development. The requirement of a satvik temperament during pregnancy has been stressed by the acharyas in the description of garbhiniparicharya. Every possible measure was taken by the elders in

those days to protect the satva of the woman and to keep her happy and content. But the current scenario doesn't favour the expectant mother. The nuclear family, decreased social circle, pressure at workplace and the hormone game makes her a helpless victim.

Method: The only solution to this disquieting issue is again hidden in the ancient Indian treasure box, "YOGA". The presentation will be an attempt to explore the scope of yoga in breaking the pathophysiology supported by an observational study among the pregnant woman enjoying the benefits of yoga in and around Bengaluru.

Conclusion: The inter relationship between vata and manas can be held in the right place by yoga practices. Specialised pranayama techniques and hata yoga can definitely save the woman of the trouble and also makes way for a healthy and easy delivery by regulating the movement of vata. Yoga as the optimum solution for pregnancy induced depression can be brought out for the benefit of the society.

Key Words: vata, manas, yoga, pregnancy, satva

EFFECT OF RIGHT NOSTRIL YOGA BREATHING AND BREATH AWARENESS ON ENERGY EXPENDITURE, TIDAL VOLUME AND VENTILATION

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Background: The present study was conducted to assess energy expenditure, tidal volume and ventilation before, during and after two selected yoga breathing exercises.



Method: The yoga group consisted of fifteen male volunteers with ages between 18 and 30 years (group mean age $\pm$ S.D., 20.93 ± 1.76 years). Their experience of the yoga techniques was a group average ($\pm$ S.D), of 13.3 ± 11.7 months. The second group consisted of another fifteen male volunteers with ages between 18 and 30 years (group mean age $\pm$ S.D., 21.9 ± 3.3 years). This was the control group. The participants in both yoga and control groups were assessed pre, during, and post intervention. The yoga group practiced two sessions i.e., right nostril breathing (RNB) and breath awareness (BAW) on alternate days. The control session involved eyes closed remaining with and normal breathing. Each session lasted for 38 minutes which was divided into 5 minutes before, 15 minutes (during), 15 minutes, after state. An open circuit oxygen consumption analyzer (Quark CPET, COSMED, Italy) was used to record the following variables i.e. tidal volume, ventilation, energy expenditure per min and energy expenditure per hour. Repeated measures analyses of variance (ANOVA) followed by *post-hoc* analyses with Bonferroni adjustment were done to compare data recorded during and after the two practices with data recorded before the two practices, using PASW Version 18.0.

Results: In right nostril breathing (During, and Post) there was a significant decrease in energy expenditure ($P < 0.001$) also in breath awareness there was a significant decrease in energy expenditure ($P < 0.001$), But not in the control group. In the control group there was a significant decrease in ventilation ($P < 0.001$).

Conclusion: Contrary to earlier studies, there results suggest that right nostril breathing reduces energy expenditure. Reasons for the differences are being explored.

EFFECT OF CYCLIC MEDITATION IN COGNITIVE TEST ANXIETY

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Test anxiety is a serious problem for many student populations. Hill and Wigfield (1984) projected that two or three students in a typical classroom are 'highly anxious'. Test anxiety among students has been negatively associated with Test performance, achievement of degrees and selection of occupations (Topp, 1989). Test anxiety programs have gained widespread acceptance and are used as intervention for students and persons in different stages of education. Cyclic meditation has improved selective attention, concentration, visual scanning abilities, and a repetitive motor response (Perceptual Motor Skills, 2007, 105: 379-85). A cyclical combination of yoga postures and supine rest in CM improved memory scores immediately after the practice and decreased state anxiety more than rest in a classical yoga relaxation posture (Shavasana). Thus it was hypothesized that cyclic meditation will have a significant change in reducing the cognitive test anxiety. The aim of this study was to determine the overall effectiveness of cyclic meditation on cognitive test anxiety. The subjects were divided into two groups. 28 students were included in Group I which was intervened with Cyclic Meditation along with counseling. The Control group had 26 students, who were intervened with counseling. The Cognitive Test Anxiety Scale, 27 instrumental developed by Cassady and Johnson 2002 was

used for testing the cognitive test anxiety. The scale has psychometric and theoretic evidence identifying it to be one of the reliable and valid measurement tool for examining cognitive test anxiety. Healthy students of age between 20-25 years, willing and able to participate for one month were included in the study. The Study was conducted for a period of 1 month. Results were assessed before the intervention and after the intervention. Results were analyzed with unpaired t test. The effect of Cyclic Meditation reduced the test anxiety score by 24.5 ± 3.2 (Mean $\pm$ SE) which was significant ($p < 0.05$).

Key words: Cyclic Meditation, Cognitive test anxiety

ROLE OF SHAT CHAKRAS IN TREATMENT OF POISONOUS CONDITIONS

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The scope of Yoga-Science is an Indian Heritage required right from the upanishads to the great sage Patanjali who has introduced in a most systematic and intellectual way in his book 'Patanjali Yoga Sutra'.

The term Yoga is derived from the Sanskrit word 'Yuja' which means "To Combine". Yoga combines soul and mind with the body. Yoga doesn't consider human body as a mere machine but as an absolute combination of self(soul), mind and body. Yoga is a science of Physical, Mental and Spiritual approach by which human being can achieve harmonious development of health of the body mind complex. Yoga means equilibrium of mind. The aims and objectives of Yoga is basically act on Nervous system i.e it establishes an equilibrium

between the sympathetic and parasympathetic Nervous systems through the Hypothalamic limbic system. The Yoga easily achieves control over mind which depends entirely on the Autonomous Nervous system.

The results are automatic; it is useful to control the nervous system particularly Autonomous Nervous system. Yoga is useful to reduce stress disorders, cardio-vascular disorders, Essential Hypertension, Respiratory system, prevention of Aging for the ideal way of living. So with the help of Mantras (sacred words) by using and chanting mantras these are going to create Aura and influence shat chakras of the body which are located on spinal column and they are responsible for physiological and psychological variations of the body respectively by the use of Mantras the spread of poison through vessels is to be blocked and the patient life saved.

YOGA AS A SOLUTION FOR PREGNANCY INDUCED DEPRESSION

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The period of pregnancy and child birth involves a bunch of bodily changes which in turn acts as stigmata for psychological imbalance in the expectant mother. The hormonal interplay causes a variety of problems ranging from mild mood swings to pregnancy induced anxiety and depression which is a definite predictor of postpartum depression. Studies show that



women exposed to emotional stimulation in the first trimester end up in a premature labor along with increased chances of Pregnancy-Induced-Hypertension and a considerable Low Birth Weight. The rate of behavioral and emotional problems like ADHD, autism, temper tantrums, depression is 2-3 times higher in children born to such women. The role of the endocrine system is also suspected here. Satvik temperament during pregnancy is the basic requirement of Garbhiniparicharya. The current scenario doesn't favor the expectant mother. The nuclear family, decreased social circle, pressure at workplace and the hormone game makes her a helpless victim. The only solution to this disquieting issue is again hidden in the ancient Indian treasure box, "YOGA". The presentation will be an attempt to

- i. explore the scope of yoga in breaking the pathophysiology of depression
- ii. Do an observational study among the pregnant woman enjoying the benefits of yoga in and around Bengaluru.
- iii. highlight various techniques of hatha yoga and pranayama suggested and practiced

Specialised pranayama techniques and hatha yoga can definitely save the woman of trouble and also facilitates a healthy and spontaneous delivery by regulating the movement of vata.

Key Words: yoga, pregnancy, satva

EFFECT OF YOGA ON PRAKRTI OF THE CHILDREN

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Background: Effect of Yoga on personality of the children and Trigunas has been proven. But

no studies are available on the effect of Yoga on tridoshas.

Objective: To study the effect of Integral Yoga module on the prakrti of children.

Method: The study was single group pre-post design. 30 children aged 8-12 yrs, selected from Maxwell public school practiced Integral Yoga module including Asanas, pranayama, nadanusandhana, chanting, games for three months. Ayurveda child personality inventory was administered before and after. Paired sample T-test was applied.

Results: Vata was decreased significantly. While, Pitta increased significantly. Though increase in Kapha was not significant.

Conclusions: Integral Yoga Module has a significant effect on the tridoshas in Children.

YOGA FOR MENSTRUAL DISORDERS

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"Nature" meant women to her master piece wrote John Ruskin. Her beauty, and grace as well as her soft nature bear witness to this. Women are soft, tender, flexible, and this makes her move with ease and grace and creator has favored women in making her body fit and suitable for yoga.

Yoga helps women to fulfill her tasks as well as to maintain her complexion Luster and femininity. She no longer needs cosmetics as proper blood circulation makes her skin glow.

There are 3 Milestones in a Woman's life, beginning with youth, passing through the middle age and ending in old age.

Since yoga is a Holistic approach to existing

health problems, it has become popular now a day. The integrated approach of yoga operates on different levels of existence. The newer research focuses on the role of yoga in creating a harmonious balance & affecting at neurological & endocrine level.

In this perspective, the set of yogic Asanas were introduced to women who were suffering from different menstrual disorders. Final results showed promising results with reduction in the severity of symptoms & can lead a stress free life.

EVALUATION AND COMPARISON OF SLEEP QUALITY AMONG MEDICAL STUDENTS AND YOGIC STUDENTS

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Sleep related disorders are recognized in a third of the western population. Sleep related disorders affect the mood, behavior, work and quality of life and pose several health problems, their recognition and treatment can help in improving the functional ability of the individual while preventing hypertension, psychological disturbances and accidents. From a behavioral standpoint, sleep is a state of decreased awareness of environmental stimuli that is distinguished from states such as coma or hibernation by its relatively rapid reversibility. Sleep plays an important role in normal development and everyday functioning, and sleep problems can lead to significant morbidity, such as behavior problems, depressive symptoms, more anxiety in adulthood, impaired neurobehavioral functioning, poorer child-

parent and peer relations, and hyperactivity.

Studies in the psychological literature have linked sleepiness and fatigue to decreases in vigilance, reaction time, memory, psychomotor coordination, information processing, and decision making. Practice of yoga by means of asanas, pranayamas and meditations help to induce sleep and relaxation. Yoga relieves stress and tension which is a common factor in sleep deprivation. Earlier studies on sleep deprivation in humans have described both, the functions of sleep as well as the effects of sleep debt. Sleep deprivation affects primarily cerebral cortical functions. Changes in brain activity in response to sleep deprivation have been registered using for example fMRI and PET. Changes in gene transcriptional activity in neuronal systems that control vigilance and sleep are known to contribute to the effects of sleep deprivation leading to reduction in arousal, which in turn can affect many aspects of human behavior. Mood alterations, impaired cognitive and motor performance and hormonal changes are possible sequelae of sleep deprivation.

Recent review of the effects of Mind based stress reduction techniques on sleep disturbance found some evidence associating improved sleep with increased practice of mindfulness techniques & practicing cyclic meditation twice a day appeared to improve the objective and subjective quality of sleep on the following night.

Because of potential serious effects of sleep disturbances, valid assessment of sleep habits in college students is essential. Hence, this study aims at evaluation and comparison of Quality of sleep among Medical and Yogic students, related to yoga practice.



PAINLESS TOOTH EXTRACTION BY JALANDHARA BANDHA YOGA

Vivek I

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Yoga and Ayurveda are the ancient science of Indian Wisdom. As a remedy now a days people are looking towards it for many of their ailments. Ayurveda not only deals with medical line of treatment but it also deals with surgical treatment. We get many references in Ayurveda regarding surgeries being carried out by Sushruta. Hence Sushruta is rightly called as "The Father of Surgery". He has done many surgeries like Laparotomy, Craniotomy, Cataract Operation, Plastic surgery, Haemorrhoidectomy, Painless Tooth Extraction etc. Though there was no Anesthesia in those days he used to carry out these surgeries by using some yogic procedure & by manipulating some Marmasthanas (vital points) in the body. One such example for this kind of surgery by yoga technique is "Painless Tooth Extraction by Jalandhara Bandha Yoga".

Tooth Extraction by Jalandhara Bandha Yoga requires No Anesthesia! No Injection! No Spray! No Antibiotics! & No Analgesics! It is purely a combination of Yoga & Ayurvedic Technique.

ASSESSMENT OF NEURO- PSYCHOLOGICAL OUTCOME IN COMATOSE PATIENTS BY MUSIC THERAPY AS A COMPLEMENTARY FORM OF TREATMENT

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Background: Assessment of Neuro-psychological outcome in patients with deep coma by complementary music therapy.

Methods: A prospective randomized case control study

Results: Faster recovery observed.

Conclusion: Music therapy is a valuable tool in treating comatose patients, improves outcome and quality of life by hastening recovery.

Description: Assessment of Neuro-psychological outcome in patients with deep coma, by provision of music therapy as an adjuvant treatment. A prospective randomized case control study with a 6 year follow-up was conducted in comatose patients along with music therapists. Patients in coma with a GCS between 5 and 8, secondary to cerebral trauma, intra-cranial tumors, infections, seizures, stroke, HIE and other metabolic disorders were included in the study. Initial treatment for primary pathology was performed in all cases and the music therapy sessions were started on Day 1. The type of music, raga and other intricacies were decided by the music therapist. Apart from variation in vital parameters, ECG, EEG changes etc., to a specific raga or tune, depending on the modality of the instrument, pitch, timber etc., early onset of recovery (3 to 6 months earlier compared to group not receiving music therapy) was observed in patients provided with music therapy apart from a better Karnofsky performance, Glasgow outcome scale & psychometric analysis. Music therapy is a valuable tool in treating comatose patients

and can improve and sustain the outcome and quality of life by hastening recovery.

A SCALE FOR QUANTIFYING UNMAADA SYMPTOMS

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Objective: This is a report on the development and initial standardization of a scale to measure the unmāda (psychosis) symptoms in patients with non-affective psychosis.

Design: Āyurveda unmāda scale (AUS) consisting of 68 items was developed based on the translation of the śloka's (verses in Samskr̥ta) describing unmāda and with the opinion from the experts viz., fifteen Āyurveda scholars and five each of Psychologists and Psychiatrists.

Setting/location: A private psychiatric nursing home, in Bangalore city.

Subjects: The scale was administered to 44 patients with non-affective psychotic disorders.

Result: Āyurveda unmāda scale is associated with excellent internal consistency (Cronbach's $\alpha = 0.8862$, split-half reliability $r = 0.7876$) and inter-rater reliability (Kappa values ranged from 0.828 to 1.000).

Conclusions: The symptoms of unmāda can be measured reliably by this scale in patients with non-affective psychosis.

Keywords: unmāda, psychosis, vibhrama, dimensions.

EFFECT OF TRATAKA INTERVENTION ON CONCENTRATION, MEMORY AND ASSERTIVENESS ON YOUNG ADULTS

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Now days there is an increasing interest in using nonpharmacological mode of treatment for ailments which are known to be caused by stress induced change in the mental state. More popular ones are Pranic /faith/aura healing, Yoga, acupressure, reiki, etc.

These treatments are not accepted by the medical community in India and elsewhere because of lack of methodical data and availability of research documentation.

Hence the rational ,the literature research is about Trataka as a purification process as prescribed by Sage Swatmarama (Hatha Yoga Pradipika). The experimental research measures the effects of Trataka practice on Concentration, Memory and Assertiveness on Young adults.

The scope of the study enables popularizing Yoga as the lifestyle intervention and as preventive therapy for the patients.

The experimental and control group samples were measured on the following:

- 1) Mental parameters: Focus & Concentration, memory
- 2) Emotional parameters: Assertiveness
- 3) Self assessment: Learning Diary

The intervention Techniques were,

- General lecture on Yoga-.30 minutes
- Purification-(Kapalabhatti-1.5 minutes or 100 cycles per minute)



- Preparation-(Nadishuddhi pranayama-2 minute or 10 rounds both nostrils)
- Brahmari Pranayama-2 minutes
- Trataka-15 minutes
- Silence & Resolution-1 minute.

The Trataka practice has positive effect in bringing focus and concentration, improving numerical and spatial memory. It suppresses the aggression, reduces stress and provides calmness and peace of mind.

Yoga therapy can serve the bigger purpose of preventive health care services and wellness of the individual.

WHAT IS LIFE, SCIENTIFICALLY?

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Diseases occur to human beings and also to other creatures. All the treatment systems invariably handle these people and living beings which has 'life'. It is, therefore, essential for us know 'what life is'.

'Life' was defined as: "Something which can be experienced in the body, which cannot stand separated from body and which disappear when the body is destroyed".

In this Isaac Newton Era of Holistic Science, it has been proved that the things are produced by (i) intelligence that directs the work of (ii) force, operating upon (iii) matter. Visible objects are produced, supported and maintained by three primary energies, viz. Gravitation, Chemical Affinity and Vital Energy. Based on this it can be concluded that (i) under the direction of the Super-intelligence (God), (ii) The Vital Force (one of the primary energy) acting upon the (iii)

organic matter produces the 'LIFE'. Then what is organic matter? In search of an answer to this, various researches were done by scientists. An analysis of the same would enable us to arrive at the latest position.

As far as the origin of life (or for that matter, the origin of any object) is concerned, there are two hypotheses: (1) at times, 'something emerges from nothing' and (2) 'something can emerge from something only'.

This paper explains in detail about various concepts including The Effects and Benefits of Microzyma Theory, and Theory of Fermentation.

Nature Cure system seeks to provide a congenial environment for germination and maintenance of life, such that only normal life processes take place in living beings.

EFFECT OF YOGA ON CARDIO - VASCULAR SYSTEM

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The objective of this paper is to know the therapeutic effects of yoga and to provide a comprehensive review of the benefits of regular yoga practice. As participation rates in mind-body fitness programs such as yoga continue to increase, it is important for health care professionals to be informed about the nature of yoga and the evidence of its many therapeutic effects. Therapeutic yoga is defined as the application of yoga postures and practice to the treatment of health conditions and involves instruction in yogic practices and teachings to prevent, reduce or alleviate structural, physiological, emotional and spiritual pain,

suffering or limitations. Yogic practices Promote muscular strength and body flexibility, improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

The three main focuses of Hatha yoga (Asana, Pranayama and Samadhi) make it beneficial to those suffering from heart disease. Overall, studies of the effects of yoga on heart disease suggest that yoga may reduce high blood pressure, improve symptoms of heart failure, enhance cardiac rehabilitation, and lower cardiovascular risk factors. The systolic and diastolic movements of the heart can also improve with the proper practice of yoga postures. Padmasanaconsiderably improves blood circulation. In this case, the pelvic region receives larger blood supply from the bifurcations of the abdominal aorta.

Now-a-days many diseases like diabetes, high B.P., high cholesterol, are prevailing at a higher rate. One of the traditional and effective methods to prevent these problems is yoga. This method only utilizes the meditation power of one's own thus no risk of side effects from any external agent. Cardiac (heart) disease and also arteriosclerosis (blood vessel degeneration) are the largest killers in the affluent segments of world society today every year. Many millions of people die from the complications of cardiovascular degeneration including hypertension, chronic heart failure, stroke (cerebro-vascular accident). In addition, many more experience the anguish of chest pains known as angina pectoris, which indicate cardiac strain in the activities of their daily life.

According to yogic science, recognition of the patterns and effects of the emotional states upon

the heart are absolutely essential for sufferers from cardiac strain or those recovering from a cardiac crisis. This is achieved through the practice of yogic relaxation, yoga nidra and meditations (dhyan). Mastery of a scientific technique of relaxation like yoga nidra is the most important first step in recovery from cardiac crisis through yoga. Meditation gradually instills peace, stability and increasing awareness into the life of the individual who is trapped in pain, fear, insecurity and emotional agony which accompany heart diseases.

YOGA FOR PREVENTION AND TREATMENT OF HIV

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HIV is a global health problem and one of the major health threats in India. Around 2.4 million people are currently living with HIV in India. India is in the grip of the HIV/AIDS epidemic. Prevention is a vital aspect of HIV management. The third stage of the National AIDS Control Programme (NACP-III) has a budget of around \$2.6 billion, two thirds of which is for prevention and one sixth for treatment.

In this study, recent research and ancient Indian literature are reviewed to devise yoga lifestyle modification strategies for prevention and treatment of HIV infection. The role of stress in the progression of HIV is then described where probable involvement of psycho-neuro-immunological axis (PNI) is highlighted. Yoga therapy is introduced and its effectiveness in terms of evidence in relevant area is reviewed. Further, the basic principles of Integrated Approach of Yoga Therapy [IAYT]



are described and depending on the potential mechanisms through which yoga therapy may act, both modern scientific research and ancient "scriptural" evidence are provided at all the five levels of existence (body, life force, emotional, intellectual and bliss) to design comprehensive evidence based yoga modules that may serve the purpose of prevention and treatment of HIV.

Conclusion: Yogic science with its fundamental lifestyle learning strategies can be a highly potent complementary tool to face the upcoming challenges in HIV treatment and prevention and thereby help overcome HIV epidemic in India.

EFFECT OF YOGA NIDRA PRACTICE ON HYPERTENSIVE OLD AGE PERSON

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The present study was attempt to explore the effect of Yoga Nidra on the aged hypertensive patients accordingly a group of 10 hypertensive patients with aged range 50-65 years were selected as a sample were tested before and after the session, 30 minutes a day for one month. For this regular screening of hypertension is done with the help of Sphygmomanometer. The result shows the significant effect of Yoga Nidra on hypertension. The obtained data were statically analyzed by using 't' ratio and 't' (systolic pressure)=3.25 ($p < 0.01$) and 't'(diastolic) = 4.76($p < 0.01$). The result showed that there was a significant changes after yoga session on hypertension compared to control group.

STRESS AND YOGA

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Ayurveda defines Health as "SAMDOSHA SAMAGNI SAMDHATU MALAKRIYA. PRASSANA MANN AATMA INDRIYAH SAVASTH UCHAYATTE." Today root cause of all diseases are vitiation of sariradoshas and manasdoshas -raja and tamas. Modern science defines it as stress factors. Tension is not a latest entity, little stress is needed to do daily works, but when it crosses limits it disturbs our mental as well as bodily health.

Occupational stresses and their types. Role of yoga to treat occupational stresses like in military life, student life, business life etc.

Causes of stress are ignorance, envy, competitiveness, ego, hatred, etc. Effects of yoga on body are strengthening of nervous system, it gives a positive energy, addresses problem by giving elasticity increases immunity, explanation of Panchmayakoshas of the body in detail, explanation of examples like-effect of meditation on water crystals, relation of yoga and spiritual life according to Indian philosophy. The word 'om' itself has lots of power, produces vibrations not only within but in the surrounding also, arises self consciousness, combines aatma and parmatma.

Conclusion-Yoga is storehouse of vital energy, it stretches physical, emotional, intellectual capacities. Yoga combines body-mind-spirit, in today's busy lifestyle, One need not search happiness in outer world, it is within you. By combining body with soul via yoga one can attain true and clear entity of intellect. Yoga is an experience of mental vacation.

Key words: Stress ,Causes of stress, Elasticity,Panchamayakosha

EFFECTS OF ISOLATED AND COMBINED TRAINING OF YOGIC PRACTICE AND PHYSICALEXERCISE ON SELECTED MOTOR FITNESS VARIABLES AMONG RURAL STUDENTS

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The purpose of the study was to find out the effects of isolated and combined training of yogic practice and physical exercise on selected motor fitness variables among rural students. To achieve this purpose of the study, sixty rural students studying in Sir Subbaiah Ambalam Matriculation Higher Secondary School, Karaikudi, Tamil Nadu, were randomly selected as subjects. The age of the subjects were ranged between 15 to 17 years. The selected subjects were divided in to four equal groups of fifteen subjects each. Group I underwent yogic practice, Group II underwent physical exercise and Group III underwent combined training group for five days per week for twelve weeks. Group IV acted as control that did not participate in any special training program apart from their regular activities as per their curriculum. Speed, Cardio respiratory endurance were selected as dependent variables. Speed and cardio respiratory endurance were measured

by 50 yards run and 9 minutes run and walk test respectively. All the subjects of four groups were tested on selected dependent variables at prior to and immediately after the training program. The analysis of covariance was used to analyze the significant difference, if any among the groups. Since, four groups were compared, whenever the obtained 'F' ratio for adjusted post test was found to be significant, the Scheffe's Post - hoc test to find out the paired mean differences, if any. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed that the selected dependent variables were significantly improved due to the influences of yogic practice and physical exercise among rural students.

Key words: Yogic Practice, Physical exercise, Speed, Cardio respiratory endurance, ANCOVA

SPECTRAL ANALYSIS OF DASHA SHANTI MANTRAS

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Background: The objective of the present study is to investigate the patterns of sound waves of the dasha shanti mantras.

Method: Three shanti mantras namely bhadramkarnebhiih, shannomitra and yaschandasm were selected and the recordings were done using software called Sound Forge 8.0 with the help of a sensitive microphone



attached to the computer.

Conclusion: Subsequently, it was found that female voice had more number of formants than male voice. Also, anudattas (low pitch) presented more number of formants than udattas (high pitch).

IMPACT OF TWO STATES OF MEDITATION ON ATTENTION: BASED ON ELECTROPHYSIOLOGICAL VARIABLES

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Background: Meditation is a self-regulated conscious mental training of attention which influences sensory and motor activities of the brain. The P300 has been one of the most studied components of the event-related potentials (ERPs) which is indicator of the cognitive and affective processes.

Aim: To assess the effect of four states of meditation [*canalata*, *ekagrata*, *dharana* and *dhyana*] on attentional processing based on electrophysiological variables.

Material and Method: The changes in peak latency and peak amplitude of P300 auditory event related potentials were studied on thirty male subjects within the age from 18 to 30 years ($M = 19.33$; $\pm SD = 2.56$) with a minimum experience of one year in meditating "OM" from Fz, and Cz, electrode sites referenced to linked earlobes. Each subject was assessed in four sessions, i.e. two meditation and two control sessions. The two meditation sessions were (i) *Dharana* (i.e. focusing on the symbol OM) and (ii) *Dhyana* (i.e. effortless single thought state

"Om") on other hand two control sessions were (i) *Ekagrata* (single topic lecture on meditation) and (ii) *Canalata* (i.e. random thinking). All four sessions were recorded on four different consecutive days and consisted of three states, i.e. pre, during, and post.

Results: The results indicate that the reduction in the peak amplitude of P300 at Cz after *Canalata* compared to "pre" values. The peak amplitude increases after *dharana* and *dhyana* at Cz site compared to pre values. The present results support that *dharana* and *dhyana* enhances cognitive processes underlying the generation of the P300.

CONSCIOUSNESS ACCORDING TO SHAD DARSANA

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In the quest of search for reality, human being is considered to be a complex entity which is a continuous bond between the Self (Consciousness), mind, ten senses along with the body. It is believed in the *Vedāntic* tradition that the mind, the senses and the body differ from the Self or Consciousness. We are able to perceive the world in the presence of consciousness, using the mind and the senses as medium. Thus the things are revealed by the mind as medium source, in the light of the Self.

To understand the true nature of consciousness, it is necessary to have some understanding of the six classical schools or systems of Indian philosophy. By critically analyzing and understanding consciousness from Indian Philosophical point of view, it is possible to get clear and complete picture of the path towards

the Self.

A GUIDE TO YOGA TEACHER EXPLAINING WHICH YOGIK KRIYAS AND ASANAS TO BE GIVEN IN DIFFERENT DISEASES

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I am a surgeon retired from ESIS hospital Mumbai. I am also a yoga teacher. As I know anatomy and physiology of human body, studied what anatomical and physiological changes occur in our body while practicing yoga that is why you don't get disease. Last 17 years while teaching yoga I also monitored the medical reports of the patients before yoga and after 3, 6 months of yoga practice. While studying this also started analyzing that which patient you can advise yoga and which patient should not be given yoga. As we tell asthma, heart attack can be treated with yoga then can we treat a patient of status asthmatics or a fresh case of Heart Attack patient with yoga.

I have studied what yoga can do in different diseases. System wise I have studied all diseases. I explain to the yoga teacher what the limitations of yoga are. I discuss system wise diseases, their signs and symptoms, common investigations and allopathic treatment in short, and which of these diseases we can treat with yoga. I explain which kriyas & asanas are to be given in particular diseases. I have delivered lectures on this topic at many yoga courses at different institutes. This is a good guide for yoga teachers. I also published a book on the same topic for local circulation.

Depending upon the time allotted I can talk on

respiratory, cardiovascular, digestive, skeletal & excretory system.

YOGA FOR TODAY

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Yoga an ancient Philosophy a science & art has its origin since the time of Vedas. Yoga is a boon to human life which was used by sadhaka's to achieve spiritual powers & also to attain Moksha.

Modern world which is fast developing in technologies which has made the life mechanical. In this regard there are multiple health problems which have no answer in the modern science. Yoga answer these life style related disorders in its own way & has given lot of peace to the sufferers.

With the growing popularity yoga has been modified in to different techniques without harming its original concepts. But in order to attract people it is modified in such a way that the whole concept is forgotten.

Yoga the treasure of Indian cultural, boon to mankind has to be conveyed to the younger generation with its original beauty. Therefore it is our prime responding to uplift the same.

A SCALE FOR QUANTIFYING UNMAADA SYMPTOMS

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Objective: This is a report on the development and initial standardization of a scale to measure the unmāda (psychosis) symptoms in patients with non-affective psychosis.

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Conclusions: The symptoms of unmāda can be measured reliably by this scale in patients with non-affective psychosis.

Keywords: unmāda, psychosis, vibhrama, dimensions.

WHAT IS LIFE, SCIENTIFICALLY?

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Diseases occur to human beings and also to other creatures. All the treatment systems invariably handle these people and living beings which

has 'life'. It is, therefore, essential for us know 'what life is'.

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Nature Cure system seeks to provide a congenial environment for germination and maintenance of life, such that only normal life processes take place in living beings.

EFFECT OF YOGA ON CARDIO-VASCULAR SYSTEM

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The objective of this paper is to know the therapeutic effects of yoga and to provide a comprehensive review of the benefits of regular yoga practice. As participation rates in mind-body fitness programs such as yoga continue to increase, it is important for health care professionals to be informed about the nature of yoga and the evidence of its many therapeutic effects. Therapeutic yoga is defined as the application of yoga postures and practice to the treatment of health conditions and involves instruction in yogic practices and teachings to prevent, reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Yogic practices promote muscular strength and body flexibility, improve respiratory and cardiovascular function, promote recovery from and treatment of addiction, reduce stress, anxiety, depression, and chronic pain, improve sleep patterns, and enhance overall well-being and quality of life.

The three main focuses of Hatha yoga (Asana, Pranayama and Samadhi) make it beneficial to those suffering from heart disease. Overall, studies of the effects of yoga on heart disease suggest that yoga may reduce high blood pressure, improve symptoms of heart failure, enhance cardiac rehabilitation, and lower cardiovascular risk factors. The systolic and diastolic movements of the heart can also improve with the proper practice of yoga postures. Padmasana considerably improves blood circulation. In this case, the pelvic region receives larger blood supply from the bifurcations of the abdominal aorta.

Now-a-days many diseases like diabetes, high B.P., high cholesterol, are prevailing at a higher rate. One of the traditional and effective methods to prevent these problems is yoga.

This method only utilizes the meditation power of one's own thus no risk of side effects from any external agent. Cardiac (heart) disease and also arteriosclerosis (blood vessel degeneration) are the largest killers in the affluent segments of world society today every year. Many millions of people die from the complications of cardiovascular degeneration including hypertension, chronic heart failure, stroke (cerebro-vascular accident). In addition, many more experience the anguish of chest pains known as angina pectoris, which indicate cardiac strain in the activities of their daily life.

According to yogic science, recognition of the patterns and effects of the emotional states upon the heart are absolutely essential for sufferers from cardiac strain or those recovering from a cardiac crisis. This is achieved through the practice of yogic relaxation, yoga nidra and meditations (dhyana). Mastery of a scientific technique of relaxation like yoga nidra is the most important first step in recovery from cardiac crisis through yoga. Meditation gradually instills peace, stability and increasing awareness into the life of the individual who is trapped in pain, fear, insecurity and emotional agony which accompany heart diseases.

YOGA FOR PREVENTION AND TREATMENT OF HIV

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HIV is a global health problem and one of the major health threats in India. Around 2.4 million people are currently living with HIV in India. India is in the grip of the HIV/AIDS epidemic. Prevention is a vital aspect of HIV management. The third stage of the National AIDS Control



Programme (NACP-III) has a budget of around \$2.6 billion, two thirds of which is for prevention and one sixth for treatment.

In this study, recent research and ancient Indian literature are reviewed to devise yoga lifestyle modification strategies for prevention and treatment of HIV infection. The role of stress in the progression of HIV is then described where probable involvement of psycho-neuro-immunological axis (PNI) is highlighted. Yoga therapy is introduced and its effectiveness in terms of evidence in relevant area is reviewed. Further, the basic principles of Integrated Approach of Yoga Therapy [IAYT] are described and depending on the potential mechanisms through which yoga therapy may act, both modern scientific research and ancient "scriptural" evidence are provided at all the five levels of existence (body, life force, emotional, intellectual and bliss) to design comprehensive evidence based yoga modules that may serve the purpose of prevention and treatment of HIV.

Conclusion: Yogic science with its fundamental lifestyle learning strategies can be a highly potent complementary tool to face the upcoming challenges in HIV treatment and prevention and thereby help overcome HIV epidemic in India.

EFFECT OF YOGA NIDRA PRACTICE ON HYPERTENSIVE OLD AGE PERSON

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The present study was attempt to explore the effect of Yoga Nidra on the aged hypertensive patients accordingly a group of 10 hypertensive patients with aged range 50-65 years were

selected as a sample were tested before and after the session, 30 minutes a day for one month. For this regular screening of hypertension is done with the help of Sphygmomanometer. The result shows the significant effect of Yoga Nidra on hypertension. The obtained data were statically analyzed by using 't' ratio and 't' (systolic pressure)=3.25 ($p < 0.01$) and 't'(diastolic) = 4.76($p < 0.01$). The result showed that there was a significant changes after yoga session on hypertension compared to control group.

STRESS AND YOGA

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Ayurveda defines Health as "SAMDOSH SAMAGNI SAMDHATU MALAKRIYA. PRASSANA MANN AATMA INDRIYAH SAVASTH UCHAYATTE." Today root cause of all diseases are vitiation of sariradoshas and manasdoshas -raja and tamas. Modern science defines it as stress factors. Tension is not a latest entity, little stress is needed to do daily works, but when it crosses limits it disturbs our mental as well as bodily health.

Occupational stresses and their types. Role of yoga to treat occupational stresses like in military life, student life, business life etc.

Causes of stress are ignorance, envy, competitiveness, ego, hatred, etc. Effects of yoga on body are strengthening of nervous system, it gives a positive energy, addresses problem by giving elasticity increases immunity, explanation of Panchmayakoshas of the body in detail, explanation of examples like-effect of meditation on water crystals, relation of yoga and spiritual life according to Indian philosophy. The word 'om' itself has lots of

power, produces vibrations not only within but in the surrounding also, arises self consciousness, combines aatma and parmatma.

Conclusion-Yoga is storehouse of vital energy, it stretches physical, emotional, intellectual capacities. Yoga combines body-mind-spirit, in today's busy lifestyle, One need not search happiness in outer world, it is within you. By combining body with soul via yoga one can attain true and clear entity of intellect. Yoga is an experience of mental vacation.

Key words: Stress, Causes of stress, Elasticity, Panchamayakosha

fNIRS: A PROMISING TOOL IN YOGA AND COGNITIVE RESEARCH

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Functional near-Infrared Spectroscopy (fNIRS) is the newest non-invasive method being developed in Japan for measuring body changes, especially associated with the brain. fNIRS can be used to measure only the cerebral cortex near the surface of the head (depth: 2-3 cm) and its spatial resolution is 2-3 cm. By measuring changes in near-infrared light, it allows researchers to monitor blood flow in the front part of the brain. It is still a new technique, so it is not yet widely used in research, but it shows promising results in studies done to-date. It allows functional imaging of brain activity (or activation) through monitoring of blood oxygenation and blood volume in the pre-frontal cortex when sensory, motor, or cognitive activation occurs. The prefrontal cortex is critical to many cognitive abilities that are considered particularly human, and forms a large part of a neural system crucial for normal

socio-emotional and executive functioning in humans and other primates.

Yoga combines physical activity, breathing exercises and meditation and is a promising intervention for improving the frontal lobe functions. It can also improve cognitive functions such as remote memory, mental balance, attention and concentration, delayed and immediate recall, verbal retention and recognition tests. fNIRS has been increasingly applied for the noninvasive measurements of tissue oxygenation in the brain. It is an efficient way to probe brain's oxygenation of the brain tissue and detecting regional brain oxygenation. It helps to explore the relationship between yogic practices and cerebral oxygenation. Clinically, fNIRS and yoga practices is a complementary diagnosis and treatment of conditions involving regional cerebral metabolism such as cerebral vascular ischemia, seizures disorders, stroke, Alzheimer's disease, and more. Following that thought could lead us to improved cognitive function through a higher supply of oxygen to specific regions of the brain.

In conclusion, fNIRS may be particularly beneficial to neurorehabilitation of cognitive disabilities, and suggest future applications.

EFFECTS OF ISOLATED AND COMBINED TRAINING OF YOGIC PRACTICE AND PHYSICAL EXERCISE ON SELECTED MOTOR FITNESS VARIABLES AMONG RURAL STUDENTS

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The purpose of the study was to find out the effects of isolated and combined training of yogic practice and physical exercise on selected motor fitness variables among rural students. To achieve this purpose of the study, sixty rural students studying in Sir Subbaiah Ambalam Matriculation Higher Secondary School, Karaikudi, Tamil Nadu, were randomly selected as subjects. The age of the subjects were ranged between 15 to 17 years. The selected subjects were divided in to four equal groups of fifteen subjects each. Group I underwent yogic practice, Group II underwent physical exercise and Group III underwent combined training group for five days per week for twelve weeks. Group IV acted as control that did not participate in any special training program apart from their regular activities as per their curriculum. Speed, Cardio respiratory endurance were selected as dependent variables. Speed and cardio respiratory endurance were measured by 50 yards run and 9 minutes run and walk test respectively. All the subjects of four groups were tested on selected dependent variables at prior to and immediately after the training program. The analysis of covariance was used to analyze the significant difference, if any among the groups. Since, four groups were compared, whenever the obtained 'F' ratio for adjusted post test was found to be significant, the Scheffe's Post - hoc test to find out the paired mean differences, if any. The .05 level of confidence was fixed as the level of significance to test the 'F' ratio obtained by the analysis of covariance, which was considered as an appropriate. The results of the study showed

that the selected dependent variables were significantly improved due to the influences of yogic practice and physical exercise among rural students.

Key words: Yogic Practice, Physical exercise, Speed, Cardio respiratory endurance, ANCOVA

SPECTRAL ANALYSIS OF DASHA SHANTI MANTRAS

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Background: The objective of the present study is to investigate the patterns of sound waves of the dasha shanti mantras.

Method: Three shanti mantras namely bhadramkarnebhiih, shannomitra and yaschandasaam were selected and the recordings were done using software called Sound Forge 8.0 with the help of a sensitive microphone attached to the computer.

Conclusion: Subsequently, it was found that female voice had more number of formants than male voice. Also, anudattas (low pitch) presented more number of formants than udattas (high pitch).

IMPACT OF TWO STATES OF MEDITATION ON ATTENTION: BASED ON ELECTROPHYSIOLOGICAL VARIABLES

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Background: Meditation is a self-regulated

conscious mental training of attention which influences sensory and motor activities of the brain. The P300 has been one of the most studied components of the event-related potentials (ERPs) which is indicator of the cognitive and affective processes.

Aim: To assess the effect of four states of meditation [*canalata*, *ekagrata*, *dharana* and *dhyana*] on attentional processing based on electrophysiological variables.

Material and Method: The changes in peak latency and peak amplitude of P300 auditory event related potentials were studied on thirty male subjects within the age from 18 to 30 years ($M = 19.33; \pm SD = 2.56$) with a minimum experience of one year in meditating "OM" from Fz, and Cz, electrode sites referenced to linked earlobes. Each subject was assessed in four sessions, i.e. two meditation and two control sessions. The two meditation sessions were (i) *Dharana* (i.e. focusing on the symbol OM) and (ii) *Dhyana* (i.e. effortless single thought state "Om") on other hand two control sessions were (i) *Ekagrata* (single topic lecture on meditation) and (ii) *Canalata* (i.e. random thinking). All four sessions were recorded on four different consecutive days and consisted of three states, i.e. pre, during, and post.

Results: The results indicate that the reduction in the peak amplitude of P300 at Cz after *Canalata* compared to "pre" values. The peak amplitude increases after *dharana* and *dhyana* at Cz site compared to pre values. The present results support that *dharana* and *dhyana* enhances cognitive processes underlying the generation of the P300.

A GUIDE TO YOGA TEACHER EXPLAINING WHICH YOGIK KRIYAS AND ASANAS TO BE GIVEN IN DIFFERENT DISEASES

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I am a surgeon retired from ESIS hospital Mumbai. I am also a yoga teacher. As I know anatomy and physiology of human body, studied what anatomical and physiological changes occur in our body while practicing yoga that is why you don't get disease. Last 17 years while teaching yoga I also monitored the medical reports of the patients before yoga and after 3, 6 months of yoga practice. While studying this also started analyzing that which patient you can advise yoga and which patient should not be given yoga. As we tell asthma, heart attack can be treated with yoga then can we treat a patient of status asthmatics or a fresh case of Heart Attack patient with yoga.

I have studied what yoga can do in different diseases. System wise I have studied all diseases. I explain to the yoga teacher what the limitations of yoga are. I discuss system wise diseases, their signs and symptoms, common investigations and allopathic treatment in short, and which of these diseases we can treat with yoga. I explain which kriyas & asanas are to be given in particular diseases. I have delivered lectures on this topic at many yoga courses at different institutes. This is a good guide for yoga teachers. I also published a book on the same topic for local circulation.

Depending upon the time allotted I can talk on respiratory, cardiovascular, digestive, skeletal & excretory system.



ABILITY TO REDUCE STRESS LEVELS AND TEST ANXIETY IN HIGH SCHOOL STUDENTS USING CYCLIC MEDITATION DURING THE TIME OF EXAMS

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Background: Test anxiety in high school students is vastly one of the significant factors in affecting their growth as adolescents. This is prevalent in different parts of the world and is known to be associated more with the socio-cultural setup in which the student as well as the education system is evolving. In this context, it is important to look at the Indian ethos in education. With the increase in competition, it is necessary to continually discover new horizons of reducing this stress and anxiety. One such technique to benefit from is cyclic meditation (CM). Research has proven CM to be helpful in various other situations.

Aim: To assess the effect of cyclic meditation on stress and test anxiety on students.

Method: A quasi experimental research was conducted on a sample of 80 high school students from a co-education school. Purposive sampling was used to divide the students into the control and experimental groups. Both the groups comprised of 40 students. Questionnaires, which included, Test anxiety for school children, Academic anxiety for school children and Scale of Academic stress were administered to the students as part of pre test. Students who scored high in all the questionnaires formed the experimental group. The experimental group received an intervention of cyclic meditation for twenty days. This was followed by the post

test which utilised the same questionnaires mentioned above. Data analysis was statistically determined using SPSS version 16.

Result: There was a significant reduction in test anxiety ($p < 0.001$) and the frequency and quantity of SAS ($p < 0.001$) after practice of cyclic meditation. Cyclic meditation and control group showed significant changes in academic anxiety ($p < 0.001$). But overall the magnitude of change was more after practice of cyclic meditation compared to the control group.

Conclusion: Practice of cyclic meditation which comprises of yoga postures and supine rest reduced test anxiety, academic anxiety and academic stress in students.

EFFICACY OF YOGA THERAPY IN CHRONIC LOW BACK PAIN: A CRITICAL REVIEW

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Background: Chronic back pain is a major public health and socio-economic problem worldwide. Standard pain treatments for chronic back pain are not very effective and often unsatisfactory. A lot of chronic low back pain (CLBP) patients are recommended or take help of complementary and alternative therapies including Yoga therapy.

Method: Critical literature review of yielded quality papers on 'Efficacy of Yoga on CLBP'. Electronic searches of Cochrane Library, EMBASE, MEDLINE, AMED (Allied and Complementary Medicine), CINAHL-Cumulative Index to Nursing and Allied Health Literature, Scopus, Zetoc and PEDro for the above purpose.

Results: Electronic searches yielded articles, pilot studies and randomised trials in the web

and journals. Only non descriptive papers were selected for critical review.

Conclusion: On the basis of the reviewed studies yoga seems to be moderately effective in improving functional disability, flexibility and in reducing symptoms and the usage of pain medications in CLBP. This review also exposes the need for higher quality yoga intervention studies for CLBP.

Keywords: Yoga; Yogic; Therapy; Asana; Chronic; Back; Pain.

A REVIEW OF THE SCIENTIFIC STUDIES ON PRANAYAMA

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Yoga is an ancient science, which has components of physical activity, instructed relaxation and interoception. It includes diverse practices, such as physical postures (*asanas*), regulated breathing (*pranayama*), meditation and lectures on philosophical aspects of yoga which provides a comparable improvement in stress, anxiety and health status. Yogic practices can be used as psychophysiologic stimuli to increase endogenous secretion of melatonin, which in turn, might be responsible for improved sense of well-being (Harinath et al., 2004). They were devised in ancient times to perhaps aid in realizing the capability of highest possible functional harmony between body and mind.

This review gives a brief glance of scientific literature on Pranayama. A scientific survey of various studies on Pranayama shows that Pranayama if practiced correctly under suitable guidance can render beneficial effects both in maintaining optimum health and preventing diseases. Also, Pranayama has shown to have beneficial effects in treating few diseases,

however further studies with standardized practice procedures, large sample sizes and randomized controlled trials are essential to make a clear understanding of its physiological and therapeutic effects.

SELF MANAGEMENT OF EXCESSIVE TENSION MODULE FOR ENHANCING MANAGERIAL EFFECTIVENESS

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Background: Stress certainly seems to be an inescapable element of the modern life of a manager. Modern lifestyle of today's managers intensifies the stress leading to "excessive tension".

Methods: In seventy-two volunteers (63 males and 9 females) referred from Oil and Natural Gas Corporation (ONGC) Limited (group average age $\pm$ S.D., 48.75 $\pm$ 3.86 years), the efficacy of Self Management of Excessive Tension (SMET) program was assessed for managerial effectiveness on Brain Wave Coherence (BWC) recordings, Emotional Quotient (EQ) scores, General Health Questionnaire (GHQ) scores, and Personality (Guna) Inventory (PI) scores. The data were taken on the first and sixth day of 5 days SMET program.

Results: Analysis on mean score showed 19.31% increase ($P < 0.05$) in Delta, 5.04% increase ($P = 0.65$) in Theta, 15.4% increase ($P = 0.09$) in Alpha, 1.67% decrease ($P = 0.54$) in Beta and



18.68% increase ($P=0.07$) in Gamma BWC. 72.02% increase ($P<0.001$) was also observed in EQ. Furthermore, there was 68.25% decrease ($P<0.001$) in Somatic Symptoms, 66.29% decrease ($P<0.001$) in Anxiety and Insomnia, 65.00% decrease ($P<0.001$) in Social Dysfunction, 87.08% decrease ($P<0.001$) in Severe Depression and 71.47% decrease ($P<0.001$) in all medical complaints. Similarly, there was 81.95% decrease ($P<0.001$) in Tamas (dull), 80.92% decrease ($P<0.001$) in Rajas (violent) and 139.71% increase ($P<0.001$) in Sattva (balanced) personality trait scores.

Conclusion: The results suggest that SMET program could improve Delta BWC, emotional stability, general health and SattvaGuna in managers and may play a vital role in the managerial effectiveness.

Key words: Self Management of Excessive Tension (SMET) program, managerial effectiveness, health

QUALITY CONTROL STANDARDS FOR NATUROPATHY AND YOGA

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Quality and patient safety, referred to as “effective” and “safe” healthcare is one of the important aims in delivering effective healthcare, and are typically the unchallenged goal for all healthcare providers. Continuous improvement in these two areas is challenging to all medical service systems. However, Naturopathy & Yoga as a medical system is still in its transitional phase even though accepted as major role player in Integrative Medical Practice. To facilitate its evolution in the era

of evidence based medical practice, designing and implementing set of effective quality control standards in the healthcare policy is mandatory. The Quality Control Standards for Naturopathy & Yoga can be understood and evolved by assessing the following components in its healthcare delivery module like -

- Process of care
- Outcome of care
- Access to care
- Experience of care
- Structure of care

Patient Satisfaction, referred to as “patient centered” care demands for quality standards in all the spheres of health delivery system, to ensure that the relevant healthcare organization is responsive to patient preferences, needs and values. There is a serious need to bridge the gap between physicians, analysts, clinicians and administrators to facilitate organizational change and improve patient satisfaction performance.

A ‘health care delivery system’ is a series of interlinked processes, each of which results in one or more outputs. In Naturopathy & Yoga, the value and quality expectations can be measured and changed over by time through education and continuous appraisal. Quality has two main components - content and delivery. Content quality is concerned with the medical outcome that is achieved. Naturopathy & Yoga delivery healthcare more prominently as preventive and lifestyle modification has derived global acceptance as a very cost effective form of health care. However, this status can be sustained and improved, by seriously focusing on the value of care, which strongly follows quality standards in

Hospital cleanliness

- Smoothness of admission/discharge
- Price & Accuracy and clarity of billing statements
- Courtesy of hospital employees
- Response time for patients' calls/requests
- Level of technology available
- Nurse competency
- Availability of physician specialists
- Track record for medical complications
- Availability of good emergency care
- Taste and temperature of food

MEDITATION ON SLEEP ARCHITECTURE: A REVIEW _

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Sleep is an unconscious state from which a person can be aroused. It is the suspension of normal consciousness and is electrophysiologically described by specific brain wave criteria. Sleep is a naturally recurring state of relatively suspended sensory and motor activity, characterized by total or partial unconsciousness with the inactivity of nearly all voluntary muscles. It is distinguished from quiet wakefulness by a decreased ability to react to stimuli. Concentration of concentration within us is known as Meditation. Meditation has been shown to reduce stress and increase feelings of peace and calm. Meditation has an impact on sleep architecture and overall quality of sleep. Recent studies on sleep have shown that practice of yoga, improves the quality of sleep. Practice of cyclic meditation twice a day appeared to improve the objective and subjective of sleep, also reduces the heart rate and breath

rates during sleep. The association between sleep and meditation has been of interest and an early study actually showed that experienced practitioners of Transcendental meditation spent appreciable parts of meditation sessions in sleep stages 2, 3 and 4. Daily meditation is a proven technique to enhance and promote relaxation. The more relaxed you are, as you get ready for bed the better your chances of falling into a deep, restful sleep cycle. Meditation relieves stress and tension which is a common factor in sleep deprivation. Recent review of the effects of mindfulness based stress reduction techniques on sleep disturbance found some evidence associating improved sleep with increased practice of mindfulness technique. In conclusion, meditation reduces stress and improves quality of sleep and slow wave sleep (SWS) in long term meditators.

COMPARATIVE STUDY ON EFFICACY OF YOGA THERAPY IN TREATMENT OF DYSMENORRHEA IN WOMEN IN COMMUNITIES AFFECTED BY THE UNION CARBIDE DISASTER

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Funded by Sambhavna Trust Clinic, Bhopal. Primary dysmenorrhea occurs in 50% of female adolescents and is a common problem in women of reproductive age. Dysmenorrhoea is defined as painful menstruation. Painful menstruation is one of the most frequent of all gynecological complaints. It is most prevalent in young women who lead sedentary lives. To determine the effectiveness of yoga in adolescents with primary dysmenorrhea among Union Carbide disaster community, 60 ladies, between 13-



25 years old, were randomly assigned to experimental group 1 (n = 20), placebo group (n= 20) and a control group (n = 20). The Dallas Questionnaire of Pain (translated in Hindi), Visual Analog Scale for Pain (in Hindi) was used to assess intensity of pain and the pain duration was calculated in terms of hours. Each group was evaluated for four menstrual cycles. Experimental group have been given Yoga lessons for one-month duration and follow up was done for 4 consecutive months. Control group have received conventional allopathic treatment of Antispasmodic & analgesics.. Placebo group have been given placebo pills to be taken during menstruation and this will act as a Control for both groups 1 & control group. Both the control and placebo group were taught yoga for dysmenorrhea after the completion of the study. There was a significant difference in the pain intensity and pain duration in the post-tests compared with the pretest in yoga group. The results showed that compared with the Control group; there was a significant difference in the pain intensity and pain duration in the experimental group. Yoga reduced the severity and duration of primary dysmenorrhea. The findings suggest that yoga poses are safe and simple treatment for primary dysmenorrhea.



Naturopathy

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*Aano bhadra krtavo yantu vishwatah
Let noble thoughts come to all from all sides*

- Rig Veda



A REVIEW ON A ROLE OF DIETARY INORGANIC NITRATE COMPOUND IN LOWERING BLOOD PRESSURE AND VASOPROTECTION

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The prevalence of cardiovascular diseases like hypertension is on the rise and this contributes to more than half of the deaths in both developed and developing countries. Hypertension is considered as one of the important risk factor for cardiovascular diseases. Trials have shown that diets rich in fruits and vegetables reduce blood pressure and offers protection against adverse cardiovascular events. These protective effects have previously been attributed to the high antioxidant vitamin content, yet large clinical trials have failed to provide evidence in support of this. Ingestion of dietary (inorganic) nitrate has shown to elevate circulating and tissue levels of nitrite. Certain vegetables like beetroot and spinach possess high nitrate content and it is hypothesized that this might represent a source of vasoprotective nitric oxide. In one study it was seen that in healthy volunteers, ingestion of a dietary nitrate load (beetroot juice 500ml) reduced blood pressure substantially; and this effect was seen to be correlated with peak increases in plasma nitrite concentration. The dietary nitrate load also prevented endothelial dysfunction induced by an acute ischemic insult in the human forearm and significantly attenuated ex vivo platelet aggregation in response to collagen and ADP. Another study has also shown significant reduction in diastolic blood pressure. These

findings suggest that fruits and vegetables rich in nitrate provide beneficial effect in reduction of blood pressure and vasoprotection. Inclusion of such fruits and vegetables in daily diet holds a potential of a 'natural', low-cost approach for the prevention and treatment of cardiovascular disease.

Keywords

diet; beetroot:nitric oxide; blood pressure; hypertension; ischemia/reperfusion; platelets; endothelium

A RETROSPECTIVE STUDY OF THE EFFECT OF NATUROPATHIC AND YOGIC INTERVENTION IN OBESE FEMALE PATIENTS AT NISARGOPACHAR ASHRAM

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Objective: This study was conducted to retrospectively analyze the case sheets to evaluate the performance of short and long term yoga and naturopathy treatments in weight reduction.

Methods: The case sheets of 300 female patients within the age group 16-60 years (Group mean age $\pm$ S.D. 35.26 ± 11.28) with a BMI $> 30\text{kg}/\text{m}^2$ were included for retrospective analysis. Patients were divided into 3 groups based on the duration of their stay at the hospital viz. 7 days, 14 days and 21 days respectively. Patients with all kinds of musculo-skeletal disorders which interfere with the weight loss program were excluded from the analysis. We considered assessments (body weight) taken on the date of



admission and the date of discharge.

Results: Data was checked for normality and a paired t test was performed. There was a significant ($p < 0.001$) difference in the pre-post comparisons of all the three groups. Patients seemed to have significantly reduced their weight following 7, 14 and 21 days of naturopathy and yoga treatments. However, the weight reduction was highest among patients who stayed for 21 days. The average weight loss was 3 kgs, 5 kgs and 8 kgs respectively.

Conclusion: Naturopathy and Yoga interventions are an effective weight reduction remedy even when taken for a shorter period of 7 days. Naturopathy and yoga interventions are therefore promising in effective management of obesity in females.

Key words: Obesity Naturopathy Yoga

EMPHASIZING COLD BATH THERAPY FOR OBESITY - AN EVIDENCE BASED APPROACH

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Obesity is a condition better explained commonly as a combination of excessive food energy intake and a lack of physical activity in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and increased health problems. Obesity has a significant impact in increasing the risk of Hypertension and certain cases of carcinoma, and also affecting the overall quality of life.

Cold Bath Therapy (CBT), a naturopathic treatment modality has been implemented in the treatment of obesity and many other disorders. This review focusses over the significance of CBT in obesity.

Research studies have shown that the energy expenditure is increased apparently in the synthesis of additional muscle proteins following cold water treatment. Clinically significant improvements were documented in functional mobility, walking endurance, range of motion, muscle strength, and pain reduction.

Atrial Natriuretic Peptide (ANP), a powerful vasodilator, involved in the homeostatic control of body water, sodium, potassium and fat is released in increased quantities in response to the atrial stretch caused due to the altered distribution of intravascular fluid, occurring as a response to immersion in water. ANP binds to a specific set of receptors - ANP receptors causing a reduction in blood volume and therefore a reduction in cardiac output and systemic blood pressure. Lipolysis is increased and renal sodium reabsorption is decreased. The overall effect of ANP on the body is to counter increases in blood pressure and volume caused by the renin-angiotensin system. ANP has shown considerable increases in the release of free fatty acids from adipose tissue, thereby suggestive of a cardio protective mechanism underneath.

The above studies carry enough evidence, also explaining the probable mechanism of action of CBT in Obesity. Further studies are needed to explore the neuropsychophysiological basis of their action to establish it as evidence based therapy.

INTEGRATED APPROACH OF NATUROPATHY & YOGA AS A TOOL FOR CARDIAC REHABILITATION PHASE 3 IN SECONDARY PREVENTION & MANAGEMENT OF CORONARY HEART DISEASE

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Background: The American heart association (AHA) has declared sedentary lifestyle as a major modifiable risk factor for coronary heart disease (CHD). Approximately 70% of adults are sedentary or relatively inactive. Observational study data has suggested there is well established link between physical inactivity & cardiovascular mortality. So Naturopathy, Yoga as tool for Cardiac rehab phase III (Maintenance Phase) has provided protection in secondary prevention & management of CHD.

Methodology: The present pilot study was conducted on 10 CAD male patients from 45yr to 60 yr of age undergone P.T.C.A (ANGIOPLASTY). Application of various naturopathy treatment including massage, hydrotherapy, diet therapy & various yoga tech. as deep relaxation tech, shitlilika vyayamas, and indicated asana, pranayams with cardiac rehab phase III tech. including F.I.T.T Principle (Frequency, Intensity, Time, Type) for 2 weeks. The data were collected on Commencement of treatment & on discharge time.

Results: There was significant improvement in their weight, reduction in lipid levels, lowered high blood pressure, lowered high blood sugar levels, & even in improvement cardiorespiratory fitness as in Rate of Perceived exertion (RPE).

Conclusion: Though the sample size is small,

but with this encouraging result regular use of naturopathy & yogic treatment could have role in secondary prevention & management of Coronary heart disease.

A RETROSPECTIVE STUDY ON THE EFFICACY OF NATUROPATHIC AND YOGIC INTERVENTION IN PATIENTS WITH NON-SPECIFIC BACK ACHE WITH RESPECT TO PAIN RELIEF

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Objective: To study the efficacy of Naturopathic and yogic treatments in patients with non-specific backache with respect to pain relief.

Methods: The case sheets of 200 patients of both the genders within the age group 21-50 years (Group mean age $\pm$ S.D. 35.26 ± 11.28) with a BMI $> 30\text{kg/m}^2$ were included for retrospective analysis. We considered assessments (visual pain analogue) taken on the date of admission and the date of discharge. The exclusion criteria include all kinds of hernia which interfere with the treatment strategy. Assessment was done using a Visual Pain Analogue Scale.

Results: Data was checked for normality and a paired t test was performed. There was a significant ($p < 0.001$) difference in the pre-post comparisons. Patients seemed to have significant reduction in their pain scores following the treatments..

Conclusion: Naturopathy and Yoga interventions are an effective in managing the subjective symptoms of non-specific low back pain. However further studies are required to



re-confirm the current findings on a broader platform with robust randomized controlled trials.

Key words: low backache naturopathy yoga

CONCEPT OF HYDROTHERAPY IN INDIAN CLASSICAL TEXTS

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Hydrotherapy is the application of water in any form, either externally or internally, for the treatment of disease and the maintenance of health, that is applied in accordance with the principles and practice of the naturopathic sciences.

Vedas have praised the good qualities of water and its curative power in many couplets. One among that is God ordains that water is the supreme medicine. By drinking water life becomes pleasant and the heat of the body is removed. Rigveda quotes that water is medicine, water is enemy of diseases. It destroys all diseases. Therefore, it will also cure disease. According to Manu; body is purified by water, mind by truth, soul by learning and austerity and knowledge by intelligence. According to Rig-Veda (10/9/2) Water is beneficial to man. By using it, the outer and inner dirt is removed; It removes the impurities of body and refreshes it. Water is like "Amrit" to all living beings. Scientists, who have formulated the theory of evolution as well as the great Rishis who wrote puranas, have said that life on earth began in water. Therefore, cannot live without water. It is also mentioned in ayurveda that bath increases hunger, strength, life span and vital force. It destroys skin disease, filth, tiredness, sweat and

its bad smell, lethargy, thirst, burning sensation and sin. At the same time it purifies blood and cleans all sense organs and makes them healthy. According to atharvaveda water is, the elixir of life, water has medicinal value. Water is the primary necessity of the human body. Water is alike the elixir of life because of which the body is purified and become energetic. It frees the body from different doshas (ailments) and is known as Bhesagya. It gives good health, happiness and Contentment. Atharvaveda mentions that water therapy is gifted to mankind by Rudra, atharvaveda also (1.6.2, 4.1.5.1 3-4) quotes that water is itself a medicine and everything in the water act as medicine, water removes diseases and is the best doctor. From these references one can say that water was used for therapeutic and religious purposes in ancient time.

FRUIT STIMULATION THERAPY

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Diabetes mellitus is a worldwide life threatening disease. It is also commonly known as "The Silent Killer". In the present century Diabetes Mellitus has become a very much common disease all over the world and conventional medicine have not been able to do much for the treatment of this disease. Currently only symptomatic treatments are available with medications which would control blood sugar levels and other symptoms. Diabetes being a life style disease, only a natural based system of medicine, can treat patients better with life style and dietary changes. Although diabetes

mellitus is a very dangerous disorder, the health care system has failed to cure this problem. In this stage this new method of treatment is being presented to the world as a safe and result oriented treatment.

Fruit stimulation therapy (FST) can cure type 2 Diabetes Mellitus and several cases of type 1 DM. FST is developed with the help of established scientific findings of biochemistry and physiology. According to biochemistry, the GI (glycemic index) of food is directly related with the increase of blood sugar levels. Fructose mainly available in the form of fruits and honey has a comparatively lower GI compared to glucose as well as carbohydrates. So giving the sweetest fruits like mangoes, pineapples, bananas and jackfruits to a diabetic patient would not increase blood sugar level drastically. Human physiology states that the vagus nerve gets stimulated at the sight of food. Natural sweets stimulate the vagus nerve which in turn activates beta-cells of the pancreas in a diabetic patient. There is even a chance for formation of new cells in infants (type 1 DM).

Since fruits and other natural sweet sources which are rich in fructose do not increase the blood sugar drastically, it is quite safe to treat a patient with them. Honey, is also considered a very healthy energy source and is being used for FST. Through FST the patient's general health can improve rapidly and at the same time avoid the side effects of various medications. FST can be administered only with a holistic approach and by following FST laws (methodology of treatment and selection of diet). Hence only a naturopath's approach would treat the patient better. Fruits would give the patient more energy naturally making the digestive and eliminatory systems function better. A relaxed nervous system will also support the patient

to gain faster results. A concept here has been made to give a scientific and rational way of treatment for Diabetes Mellitus.

MUSCULOSKELETAL PAIN RELIEF FOR PEOPLE WITH ARTHRITIS

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Arthritis is a debilitating condition limiting the joint movement and affecting the quality of the life of the affected. Obesity, Malnutrition, non-exposure to sunlight all helps in the progress of arthritis.

The purpose of this trial was to determine how often mustard pack application could result in musculoskeletal pain relief for people with various forms of arthritis. Of the 31 participants, all of whom were given mustard pack 85.2% reported pain reduction within 30 days and 98.8% reported pain reduction within 60 days. 70.4% reported substantial reduction in pain, while 28.4% reported minimal reduction in pain.

Key words: arthritis, musculoskeletal pain, Mustard pack

RATIONALE OF THE UNITY OF CAUSATION OF DISEASE ACCORDING TO NATUROPATHY

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The practice of Naturopathy is based upon principle of "Unity of Disease, Unity of Cure". The principle of Unity of causation of disease was stated by veteran Naturopaths, which is often criticized by the conventional medical practitioners as too simplistic and pseudoscientific and that it fails to explain diverse group of ailments prevalent today. In this article, we try to state an evidence based correlation of "Violation of Nature's Laws" as the primary cause of disease, based upon the current understanding of Psycho Neuro- immunology and relation of oxidative stress and ageing. The "Violation of Nature's Laws" as a uniform cause of disease could be successfully correlated to diseases of Vascular, Metabolic, Degenerative, Infectious, Congenital, Inflammatory, Auto Immune and Cancerous origin.

Key Words: Unity of Disease, Violation of Nature's Laws

TOLERABILITY OF THERAPEUTIC FASTING IN OBESE SUBJECTS

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Background- Patients who are asked to under go fasting therapy has lots of concerns in mind about its tolerability. This observational study was conducted to evaluate tolerability of therapeutic fasting so as to create a data to address patients concerns about its tolerability.
Methods -Subjects included thirty otherwise healthy obese individuals (BMI>25) undergoing therapeutic fasting as weight-loss intervention. During this period patients used to fill a

questionnaire regarding Severity of Hunger, Moods and temperaments and any adverse events. Feeling of Hunger during entire day was recorded on 10 point Visual Analogue scale where 0 represents No ,5 represents moderate hunger which can be tolerated and 10 represents severe intolerable Hunger. Mood and temperament change was recorded as neutral, Positive and negative. Any adverse event observed during the period was recorded in the case sheet by the subject.

Results -There was a significant decrease in hunger between day 1(4.17) and day 5(3.2). Around 26.5,340 and 33 percent of subjects experienced positive change in mood, no change in mood and Negative changes in mood respectively. The commonly seen adverse events were cold (14%), giddiness (7%), Heartburn (7%), Urticarial rashes (7%), flatulence (3.5%) and Nausea (3.5%). Around 31 percent subjects experienced. All the adverse events were mild in severity and were self limiting. None of the subject discontinued fasting due to adverse events.

Conclusion-As opposed to common belief in patients therapeutic fasting of 5 days duration was seen to be having good tolerability and is devoid of any serious adverse events

Key words- Therapeutic Fasting, Naturopathy

HOT HIPBATH IN MANAGEMENT OF PRIMARY DYSMENORRHOEA

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Background: Primary dysmenorrhea is a

common cause of sickness absenteeism from work and school in adolescent girls and women. Hot hip bath is widely prescribed by naturopaths to patients with dysmenorrhea. In this study we evaluated the effects of Hot Hip bath treatment as a prophylactic intervention in reducing cyclical pelvic pain and sickness absenteeism due to dysmenorrhoea in 20 young adolescent girls and middle aged women suffering from primary dysmenorrhoea.

Methods: Subjects were asked to undergo hot hip bath everyday for one week from the 20th day of the cycle or till they had their periods or whichever was earlier. Subjects were asked to fill questionnaires on pain, activity limitation, absenteeism and analgesic use at baseline and during each of the three subsequent menstrual cycles. They were asked to record the intensity of pain on visual analogue scale before the start of their menstrual cycle and on the first day of their menstrual cycle. Wilcoxon's Sign Rank Test was used to test for statistical significance between pain scores where as chi square test was used to compare the readings of sickness absenteeism. **Results:** It was seen that there was a significant decrease in sickness absenteeism at the end of two months following intervention ($p < 0.05$). Pain score on the first day of menstruation was also seen to be reduced significantly at the third month ($p < 0.05$). No significant reduction was however seen in pain before onset of menstruation.

Conclusion: Findings of this study suggests that the treatment of hot hip bath before menstruation effectively reduces pain and sickness absenteeism in women with primary dysmenorrhoea.

SUPPLEMENTING VITAMIN B12 IN VEGETARIANS NATURALLY

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The deficiency of Vitamin B12 occurs inside the body when something is competing for the body's B12 (like parasites), something is destroying the body's B12 (like cyanide in cigarettes) or something is preventing the proper absorption of B12 (like inadequate production of intrinsic factor). The principles of Life Natural, i.e. a naturally healthy lifestyle, adequate physical activity, rest and a wholesome organic diet, can prevent these events. Not all vegetarians have a balanced diet. This could be the reason for the low vitamin B12 concentration in Indians, particularly vegetarians and urban middle class residents.

Many athletes, requiring higher nutritional needs to support and for peak performance, rely on natural vegetarian sources even for B12. Even though the main sources of vitamin B12 have been identified as animal products, they can be found in many food sources suitable for vegetarians, including fortified soy milk and whole grain cereals. Vegetarians have higher antioxidant status for vitamin C (ascorbic acid), vitamin E (tocopherol), and beta-carotene than omnivores, which might help reduce exercise-induced oxidative stress.² Natural vegetarian sources of vitamin B12 include milk, soybeans, green beans, beets, carrots, peas and fortified breakfast cereals. Bran of grains, dairy products and the long variety of bananas also provide significant quantity of B12. Although there are abundant vitamin B12-producing bacteria that colonize the large bowel, that organ is too distal to allow normal vitamin B12 absorption. Herbivores obtain vitamin B12 primarily from



plants contaminated with nitrogen-fixing, vitamin B12-producing bacteria that grow in roots and nodes of legumes and from plants contaminated with feces. Plants contaminated with vitamin B12-producing bacteria through fertilization with manure may also be a source of vitamin B12, so, in theory, "organically grown" leafy vegetables may have higher vitamin B12 concentrations than do leafy vegetables exposed to chemical fertilizers. Recent studies that have begun to revisit issues related to the bioavailability of vitamin B12 in dairy products and fortified grain are encouraging. A few questions arise that should be addressed to urgently. How can the conversion of vitamin B12 to inactive analogues as a result of multivitamin-mineral chemical interactions^{5,6} or interaction with foods and other nutrients be avoided? Does the cooking of certain "ethnic-specific" foods containing vitamin B12 lead to conversion to vitamin B12 analogues? What is the influence of large-scale processing on the shelf life and subsequent bioavailability of foods fortified with vitamin B-12? The nutrition community must take up the challenge posed by this body of evidence and enact practical steps to ensure parity in the vitamin B-12 status of vegetarians instead of insisting on unnatural supplements or animal products.

Keywords: vegetarian diet, vitamin B12 deficiency, naturopathy

NEO-NATUROPATHY: A NEW PERSPECTIVE

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Louis Kuhne is a familiar name among

naturopathy practitioners. Along with Mr. Benedict Lust, in 1917, Mr. Kuhne published the famous treatise - 'Neo Naturopathy: The New Science of Healing or The Doctrine of Unity of Diseases'. In this book, he explains the process of disease formation; nature, origin, purpose and cure of diseases in children. He also explains in great detail about transmission of disease and the science of facial expression among other concepts. This concept of 'Unity of disease and Unity of cure' was widely accepted way back in the 1900s. The first and only line of management of disease was the use of patient's own self-healing capacity. Naturopathy rightly believes that elimination of these toxins should be left to the body itself. Body will automatically throw out the toxins through the eliminative organs, thereby relieving the symptoms. An attempt is made to understand the rationale behind the process of how and why the body throws out these toxins (i.e. autogenesis and salutogenesis). Another naturopathy principle states that body has remarkable recuperative power when left to itself. This has to be done by water fast. It gives the body total opportunity to rest completely - both physiological and physical. There are two important mechanisms governing this principle, viz., 'salutogenesis' and 'growth hormone' that are critically analyzed. When we speak of vitality, the genetic make-up is always considered. Genetic composition is a very complex mechanism and is relatively new to the science world. Nevertheless, genetics is under intensive research and is rightly considered as the future of research. All practitioners of this (naturopathy) system should be able to comprehend the scientific basis of the three principles of naturopathy, namely, (i) Unity of disease and unity of cure, (ii) Theory of self-healing capacity of the body,

and (iii) Theory of vitality. This article will try to briefly hypothesize (with a strong scientific basis) the mechanism of these theories.

Keywords: naturopathy, self-healing capacity, vitality, Louis Kuhne

BONE HEALTH AND NATUROPATHY

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Vitamin D is implicated in the maintenance of bone content since it is involved in the regulation of calcium and phosphorus levels. Usually sunlight is adequate to fulfill the body's demand of vitamin D and excessive seclusion from sun can lead to deficiency. Lack of sunlight is also considered as a primary cause of seasonal affective disorder (a serious form of 'winter blues'). Studies indicate that more exposure to sunshine early in a person's life relates to less risk from multiple sclerosis later in life. The efficacy of sunlight exposure for reducing the risk of hip fractures (in patients with Alzheimer's disease, Parkinson's disease, and stroke) has also been demonstrated with results indicating improvement in hypovitaminosis D and bone mineral density. Naturopathy promotes exposure to sunlight as a treatment as well as a preventative aspect. In naturopathy, patients are generally advised to take a sunbath in the early morning or late evening (considering the intensity of the ultraviolet radiation). Common variations consist of wrapping the patient with a banana leaf or covering the whole body with therapeutic mud and then exposing to sunlight. Therapeutic juices and monitored diet regimens are also advised in case of unavailability of adequate sunlight especially in winters or arctic circles. Bones are better served by attending

to calcium balance and focusing efforts on increasing fruit and vegetable intakes, limiting animal protein, exercising regularly, getting adequate sunshine or supplemental vitamin D, and getting approximately 500 mg Ca/d from plant sources. Therefore, dairy products should not be recommended in a healthy vegetarian diet. Rich sources include curry leaves, *ragi*, drumstick leaves and green leafy vegetables. Thus, the principles of naturopathy (life natural) and naturopathic nutrition play an important role in the promotion of bone health, which will be discussed in detail.

Keywords: naturopathy, life natural, bone health, nutrition

NATUROPATHIC MANAGEMENT OF METABOLIC SYNDROME

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Metabolic syndrome is a cluster of metabolic risk factors. When a patient presents with these risk factors together, the chances for future cardiovascular problems are greater than any one factor presenting alone. Metabolic syndrome is a serious health condition that affects about 35 percent of adults and places them at higher risk of cardiovascular disease, diabetes, stroke and diseases related to fatty buildups in artery walls. The underlying causes of metabolic syndrome are obesity, being overweight, physical inactivity and genetic factors.

Metabolic syndrome occur when a person has three or more of the following measurements:

1. Abdominal obesity.
2. Triglyceride level of 150 milligrams per deciliter of blood (mg/dL) or greater HDL cholesterol of less than 40 mg/dL in men or



less than 50 mg/dL in women Systolic blood pressure (top number) of 130 millimeters of mercury (mm Hg) or greater

3. Diastolic blood pressure (bottom number) of 85 mm Hg or greater.
4. Fasting glucose of 100 mg/dL or greater.
5. Insulin resistance or glucose intolerance.

Although metabolic syndrome is a serious condition, we can reduce the risks significantly by reducing the weight; increasing physical activity; eating a heart-healthy diet that's rich in whole grains, fruits, and vegetables. We have to monitor and manage blood glucose, blood cholesterol, and blood pressure.

Many people are turning to Naturopathic Medicine for management of Metabolic Syndrome & associated complications. The concept underlying this discipline is that the body possesses powerful mechanisms for self healing that a properly instructed practitioner could harness. Naturopathy emphasizes on a relatively low dose of drugs, herbal medicines, special diet and exercise. Besides, Naturopathic Supplements have been found to be effective in managing this condition.

Yoga is an ancient Indian Practice that includes postures (Asanas), breathing practices (Pranayamas) and cleansing practices (Kriyas). The regular practice of Yoga can not only help in burning calories but also act as a strong tool for behavioral modification which is necessary for any treatment of Metabolic Syndrome to succeed.

MUD PACK FOR OSTEOARTHRITIS - A REVIEW

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Osteoarthritis (OA) also known as degenerative arthritis or degenerative joint disease, is a group of mechanical abnormalities involving degradation of joints, including articular cartilage and subchondral bone.

OA has been a very common disorder affecting majority of geriatric population with an incidence rate of 65%. The current trend of management includes administration of NSAIDs and pain killers with calcium supplements. However the effectiveness of these treatment modalities has been limited.

Mud packs used in naturopathy have been an effective treatment modality in rendering some relief to patients with OA of knee joints. A recent study compared the effect of mud pack against hot packs for OA. Mud pack and hot pack therapy both demonstrated to be effective in symptomatic treatment of knee OA until the end of the 2-week treatment period, whereas only mud pack therapy was shown to be effective in functional status over time. There was an increase in serum YKL-40 level 3 months after the treatment in the hot pack group which might indicate persistence of cartilage degradation. Maintenance of YKL-40 level in mud pack therapy seemed to slow down the progression of knee OA. Thus mud packs were shown to help reduce the symptoms and functional aspects of OA. Similar study showed an improvement in joint function and quality of life in knee osteoarthritis. Also, in patients with knee OA, spa-therapy comprising mud packs, modulated serum levels of proinflammatory cytokines/chemokines and produced significant improvements in joint pain and function that persists for up to 1 year. Mud therapy using formulated gel is an effective method in knee OA

treatment and pain reduction as demonstrated by reduction in TNF-alpha serum levels.

Thus mud therapy stands to be an effective treatment modality in the management of Osteoarthritis of knee joint. However further studies with larger sample size and varying populations should be conducted to rule out its benefits and mechanisms.

CLINICAL STUDY ON TREATMENT OF ISCHEMIC CEREBROVASCULAR ACCIDENT BY ACUPUNCTURE WITH METHODS OF MIDNIGHT-NOON EBB-FLOW (ZI WU LIUZHU)

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Objective: To observe clinical therapeutic effect of acupuncture with methods of midnight-noon ebb-flow on ischemic cerebrovascular accident.

Methods: 110 cases of ischemic cerebrovascular accident were randomly divided in-to two groups, treatment group in which 56 cases were treated by acupuncture with methods of midnight-noon ebb-flow and the control group in which 54 cases were treated by normal acupuncture.

Results: The therapeutic effect in the treatment group was significantly better than in the control group ($P < 0.05$), and plasma viscosity, erythrocyte sedimentation rate significantly improved in the treatment group ($P < 0.01$).

Conclusions: There were better therapeutic effects, lower disability rate on the treatment of ischemic cerebrovascular accident by

acupuncture with methods of midnight-noon ebb-flow than which by normal acupuncture, and the former method can effectively improve blood rheology

Key words: ischemic cerebrovascular accident; acupuncture; midnight-noon Ebb-flow (ZiWu Liuzhu)

FRACTURE HEALING IN NATUROPATHY

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Nature cure is a system of medicine which believes the body has an inherent ability to establish, maintain, and restore health. The healing process is ordered and intelligent; nature heals through the response of the life force. The physician's role is to facilitate this process, to identify and remove obstacles to health and recovery, and to establish or restore a healthy internal and external environment. A fracture is a complete or incomplete break in a bone resulting from the application of excessive force. Fracture healing is a proliferative physiological process in which the body facilitates the repair of a bone fracture. Generally bone fracture treatment consists of a doctor pushing dislocated bones back into place, stabilizing their position, and then waiting for the bone's natural healing process to occur. Whatever the treatment is given fracture ultimately heals through physiological processes. The healing process is mainly determined by the periosteum (the connective tissue membrane covering the



bone). The periosteum is one source of precursor cells which develop into chondroblasts and osteoblasts that are essential to the healing of bone. Usual margins of two to three weeks are given for the reparation of most upper bodily fractures; anywhere above four weeks given for lower bodily injury. The naturopathy physician should assist the bone healing by setting the bone to the same place and tying bandages. The addition of food which is rich in vitamin c, d and calcium should be supplemented to enhance the recovery.

Conclusion: Although this is a long traditional practice, with the known fact that bones repair by its own. Institutionally qualified Naturopathy doctors are not able to practice bone setting management, perhaps due to lack of practical training during their undergraduate course. The Naturopathic institutes or hospitals have no separate bone setting clinic or unit, except Government Ayurveda College, Trivandrum, Kerala. This article/ abstract is an attempt to reintroduce this traditional practice to naturopathic institutes.

CHARACTERISTIC OF PATIENTS TAKING TREATMENT IN A RESIDENTIAL NATURECURE INSTITUTE

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Background -The Burden of chronic non communicable diseases (NCD) is on raise in India. With a rapid growth in number of

patients using Complimentary and alternative medicine (CAM) to manage these diseases it becomes imperative from public health point of view to understand the complaints along with the demographic characteristic of these patients, and evaluate the role and effectiveness of these modalities in treating these NCD. As Naturopathy and Yoga are popular CAM therapies in India we evaluated the above parameters in a typical NatureCure institute in Bangalore, India.

Methods-Data was collected retrospectively from 3000 randomly selected case sheets of patients discharged from JindalNatureCure institute.

Results - Five most common illness of patients for which they took Nature cure treatment was obesity (38.9%), Hypertension (28.1%), spondylosis (28.1%), Acid peptic disorders (24.6%) and Diabetes (18.4%). Around 84% of patients were found to be obese (BMI>25). The overall mean age of patients was 45.17 years (± 13.5) The mean duration of stay was 13.84 days. Statistically significant ($p < 0.05$) reduction was seen in BMI ($1.62 \pm 1.82 \text{ Kg/m}^2$), systolic blood pressure (9.31 ± 4.7), Diastolic blood pressure (3.52 ± 7.7), Fasting blood sugar (18.99 ± 30.04) and post prandial blood sugar (31.49 ± 45.18).

Conclusion - Majority of Patients seeking NatureCure treatment are suffering from various lifestyle disorders. Beneficial results were also seen with NatureCure treatment in these conditions. Hence to tackle the rapid increase in burden of NCD there is a need to develop more institutes in different part of the country, which can offer CAM modalities for

these conditions.

CARE OF ELDERLY WOMEN

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Ageing in India has brought newer challenges and more so in of case women. Factors like genetics, environment and life-style determine the health and Quality of Life in the elderly. Women's health needs are multi-dimensional. They need newer perspective towards physical, mental, social, emotional, economic and spiritual dimensions of health. Planning for elderly care needs to start early in life with three pronged approach – prevention of diseases and dependency, disease management and curative measures and health promotion. With the increasing cost of medical expenses the financial management towards health is also an important issue. Comprehensive health education in this respect is the need of the hour.

EFFICACY OF EPSOM SALT EXTERNAL APPLICATION IN ANALGESIA

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Background: Efficacy of external application of Epsom salt as an analgesic. A personal experience in a 30 bedded Nature cure hospital.

Methods: This practical study based on the fact that Magnesium Sulfate is absorbed by the skin on external Application. (Dr.R.H.

Waring, School Of Biosciences, University Of Birmingham, UK)

- 1) In the regular practice, I used thick paste of Epsom Salt mixed with water on the areas of cramps, acute pains. Instant analgesic results were produced within 1-5 minutes. Cramps were also relieved. Probable explanation could be that magnesium plays vital role in the absorption of calcium.
- 2) Immersion baths with Epsom salt were administered on regular basis for the analgesia. In generalized body pains, acute arthritic pains, back pains, patients' experienced physical and mental relaxation after the treatments. The probable mechanism of action could be through
 - Releasing of serotonin in the brain (Mg helps in producing serotonin),
 - By regulating the activity of 325 enzymes in the body
 - Reducing inflammation
 - Easing muscle strain.

By regular use of Epsom salt baths, magnesium levels in the blood are increased.

Result: Thick paste of Epsom salt with the hot water gives an immediate pain relief

Conclusion: External applications of Epsom salt showed a positive impact on health of individual especially in relieving acute pains. Hence it can be used as an emergency analgesic in nature cure hospitals.

PRACTICAL USE OF IRIODOLOGY IN MODERN NATUROPATHY

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Background: Observation of Iris as a routine diagnostic method for all the in-patients in Nature cures hospitals.

It's an easy method of diagnosis in naturopathy which is fast, cost effective, on-invasive method. Can also be used for prognosis.

Method: On a general note of curiosity, we started looking into patients' iris as a diagnostic method in our hospital. Since many patients used to come without any proper medical records, based on symptoms we used to look into the iris. Surprisingly many of the signs in the iris correlated with the existing symptoms. Many of the untold symptoms were also predictable in the iris of the patients.

Case study: Mr. Ramesh (name is changed), 35 yr old male patients had come for the consultation with the c/o generalized weakness of the body. As a routine diagnosis we examined his iris. We found a strong lesion at 2:30 clock position of left iris (Lung Area). None of his symptoms were any ware correlating with the existing finding in the iris. We insisted him to undergo X-ray and few other tests at a near by medical centre. The final diagnosis was TB -lungs. At the end patient revealed that he had worked in a saw dust factory for last 10 yrs before he moved on to other job.

In another incident Fatty liver (which was asymptomatic) was diagnosed on finding a thick line at 7:30 clock position of right iris.ect.,

Results: Positive and satisfactory results were exhibited for both patients as well as iridology practitioners

Conclusion: This particular diagnostic method needs to evaluate further on a scientific background.

THE CONCEPT OF PRAKRITI:

A HISTORICO-LITERARY REVIEW

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Background: Prakriti is an important concept for Naturopathy and Ayurveda systems of medicine. The diagnosis, prevention and treatment of diseases vastly depend on it. Hence a deeper understanding is needed of not only the epistemological meaning of 'Prakriti', but also of its multi-dimensional nature.

Method: To contemplate and review the concept of 'Prakriti' and in the ways it was interpreted, starting from the Vedas, Saankhya and Yoga texts, Charaka and Susrutha Samhitas.

Result: In all these texts, the word 'Prakriti' was defined and interpreted with different connotations, for ex., 'moola-prakriti', 'jada-prakriti', 'apara/para-prakriti', 'prakriti-ja', etc. In brief, according to Knut A Jacobsen, a scholar on history of religions, the meanings of the term Prakriti can be categorized in to three: (1) It is 'that which precedes', the 'first', 'that which is in its own form', 'the basis', the 'original state', therefore the 'natural', the 'archetype', one's 'character' and 'normal'. Here, the meanings of Prakriti can be derived as, 'health', and 'normality', 'ordinary' and 'usual'. (2) It is the 'material cause', the 'producer of effects', the 'innate power of transformations and manifestations', the 'generative principle', and the 'ultimate material principle'. Here Prakriti is connoting the field of birth, production and is later associated with goddesses and women. (3) Prakriti-s are the 'principles', 'constituents', 'parts', or 'components of a whole'. Here it is

indicating 'the human being', 'the political state', the 'cosmos', a 'play' and so on.

Conclusion: This effort would add to the existing knowledge base.

THE IMPACT OF DIET AND FASTING IN PSORIASIS

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Psoriasis is a T cell mediated inflammatory skin disease characterized by hyper proliferation and reduced differentiation of epidermal keratinocytes and influenced by environmental factors such as infections and stress. Diet has been suggested to play a role in the etiology and pathogenesis of psoriasis. Both the general diet and single food components have been suggested to play a role in etiology and pathogenesis of psoriasis. High intake of omega-3 fatty acids, fasting, low-calorie and vegetarian diets show beneficial effects. In severe cases, the disease can result in an insufficient nutritional status which may even be promoted by nutrient-drug interactions. The active form of vitamin D, 1,25-dihydroxyvitamin D(3), exhibits antiproliferative and immunoregulatory effects via the vitamin D receptor, and thus is successfully used in the topical treatment of psoriasis. Randomized, controlled trials have shown the effectiveness of topical vitamin A and D derivatives, intravenous ω -3 fatty acids, oral inositol, and various combined therapies. The use of alcohol may exacerbate the disease.

EFFECTIVENESS OF ACUPUNCTURE AND YOGA IN THE TREATMENT OF INTER VERTEBRAL DISC PROLAPSE

(IVDP)

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Purpose: To evaluate the effect of Acupuncture and Yoga in the treatment of Inter Vertebral Disc Prolapse (IVDP)

Materials and Method: Ten clearly diagnosed IVDP patients were randomly selected from Rishi Hospital, Sivaraj Naturopathy and Yoga Medical College, Salem. They underwent acupuncture and Yoga therapy for three months. They were also advised about correct postures and other routine precautions regarding lifting of weight, traveling, use of correct mattress etc.

The intervention included

- 1) Acupuncture: Daily for 30 minutes with electrical stimulation. Six sittings of 10 days each with 5 days rest period in between. The points selected were Du - 20, Ah - shi points, Du - 4, Du - 3, UB - 25, UB - 32, UB - 54, Ex - 21 (of the region), GB - 30, UB - 40, UB - 60, GB - 34, Sp - 6.
- 2) Yoga therapy: Daily for one hour which included
 - α) Asanas: Markatasana I, II and III, Sethubandhasana, Katiuthanasana, Makarasana I and II, Bhujangasana, Tiger breathing, Sasankasana breathing, Salabhasana breathing
 - β) Pranayama: Kapalabhati, Anulomaviloma, Pranayama, Brahmari pranayama.

Observation and Result:

For assessment, the following parameters were selected.

- 1) Tenderness and swelling
- 2) Scober's test.



3) Straight leg raising test (SLR)

4) Lasegue's sign

All the parameters showed significant improvement after intervention period.

Conclusion: Acupuncture and Yoga together is an effective means to treat disc prolapse.

NATUROPATHY AND YOGA FOR MUSCULOSKELETAL DISORDERS: A REVIEW

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The prevalence of musculoskeletal disorders (MSD) in Northern India alone has been reported to be as high as 59.4%. Lack of regular exercises results in the reduction of muscular strength causing them to fatigue easily. The employees' working environment and occupation can affect muscles, tendons, ligaments, nerves and joints consequently resulting in MSD over a period of time. Naturopathy when combined with Yoga can be an effective treatment modality for MSD. The use of naturopathic treatment has shown significant benefit in the management of rotator cuff tendonitis, with reduction in shoulder pain and disability index (SPADI) and increase in the shoulder range of motion and quality of life in general. Regular use of underwater massage, a hydrotherapy modality, improves neuromuscular coordination, and relieves muscle soreness. The probable mechanism suggested is that underwater massage increases the release of proteins from muscle tissue into the blood and enhances the maintenance of neuromuscular performance capacity. Mud pack treatment improves the pain and functional status of patients with

knee osteoarthritis, whether applied directly or coated with nylon. Direct application is considered superior, which implies properties of the mud contribute to the buildup of therapeutic effect. Therapeutic massage has proven to be beneficial in successfully eliciting the defecation reflex in spinal injury patients apart from increasing localized blood flow and influencing the autonomic functions. Yoga also has potential in therapy especially so in rehabilitation, since it focuses on physical and mental wellbeing. Many studies show that Yoga is beneficial in the management of non-specific low back pain, relieving pain in carpal tunnel syndrome, rheumatoid arthritis, and improving balance and gait (in women with musculoskeletal problems). Thus, a monitored treatment protocol of naturopathy and yoga can benefit a large number of musculoskeletal disorders. An ideal treatment protocol in naturopathy is correcting the lifestyle, implementing therapeutic fasting followed by diet modifications and using hydrotherapy, mud therapy, massage, physiotherapy, yoga and exercise therapy.

Keywords: naturopathy, musculoskeletal disorders, rehabilitation

ACUPUNCTURE AS ANALGESIA AND MUSCLE RELAXANT IN CLOSED REDUCTION

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Closed reduction is an orthopedic procedure used for treating the fractures. This technique involves the external manipulation of the fractured bones without making an incision on

the body to access the site of the fracture and thereby restoring the original correct position. This procedure is applicable in dislocation of hip, knees, shoulder, mandible, and fracture of forearm, wrist, finger, thumb, ankle, toes, and etc., The procedure starts with analgesic medications-opiate analgesics, corticosteroids, anxiolytics, and muscle relaxants to sedate the patient and make them comfortable. This is followed by the careful manipulation of the bones to normal position along with continued immobilization so as to enable the re-joining and quicker healing process. The closed reduction has a set of advantages: a. it is less invasive and thereby speeds the healing time; b. lesser exposure of the patient to the risk of infection as the skin is not broken, it does not leave scars behind. Acupuncture a non-pharmacologic modality based on classical teachings of the Chinese medicine and evident through various studies is beneficial in bringing about analgesia and muscle relaxation. The physiologic mechanism involved is the increase in the β -endorphin in lumbar spine and the 5-hydroxy tryptophan, the collected effect of the two maintains the post analgesic state. The acupuncture analgesia involves points of analgesia, sedation, anxiety and muscle relaxation which may also be administered along with electrical stimulation. This technique when integrated into the orthopedic closed reduction, replacing the usage of anesthesia could prove to be a better non-invasive aid in management of pain.

Keyword: closed reduction, acupuncture as analgesia

IMPACT OF RELIGIOUS FASTING ON MENTAL HEALTH - A SCIENTIFIC VIEW

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Fasting is a religious practice developed independently among different people and religions worldwide for spiritual development and promotion of health historically. Severe mental illness has included the negative impact on an individual's occupational, social, and residential roles become increasingly prominent over the last several decades. Patients with mental illness; increased risk from cardiovascular disease appears to be related to the increased incidence of obesity, hypertension, and diabetes mellitus. Psychiatrist and primary care clinicians should collaborate to establish a plan for healthy lifestyle habits, encourage weight loss, and follow-up regularly using multispecialty teams to improve management. Despite increasing awareness and commitment to address chronic disease, concrete actions by global partners to plan and implement cost-effective interventions are inadequate. Increase of HDL and apoprotein A1, and the decrease in LDL, could be beneficial for the cardiovascular system. Psychologic benefits of significant daily weight loss in persons who have had lifelong histories of obesity previously refractory to any treatment. Patients who fasted for psychosomatic disorders Shows sense of well-being has been reported frequently in persons on short total fasts for weight reduction. Fasting is frequently accompanied by increased alertness and mood enhancement. Research has found fasting to be associated with increased brain availability of serotonin, endogenous opioids, and endocannabinoids. Fasting-induced neurotrophic factors may contribute to mood enhancement of fasting.



With regard to psychosomatic diseases, irritable colon syndrome, neurocirculatory asthenia, mild diabetes mellitus, obesity and borderline hypertension were good indications for this therapy. It seems that ketone nutrition may work as a strong stressor in the brain cell, temporarily placing all biological mechanisms in a stress state and then activating the natural healing power inherent to the human body, thereby bringing about homeostasis. Mental health gets a low priority all over the world but much more so in developing countries. In view of paucity of facilities, 80% of the population has to depend on religious treatments consisting of prayers, fasting, etc. Hence Fasting should be promoted as major intervention for mental health issues associated with non communicable chronic disorders.

ANTI - AGING DIET

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Aging is defined as a normal decline in survival with advancing age. Over the past few decades, research in natural dietary compounds by various organism and animal models provides a new strategy for anti-aging. Natural dietary compounds act through a variety of mechanisms to extend lifespan and prevent age-related diseases. Healthy aging involves the interaction between genes, the environment, and lifestyle factors, particularly diet and physical activity. The rise in life expectancy is mainly due to better sanitation, hygiene and health care, reduced infant mortality and the use of antibiotics and vaccines. Lifespan may also be increased by the therapeutic use of calorie

restriction, which seems to improve health as well. Experimental data animals indicating that calorie restriction prolongs life expectancy? In 1935, it was first reported that calorie restriction extended lifespan in rats. Maximum lifespan in rodents is also prolonged by intermittent fasting. The five main possible mechanisms are: reduced production of reactive oxygen species, decreased circulating T3 levels and sympathetic nervous system activity, decreased plasma inflammatory cytokine concentrations, protection against ageing-associated immune function deterioration, increased expression of protein chaperones and neurotrophic factors. Although there are no validated biomarkers of ageing and it is impracticable to conduct randomized, diet-controlled, long-term survival studies in humans, epidemiologic data show that energy restriction may positively affect factors involved in the pathogenesis of ageing and life expectancy in humans. The causal association between energy restriction and longevity, however, has not been definitely proven. Several changes in different biomarkers observed with calorie restriction in humans are low percentage of body fat, low systolic and diastolic blood pressures, markedly improved lipid profile, increased insulin sensitivity, low plasma concentrations of inflammatory markers, low levels of circulating growth factors, low serum concentrations of T3. The powerful action of antioxidants in preventing premature lipid oxidation in food suggests that the same compounds, when consumed with the daily diet, could unfold anti oxidative/anti-aging effects in the human body. Thus calorie restriction in adults may prolong life span; a greater adherence to the Mediterranean type of diet is associated with increased survival.

LIFE STYLE MODIFICATION TO SAVE FROM CARDIOVASCULAR DISORDER

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The main factor of lifestyle diseases includes bad food habits, physical inactivity and disturbed biological clock. The prevalence of lifestyle-related diseases including hypertension, dyslipidemia and diabetes increases with aging, and all these conditions are risk factors of arteriosclerotic diseases such as stroke and myocardial infarction. Interventions are necessary to overcome the most challenging cardiovascular health problem of the 21st century worldwide. Non pharmacological approach to primary prevention and disease interruption carries enormous public health significance. Epidemiological studies suggest Restriction of sodium intake to 2 g per day lowers systolic pressure, on average, by 3.7-4.8mmHg and lowers diastolic pressure, on average, by 0.9-2.5 mmHg, although the reductions vary from person to person beyond these ranges. Randomised controlled trials in hypertensive patients indicate that reducing sodium intake by 80-100 mmol (4.7-5.8 g of sodium chloride) per day from an initial intake of around 180 mmol (10.5 g of sodium chloride) per day reduces BP by an average of 4-6 mmHg, although the trials showed a great degree of variation between patients. The recommended adequate daily sodium intake has been recently reduced from 100 to 65 mmol/day, corresponding to 3.8 g/day of sodium chloride, which may be currently difficult to achieve. An achievable recommendation is less than 5 g/day sodium chloride (85 mmol of sodium/day). The pressure effect of caffeine is only small

if ingested through coffee. Trials of alcohol reduction have shown a significant reduction in systolic and diastolic BP.

A recent meta-analysis of randomized controlled trials concluded that dynamic aerobic endurance training reduces resting systolic and diastolic BP. Sedentary patients should be advised to perform exercise 30-45 min daily. The main diet and lifestyle goals for cardiovascular disease risk reduction are consume an healthy diet which include, reduction of salt intake, increase in potassium intake through increase in fruit and vegetable consumption. Aim to maintain healthy body weight, recommended levels of LDL & HDL cholesterol and triglycerides, normal BP & blood glucose level, physically active, avoid use of tobacco products. Thus lifestyle modification plays a major role in prevention as well as treatment of cardiovascular disorder.

ACUPUNCTURE FOR TRIGEMINAL NEURALGIA - A CASE REPORT

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Trigeminal neuralgia (TN), a disorder of the trigeminal nerve, is a condition that produces intense, sporadic facial pain along one or more of the three branches of the nerve depending on the branch of the nerve affected, compromising the corresponding area innervated by the nerve. The pain can be triggered by normal activities, climate and stress.

A male patient, aged 63 years was consulted at the Out-patient department of National Institute of Naturopathy, diagnosed as having TN, with a history of illness of 10 years, with a



frequency of pain for 3-4 days in a week. He was suggested Acupuncture needling therapy for 18 days with 7 days gap in between every 6 days and to avoid extremely hot and cold food items. The points needled were DU-20, DU-21, LI-4, LI-11 and Ah-Shi points on Forehead, being given the treatment duration of 30 min. After each day of treatment the patient was provided the visual analogue scale to indicate pain.

We found from the patient that there was a considerable amount of pain reduction from day 4 onwards. The patient was followed up for a period of 2 months and had no need to have medications for pain and reported a better quality of life.

This study shows a relevant clinical application in the management of TN with Acupuncture.

MUSTARD PACK FOR MANAGEMENT OF PAIN AND DISABILITY IN KNEE JOINT ARTHRITIS

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Background: Mustard has been traditionally as a poultice or pack to reduce swelling over the joints. In this study we evaluated effect of Mustard pack in reducing pain and disability in patients with knee joint arthritis.

Methods: 81 patients were randomly allotted to either waitlisted group or mustard pack group. Subjects in mustard pack group received application of mustard pack over knee joints for half an hour a day over 30 days. Waitlist controls subjects received education and were required to maintain a symptom and medication diary to document their symptom

severity and medication use on a daily basis during the waitlist period. Following waitlist period subjects were treated with mustard pack application as per protocol which was followed for mustard pack group. Outcome measures were WOMAC, Brief pain inventory, SF 36 and walking time. Outcome measures were recorded at baseline and post interventional.

Results: Subjects in mustard pack group showed significant reduction in scores of Pain, WOMAC, Brief pain inventory and walking time as compared to that of waitlisted group (all $p < 0.001$). Subjects in mustard pack group also showed statistically significant increase in quality of life (SF 36) as compared to that of waitlist control group ($p < 0.001$).

Conclusion -Mustard pack application in subjects with knee joint osteoarthritis shows beneficial effect in reducing pain and disability in subjects with knee joint osteoarthritis

A NEW PERSPECTIVE TO FASTING

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Fasting is the weapon of choice in the stream of Nature cure. This is used in the battle against almost all acute and chronic diseases. The Nature cure philosophy tells that diseases happen to body; if there is an accumulation of toxic substances in it. When the poisons accumulate beyond the normal limits, the body makes strenuous efforts to eliminate them. At these times body need nothing, not even the food; resulting in loss of appetite.

Fasting; is giving rest to the digestive organs, allowing the body to get rid of the accumulated toxins. Up to some extent this thought resembles with the Ayurvedic philosophy; that tells about

the 'Ama' (toxins) concept as the causative factor for many of the diseases. The principal for the cure of these diseases is 'Langhan'; the fasting.

daoYaa: kdaicata\ kupyainta ijataa
laEGanapaacanaO: | AYTAMga=dya
saU~asqaana 1

Further to this Ayurveda says that; before giving 'Langhan', consideration must be given to the individual's body constitution; the 'Prakruti'. People sometime observe fast for ten, fifteen or more days without knowing their constitution. This lack of knowledge may have detrimental effects on them. For example if a 'Vata' constitution practices fasting for a longer period; first the 'Ama' (toxins) gets digested with the 'Agni'. Later on if fasting continued, it increases the lightness (*lghutwa*) in the body. *Vata* is also light (*laghu guna*), hence *vata* element of that body gets disturbed and shows its manifestations, both physically and mentally. This may differ in 'Pitta' and 'Kapha' constitutions.

A very clear guidance is given in Ayurveda that if the 'Ama' (toxins) is more, take the help of some herbal medicines or go for 'Shodhana' (cleansing, *panchkarma*) for the sake of good health.

Hence if one could understand the 'Prakruti' aspect of Ayurveda and undergo 'Fasting'; it will be golden mean of the two streams and will result most fruitful.

EFFECT OF FASTING THERAPY ON TOTAL SERUM TRIGLYCERIDES, TOTAL SERUM CHOLESTEROL AND BODY COMPOSITION IN HEALTHY INDIVIDUALS

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Background: According to *Ayurveda*, all diseases arise due to accumulation of toxins and fasting is the supreme remedy. Kokosav A.N, an honored scientist of the Russian federation has regarded fasting therapy as one of the traditional non medicamentous methods of treatment and health improvement. He has further mentioned about the predominant uses of fat resources during fasting. The current study aims to compare the total serum triglycerides, total serum cholesterol along with the body composition analysis of study (fasting) group with that of a control (non-fasting) group.

Methods: 100 healthy students aged between the age group of 18-29 years were randomly allocated into 2 groups. 1) Study (fasting) group (50 students) with the mean age of 20.78 years (Std. Deviation: ± 2.169) 2) Control (non-fasting) group (50 students) with the mean age of 18.92 years (Std. Deviation: ± 1.70).

Study(fasting)group received only a prescribed quantity of lemon juice with honey and minimal daily activities. The control group had no change in the routine food habits or activity. Assessment of total serum triglycerides, total serum cholesterol along with body composition analysis was done for both the study and the control group before and after fasting period.

Results: The fasting group had shown reduction in the total serum triglycerides from 108.91 mg/dl (± 94.92) to 78.33mg/dl (± 20.23), total serum cholesterol 149 mg/dl (± 25.967) to 144.6 mg/dl (± 25.519) along with the body composition unlike the control group. The control group has shown reduction in mean total triglycerides from 112.57 mg/dl (± 43.528) to 102.57 mg/dl (± 43.770) and increase in the mean Total Cholesterol from 138.75 mg/dl (± 23.014) to



145.97 mg/dl (± 20.752).

Conclusion: These findings suggest that fasting therapy is useful in correction of dyslipidemia and to improve the individual's body composition. The results can be utilized in clinical settings.

ROLE OF SHALLOW BATH, RUBBING SITZ BATH AND NEUTRAL SPINAL SPRAY IN MANAGEMENT OF HYPERTENSION

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Hypertension is the persistent increase in the systemic arterial blood pressure, due to increased peripheral resistance. According to ICMR, one in five Indians suffers from hypertension. Treatment of hypertension with drugs shows a moderate control in progression but with adverse effects. Hydrotherapy, an age old therapeutic method works with contact of water to the skin and reflex connections with the internal organs through sensory nerve filaments, reflecting the effects on the visceral organs. Studies on hydrotherapeutic treatment modalities report an effective management of hypertension naturally, which aims in treating the disease from its root cause. Renin-Angiotensin-Aldosterone pathway becomes activated along with the predominant sympathetic nervous system contributing increase in blood pressure. Hydrotherapeutic treatments modulate the nervous system promoting the production of Atrial Natriuretic Factor and dilate the constricted blood vessels. The cold shallow bath constitutes a powerful combination of potent factors for dilating the peripheral blood vessels.

Rubbing sitz bath reduces blood pressure by decreasing the work load of the cardiac muscles and Neutral spinal spray helps in sedating the constricted blood vessels and causes dilatation, thus lowering blood pressure.

This paper aims at exploring the probable mechanism of actions of these treatments in the management of hypertension.

NATUROPATHY AND YOGA FOR MANAGEMENT OF DIABETES MELLITUS

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Background: In this study we evaluated effects of inpatient naturopathy and yoga based life style interventions in modifying various cardiovascular risk factors in subjects of type 2 diabetes mellitus.

Methods: In this study we retrospectively collected data from case sheets of 200 diabetic patients with uncontrolled diabetes and who took Naturopathy and yoga treatment for type II Diabetes mellitus in Jindal Nature cure Institute. Data was collected from only those case sheets of those patients who gave a written consent for providing their data for research purpose. Blood pressure, body composition analysis, serum lipids, fasting and post-prandial glucose were measured before and after treatment. Values of study variables before and after the interventions were compared by using paired sample t test.

Results: The results indicate that there was significant decrease in fasting glucose levels as well as two hour postprandial blood glucose. Statistically significant reduction was also seen

in Body Mass Index, Fat mass, Systolic and diastolic blood pressure, Total cholesterol, Triglycerides and Low Density Lipoprotein. Statistically significant increase was seen in values of HDL (all $p < 0.001$). Changes in blood sugar levels were found to be independent to weight loss. Mean duration of stay in these patients was 12.43 ± 4.6 days.

Conclusion: These findings suggest that short term inpatient naturopathy and yoga based lifestyle interventions merits consideration as a complimentary approach for modification of cardiovascular risk factors in diabetic patients

Key words: Therapeutic lifestyle interventions, Naturopathy, Yoga, Diabetes.

NATUROPATHY AND YOGA THERAPIES IN MANAGEMENT OF DYSLIPIDEMIA

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Background–Dyslipidemia is considered to be an important risk factor for various cardiovascular events. Naturopathy and Yoga are frequently used for management of Dyslipidemia. In this study we evaluated effect of 21 days inpatient Nature cure and Yoga therapies in management of Dyslipidemia and reducing associated cardio-metabolic risk factors. **Materials and methods** Study was conducted in 130 subjects who met the NCEP ATP III criteria guideline for Dyslipidemia. They underwent 30 days intensive inpatient residential naturopathy and Yoga therapy. Study interventions were consisting of Nature cure therapies like Hydro Therapy, Mud Therapy, Massage and calorie restriction. Yoga therapies included various Yogic Kriyas,

pranayama, asana and relaxation techniques such as Yoganidra. Outcome measures included lipid profile, Anthropometric measurements, Body Composition Analysis, blood pressure, and Body Mass Index (BMI). Values of study variables before and after the interventions were compared by using paired sample t test.

Results: Statistically significant reduction was seen in Total cholesterol, LDL cholesterol and Triglycerides ($P < 0.001$). Significant reduction was however seen in HDL ($p < 0.01$). Significant reduction was also observed in BMI, Waist circumference, fat mass and fat free mass (all $p < 0.01$)

Conclusion: Residential naturopathy and yoga treatment improves parameters of lipid profile and shows an overall effect in reducing multiple cardio-metabolic risk factors in patients of Dyslipidemia.

Keywords– Dyslipidemia, Naturopathy, Yoga, cardio metabolic risk factors

CONTEMPORARY HIGH PROTEIN DIETS VS HIGH CARBOHYDRATE LOW FAT DIETS- ARE NATUROPATHS DOGMATIC IN THEIR FOOD BELIEFS?

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Contemporary world has seen the emergence of famous high protein diets like Atkins diet, Timothy Ferriss' diet, etc, which have been used by people successfully in Western parts of the world and sadly by Indians as well for weight loss. The theory behind low carbohydrate diet is that if dieters avoid foods containing carbohydrates, they will shed pounds. Such diets eliminate or dramatically restrict the intake of fruit, fruit juices, starchy vegetables, beans,



bread, rice and other grain products. People on such diets do tend to think that vegetarian food is high in carbohydrates and causes weight gain. But research has found that the degree of weight loss on a low carbohydrate diet is not greater than that which occurs with programs using low fat vegetarian diets. A review of 107 research studies on various low carbohydrates, high protein weight loss diets concluded that weight loss on these diets is not due to carbohydrate restriction, but depended on the extent to which the dieters' calorie intake fell and how long they continued their regimens. Long term studies of general population following a variety of diets and short term studies of individuals on low carbohydrate diets raise important concerns like colon cancer, heart diseases, and impaired kidney function, complications of diabetes, osteoporosis, constipation (68%), headache (60%), bad breath (38%), and muscle cramps (35%). However, various epidemiological studies and clinical trials have shown that vegetarians, who follow diets rich in carbohydrates, typically have significantly lower body weight than omnivores.

Keywords: High Carbohydrate, High Protein, Weight loss

MECHANISM OF ACTION OF MUD THERAPY IN INFLAMMATION

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Inflammation is a series of molecular and cellular responses acquired during evolution designed to eliminate foreign agents and promote repair of damaged tissues. Since historical time mud therapy (MT), a naturopathic treatment modality is used in the care of Acute to Chronic Inflammatory conditions. The main researches

focus over activity of mud on plasmatic hormones, cytokines, and endorphins while a great deal of care is devoted to evaluation of efficacy of mud therapy. This paper deals with the possible mechanism of action of MT.

Inflammation is characterized by rubor, calor, dolor, and tumor which are as a result of the inflammatory mediators released at the site of inflammation.

MT increases plasma β -endorphin levels and secretion of corticotrophin, cortisol, growth hormone and prolactin thereby reducing the pain and improving the mental wellbeing. Mud therapy reduces the circulating levels of the important inflammatory mediators like PGE₂, LTB₄, IL-1 β and TNF- α , reducing the inflammation and exudates formation.

Destruction of cartilages in the joints is prevented by increase in IGF-1, which stimulates cartilage metabolism, and TGF- β .

It is also shown to reduce the release of free radicals, Myeloperoxidase, Glutathione peroxidase, which worsen the damage process. Mud therapy is able to influence positively the chondrocyte activities. Steroidal and Antimicrobial activity of certain therapeutic mud has been suggested.

Mud bath therapy shows complex interaction with the most common factors of inflammatory and cartilage degradation mediators. Studies suggest that the thermic component of this natural treatment is mainly involved in modulating inflammatory reaction and cartilage damage through binding of the circulating TNF.

These evidences suggest mud as an effective anti-inflammatory remedy. Further in depth studies need to be conducted to the unearthing of the innate potency of this natural remedy.

EFFECT OF ICE MASSAGE TO SPINE ON BLOOD PRESSURE AND PULSE RATE IN NORMAL HEALTHY FEMALE VOLUNTEERS

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Objectives: To assess the effect of an ice massage on blood pressure and pulse rate.

Methods: Ice massage to spine is an important hydrotherapeutic procedure employed in the management of hypertension based on clinical experience of naturopaths.

Ten healthy female volunteers were assessed for their blood pressure and pulse rate following a 10 minute ice massage to the spine. Data was recorded before and after the massage using standard techniques used to evaluate blood pressure and pulse rate. All the subjects were followed up for a period of 10 minutes after the ice massage.

Results: There was a significant reduction in the systolic blood pressure compared to the baseline and during recordings ($p < 0.001$, Paired Samples t test). Diastolic blood pressure didn't show any change. Pulse rate significantly reduced following ice massage ($p < 0.05$, Paired Samples t test).

Conclusion: The results show that there is a significant reduction in the systolic blood pressure and pulse rate after the ice application over the spine for 10 minutes. This may be attributed to the stimulation of reflex areas on the spine, thereby influencing the vasomotor

reflex areas. Thus ice massage can be used as a therapeutic tool to manage high blood pressure and pulse rate. Since the study was limited to female subjects and very small sample size, further studies with larger sample sizes and both the genders should be carried out for better understanding of the effects of ice massage.

NATURE CURE FOR PROSTATE GLAND DISORDERS

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Prostatic hypertrophy is a common disease. This condition appears commonly after 50 years of age. It has been generally found that at this age, the prostate gland gets enlarged in 30% cases and by 60 years, it cause interruption or obstruction of urine in 80% cases.

But in all cases this disease may not become fatal. Unhealthy lifestyle is the root cause of this disease. So our aim is to make the physique free from toxins. For this alternate hot and cold fomentation, douche, footbath or mild steam bath or hot and cold hipbath, abdominal pack, wet sheet pack once a week (for 1-2hrs), intake of sufficient lemon water, fruit, salad, boiled vegetables, vegetable soup, raw vegetables and honey or jaggery etc., should be taken off and on fasting is also needed.

EVALUATION OF THE EFFECT OF MUD THERAPY ON IMMUNE SYSTEM - A NOVEL 3DIMENSIONAL FOCUSING ON AIDS

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Background: In Early Stage of HIV infection ART-I and ART-II the current line treatment is not conducive to all patients. Many patients show various degrees of drug reaction and drug resistance. Furthermore long-term use of these drugs may possibly reduce the effectiveness of the drugs. However the current line treatment is still valuable and has its uses, as proved by earlier studies, which shows a positive impact on the immune system. Naturopaths consider mud therapy a valuable support to patients with low immune system disorders, as discussed with Innate, Acquired Immunity and Metabolism related disorders.

Method: Mud therapy is a naturopathy treatment. Mud is one of the natural earth elements. The therapeutic mud is collected from 8 feet below the ground level. After the purification process, the mud is applied over the whole body except eyes for a period of 45 minutes to one hour. Patient should be exposed to the sunlight during the course of treatment. Thereafter the patient removes the mud through a cold shower or cold sponge, according to the patient convenience.

Result: This response to mud therapy has been assessed by previous data studies on 3 levels of focusing

- a) Patient with **psoriasis (A.I)** had an excellent improvement revealed at the end of treatment in 80% to 95% of patients.
- b) **Diabetic (MD)** patient with leg gangrene underwent mud therapy resulted normalized blood glucose levels - 63% of the patients.
- c) 121 **RA(I.I)** patient with low base T-lymphocytes the effect of mud therapy

appeared normal T-lymphocytes.

Conclusion: Mud therapy works effectively on the immune system, whether Innate, Acquired or Metabolic related. The immune system can be strengthened and rebuilt with the use of this therapy. Therefore to conclude Mud Therapy may provide a beneficial support to those suffering from the early stages of HIV infection.

Keywords: **A.I-** Acquired immunity, **MD-** Metabolic disorder, **I.I-** Innate immunity

CONSTIPATION AND NATURE CURE

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Constipation is a symptom, not a disease. Almost every one experiences constipation at some point in their life. It is a common problem regardless of sex, age or race. Mostly constipation is temporary and not serious.

It is defined as infrequent, difficult or incomplete bowel movements fewer than three times per week, difficulty during defecation or the sensation of incomplete bowel evacuation.

Nature cure is a treatment modality where natural measures are used in curing the diseases. It is a way of life in which man lives in harmony with nature.

Hydrotherapy uses water to achieve therapeutic benefits. Water can be used in hot, warm, neutral, cold, ice or even steam from directly or through material like cotton towel.

So here in the present study cold hip bath is used as a cure for constipation. Temperature of water is maintained at 10 to 18 degree celsius.

Key words: constipation, hydrotherapy, hip

bath.

MANAGEMENT OF OBESITY THROUGH NATUROPATHY AND YOGA INTERVENTIONS

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Background: Obesity is considered to be important risk factor for various conditions like cardiovascular disorders, Insulin resistance and various inflammatory diseases. Naturopathy and yoga therapies are frequently used for weight reduction by obese and overweight individuals. This study was carried out to evaluate the effect of Inpatient naturopathy and Yoga therapies in management of obesity.

Methods: In this observational study data was collected from 579 obese individuals (BMI >25) who took Naturopathy and yoga therapies in Jindal nature cure institute for a minimum of 15 days. Change in BMI, Fat mass, fat percentage and lipid profile was analyzed before and after the intervention. Values of study variables before and after the interventions were compared by using paired sample t test.

Results: After the intervention period Mean reduction in was seen in BMI, Fat mass, fat free mass, total cholesterol, triglycerides and LDL. HDL was also seen to be increased significantly (all $p < 0.001$) after the intervention.

Conclusion: Naturopathy and Yoga therapies seem to have a considerable effect in management of obesity and can be considered as an important non pharmacological approach in treating obese patients.

BODY HEALS ITSELF: PHILOSOPHY

AND SCIENCE

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The existence of the human body, the continuation of our life and the survival of human race, all are dependent on the ability of the body to heal itself. Healing is a process by which an altered state of the body is brought back to its normal condition. Our body faces wear and tear on an almost regular basis, and yet we are able to manage. The body heals itself as a part of normal living, without any conscious effort from our side except probably to get the requisite rest and nutrition that enables it to resurrect new cells and tissues. Throughout the lifetime, the body continually responds and adapts to both internal and external events, forever attempting to return to the state of homeostasis.

An elegant example of body's innate healing capacity is the fever process. Fever occurs to help fight off invading organisms in the body. During an infectious process, the body creates fever that helps in the lysis of the invading organism by increasing the core temperature, metabolism and elimination, and finally returns the body to health. Due to increased elimination, we may feel tired and achy- a sign that body needs rest in order to adequately repair itself.

In the cellular level, the healing takes place very regularly. Cells get disturbed and injured every now and then due to the free radicals like superoxide' and hydrogen peroxide, which damage the proteins and lipids of the cell. But the body silently repairs the cell to its original shape by complex metabolic processes using a variety of enzymes and metabolites. The body



also prevents the further damage with the help of antioxidants which combine with free radicals to neutralise them.

In addition to intracellular healing, the body also has an ability to make new cells to replace the cells that have been permanently damaged. The surrounding cells replicate to replace the destroyed cells immediately. This process takes place in many steps. (1) After an injury, bleeding is stopped by contraction blood vessel (2) WBCs accumulate at the site of injury and digest the dead cells which in turn secrete few chemicals due to which the growth factors are produced (3) Growth of new cells.

Healing is extraordinary but absolutely essential characteristic of the human body which allows us to lead our lives without bothering about the continuously occurring minor damages and injuries to our body. When challenged, the body communicates its imbalance by producing symptoms. Rather than using medicines to eliminate those symptoms, we shall use the symptoms as a guide to what the body needs to heal itself.

EVALUATION OF THE EFFECTS OF HYDRO THERAPY ON REPETITIVE STRAIN INJURY PATIENTS

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Repetitive strain injury (RSI) is defined as a cumulative trauma disorder (CTD) stemming from prolonged repetitive, forceful, or awkward hand movements, this resulting in damage to musculoskeletal system which can cause pain, numbness and impairment of motor control.

It is a dangerous health risk seen in rural community today. However, previously this particular condition was considered to be more common among people with a sedentary life style. Hydrotherapy which is the application of water with proper mode of administration, duration and temperature and it is shown to have significant reduction in pain, improved range of motion and progressive improvement in the general wellness of the patient. Hence hydrotherapy is a simple, less cost, effective method for the preventive and curative aspect of RSI.

TO STUDY EFFECT OF NATURAL DIET ON Hb LEVEL OF CHILDREN AGE GROUP 2-6 YEARS, POSITIVELY LINK TO GLOBAL WARMING

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UNICEF, UK reported found that global warming is already reducing the quality of the world's most vulnerable life of children. As you "go away from Nature, Nature go away from you." This phrase is exactly applicable to today's generation.

The purpose of the study was to research some of the effect of Modern Life Style of toxins on children health, specifically to recommended wholesome life style & inherently includes nutritious diet & minimum exposure to toxins. This type of life style will help develop and maintain strong, health, mind, bodies & immune system.

This paper addresses the decline of some aspects of general health in metropolises city due to poor life style & diet. It presents some of the proposed causes & resultant diseases associated

with decline Hemoglobin level & it endeavors to give broader perspective on human health & its holistic nature. Also included in this paper are recommendations for future research on the naturopathic application on Routine life of children their holistic health approach.

Children suffering from low Hemoglobin i.e.,

- feeling tired and weak
- decreased work and school performance
- slow cognitive and social development during childhood
- difficulty maintaining body temperature
- decreased immune function, which increases susceptibility to infection
- glossitis (an inflamed tongue)

For the present study Researcher has choose 30 children, age group 2-6 years & recommended Diet Plan, Yogic Excise & given parental counseling at the interval of 7 days. Case Study Procedure will be used as research method for present study and instructions of conduction of experiment/observational case study report will be prepared.

Out come was assessed after with every week for 40 days. Results of the study would be presented.

EFFECT OF THE HEAD MASSAGE ON INSOMNIA

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Background: The present study was conducted to assess the effect of head massage on insomnia.

Method: Twenty five students with ages ranged between 18 and 25 years were participated in this study. The sampling technique was purposive. For the measurement of disturbed sleep level, used insomniac psychological test.

Everyday the subjects were given 20 minutes head massage continuously for 4 weeks. The intervention technique were touch, rolling, knuckling, pulling, kneading, stroke pressures on face, and ear massage. Throughout the whole study, all students took the same vegetarian diet, and lived in the same environment. Data was analyzed with paired t-test.

Results: After head massage there was significant decrease in sleeplessness level ($P < 0.01$).

Conclusion: Head massage has positive effect on the degree sleeplessness level.

COMPARATIVE STUDY OF EFFECT OF ACUPUNCTURE, YOGA & NATUROPATHY AND ONLY YOGA & NATUROPATHY ON HYPOTHYROIDISM

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Background: Condition produced by the defective action of the thyroid gland is known as Hypothyroidism. Under activity of the thyroid may be primarily from disease of the thyroid or secondary to hypothalamic pituitary diseases. This is six times more common in females than in males. One of the causes of hypothyroidism is microsomal auto antibodies leading to lymphoid infiltration of the gland and eventual atrophy and fibrosis of the thyroid gland.

Objectives: 1. To assess the effectiveness of acupuncture in hypothyroidism.
 2. To assess the changes in TSH level after a course of acupuncture treatment.

Hypothesis: 1. Acupuncture helps in reducing TSH levels.



2. By reducing the TSH level acupuncture helps in hypothyroidism.

Methodology: 40 patients were selected and they were randomly grouped into two groups. Group 1 was given Acupuncture, Yoga and Naturopathy treatments for 10 days. Group 2 was given only Yoga and Naturopathy treatments for 10 days. T3, T4 and TSH levels were assessed in the blood before and after the treatment and assessment were done comparing the data before and after the treatment.

Result: P value was significant for the difference in TSH levels in the group of patients who have taken acupuncture along with Yoga and Naturopathy treatments than comparing to the group of patients who have taken only Yoga and Naturopathy treatments.

Conclusion: Acupuncture increases the production of ketosteroids which can reduce the effect of autoantibodies. Also acupuncture has the effect on hypothalamic-pituitary-adrenocortical axis. It increases the levels of Adrenocorticotrophic hormone (ACTH) which in turn stimulates thyroid gland.

EFFECT OF ICE MASSAGE TO SPINE ON BLOOD PRESSURE

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Background: High Blood Pressure is a very common problem prevailing in the modern world. An acute raise in blood pressure can bring about sudden heart attack or Cerebro Vascular accident. Hence control on acute raise in Blood pressure is necessary. Through Various case reports, observational studies, and a number

of controlled studies provide some evidence of success in the use of hydrotherapy. Immediate reduction in Blood Pressure is produced by ice cold application to spine in clinical setup.

Methodology: The present pilot study was conducted on 10 normal healthy non menstruating female volunteers. Direct application of ice was done on spine by means of constant rubbing on the skin overlying spine in prone position, for 10 minutes. Blood Pressure and Pulse rate were recorded before the application, during (at 5th minute after beginning the application) and immediately after the completion of application.

Results: There was significant reduction in both systolic and diastolic Blood Pressure during and after the application as compared to the baseline reading. The similar changes were found in Pulse Rate also, suggestive of reduction in cardiac sympathetic activity.

Conclusion: Though the sample size is small, the results seen are very encouraging. There is marked reduction in systolic and diastolic Blood Pressure and Pulse Rate during and immediately following the ice massage to spine due to stimulation of reflex areas on the spine, thereby influencing vasomotor reflex areas. The physiological basis for this beneficial effect should be examined in greater detail.

GERMS DO NOT CAUSE DISEASE BUT ARE FOUND IN DISEASE CONDITIONS - SCIENCE AND PHILOSOPHY

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Germes are ubiquitous. They are in the air we breathe, the food we eat, the water we drink. We cannot escape them. We can destroy them only to a limited extent. It is folly to attempt to escape disease by attempting to destroy or escape germes. Germes are not the causative factors of disease. We cannot avoid them. We must be proof against them; we can avoid disease only by keeping ourselves in such a high state of health that they are powerless against us.

Germes do not cause disease but are found breeding in the accumulating waste matter in the body. In a healthy body, having normal secretions and excretions, the germes cannot find a breeding ground and are destroyed by the antibodies present in the secretions. Therefore, even if germes enter our body when we are healthy, they are killed / made ineffective by the defense mechanism.

"Just as mud cannot stick to a smooth, oily surface, similarly, the germes cannot blemish a healthy body." Infections occur in a weakened, damaged or over worked part of the body. Germes alone can no more produce disease than a seed alone can produce a tree. Just as a seed must have fertile soil, moisture, warmth, air and sunlight, if it is to grow into a tree, so the germ, if it is to produce disease, must find certain essential conditions existing in the bodies of those it enters before it can do the slightest harm. If the body is normal, if it has an abundance of nerve force, if its blood stream is pure, if there is prompt and vigorous action of all its essential organs, no germes coming in contact with it can grow and multiply. Germes

don't create 'dirt', but dirt which is otherwise called as morbidity, attracts the germes.

Nature Cure recognizes this. Instead of concentrating its energy on killing germes, the activity of which we cannot escape when the conditions are ripe, nature cure attempts to invigorate the system, to build up blood and lymph, and to purify the tissues so that germ activity is rendered inconsequential.

THE EFFICACY OF MUD PACK THERAPY IN PATIENTS WITH JANU SANDHIGATA VATA (KNEE OSTEOARTHRITIS)

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Objectives: Janu sandhigata vata (knee osteoarthritis) is a common chronic degenerative disorder. There are various treatment modalities. This study was planned to investigate the efficacy of mud therapy in patients with Janu sandhigata vata.

Methods: Classically diagnosed 30 patients of Janu sandhigata vata were selected by random sampling method. Their ages ranged between 40-65yrs. All the patients were received mud pack therapy. The therapies were applied for 20min duration, once a day in the morning for about 30 days. Patients were assessed according to Pain, Swelling, Crepitus & Stiffness. The assessment parameters were evaluated before and after treatment.

Results: There were statistically highly significant improvement in variables like Pain & Swelling, and significant results were seen in Crepitus & Stiffness after treatment.



Conclusion: Mud pack therapy is effective in treating patients with Janu sandhigata vata without any side effects.

Key words: Janu sandhigata vata, Knee osteoarthritis, Mud pack therapy.

NATUROPATHY AND YOGA IN THE MANAGEMENT OF HYPERTENSION

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Background - Naturopathy and Yoga therapies are widely used for treating Hypertension. The present study was conducted with an aim to systematically evaluate the effect of these therapies in managing hypertension.

Methods - In this observational study data was collected from 500 individuals who were diagnosed to be suffering from hypertension and got admitted to Jindal NatureCure institute for NatureCure treatment of hypertension. Change in Systolic and Diastolic blood pressure, BMI, and lipid profile was analyzed before and after the intervention. Values of study variables before and after the interventions were compared using paired sample t test

Results -The study interventions resulted in Significant reduction in systolic and Diastolic blood pressure Reduction was also seen in LDL cholesterol and Total cholesterol as well as body mass index .HDL was seen to be increased significantly(all P <0.001).Mean duration of stay in these patients was 12.94 days .

Conclusion-Naturopathy and yoga therapy can be considered as a potential complimentary and alternative approach in management of hypertension

Keywords- Hypertension, Naturopathy, Yoga,

Non-Pharmacological Therapy.

A RETROSPECTIVE STUDY ON THE BENEFITS OF NATUROPATHY AWARENESS CAMPS IN RURAL & SEMI URBAN AREAS

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Objectives: To survey the proportion of participants available for subsequent follow up as out-patients/ in-patients in Naturopathy centre following attendance in Naturopathy awareness camp in semi urban and rural areas.

Introduction: Naturopathy and yoga are ancient healing systems but many people are unaware about the system till today many institutions have taken up the steps to popularize system through awareness camps there were no studies/surveys to examine the efficacy of these awareness camps .The present study aimed to assess the proportion of the participants available for subsequent follow up as in patients/ out patients in Naturopathy hospital following attendance in Naturopathy awareness camp in semi urban and rural areas.

Method: This is retrospective survey analyzing the proportion of participants available for follow up following Naturopathy awareness camps. 250 camps were conducted in the period from feb 2003 to December 2008 in and around North Canara district by a start up Naturopathy centre. There were a total of 37500 participants who attend this camps the average participation per camp was 150.

Results: A total number of 9375 participants were available for subsequent follow up (25%) in the local Naturopathy centre as OP and

247(6.5%) as in patients during these 6 years.

Total No of participants No of participants
available for OP No participants available for
IP 37500 9375(25%) 2437.

EFFECT OF INPATIENT NATUROPATHY AND YOGA THERAPIES FOR MANAGEMENT OF HYPOTHYROIDISM

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Background: Overt and subclinical hypothyroidism has been found to be associated with increase in cardiovascular risk factors like hypercholesterolemia, hypertension and obesity. We evaluated the effect of Inpatient Naturopathy and Yoga therapies in management of hypothyroidism and associated modifiable cardiovascular risk factors.

Methods: In this observational study data was collected from 239 individuals who are diagnosed to be suffering from Hypothyroidism and got admitted to Jindal NatureCure institute for NatureCure treatment of hypothyroidism. Change in Thyroid hormones, BMI, Fat mass, fat percentage and lipid profile was analyzed before and after the intervention. Changes in study variables were compared for statistical significance using paired sample t test.

Results: The mean age of the patients was 46.69 $\pm$ 12.03 years and mean duration of stay was 12.84 $\pm$ 9 days. After the intervention period there was a significant increase in levels of T4.TSH also decreased significantly after intervention .Statistically significant reduction was also seen in BMI, total cholesterol, triglycerides and LDL cholesterol. HDL levels were seen to be

increased significantly after interventions in these patients. Significant reduction was also seen in fat mass and fat free mass (all p <0.001)

Conclusion: Short-term inpatient Naturopathy treatment is found to be beneficial in management of hypothyroidism and also in reduction of associated modifiable cardiovascular risk factors like obesity, hypertension, and dyslipidemia.

ACUPUNCTURE AND VAMANA DHOUTI FOR MIGRAINE

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Acupuncture a traditional Chinese medical has become popular worldwide since recent years. It is because of its beneficial effects in treating various ailments which are not cured with other systems.

There are different theories which are put forward to explain the beneficial effects of Acupuncture. Even though there is no integrated theory to explain the different effects of acupuncture, in practice there are very good results obtained & there by different chronic conditions have been treated successfully.

Ancient Chinese believed that disease was caused by the imbalance in the body between Yin & Yang. Corrections of these imbalances were achieved by the needling of selected acupuncture points.

Migraine headache is a partial headache affecting majority of population in the modern era. Along with hereditary factors, Stressful life -style of today, is also a contributing factor. Patients suffering from Migraine were treated with Acupuncture & vamanadhouti. Vamanadhouthi, one of the shatkriyas a cleansing procedure,



used to correct the imbalances in the digestive system & also to alleviate the symptoms of migraine headache.

MIDAS (Migraine Disability Assessment Scale) was used to assess the prognosis.

The treatment has given a new hope to migraine sufferers. In most of the patients severity of headache was reduced or there was no dependency over medication after the treatment.

GERIATRIC CARE THROUGH NATUROPATHY AND YOGA

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Integrated healthcare model which has all-inclusive care for the elderly is the need of the hour. Long-term care delivery which includes financial innovation should be targeted by the organizations like the National Council for Older Persons (NCOP), Indian Gerontology Association etc. Naturopathy modalities can give effective solution to the above needs in the overall geriatric care. Short-term fasting has shown to be helpful in chemotherapy, surgery, and acute stress, simultaneously increasing the killing of cancer cells by chemotherapy, while improving the survival of normal cells. Calorie restriction reduces the morbidity of a host of diseases, including (but not limited to), autoimmune diseases, atherosclerosis, cardiomyopathies, cancer, diabetes, renal diseases, neurodegenerative diseases, and respiratory diseases. Enhanced verbal memory performance has also been reported in elderly individuals undergoing fasting. However, calorie restriction does not appear to retard

the age-related loss of bone⁵ and muscle mass as yet. Other naturopathic modalities like massage, hydrotherapy, magnetic applications, physiotherapy are also beneficial in the management of different disorders of the elderly when a systematic protocol of treatment is followed. Different Yogic practices like meditation, relaxation techniques, breathing exercises (*pranayamas*), cleansing procedures (*kriyas*) etc. can help maintain cognitive functions and mental health with higher levels of clarity in the elderly.

Keywords: geriatric care, naturopathy, yoga

THE EPSOM SALT AND ARTHRITIS

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Epsom salt made out of magnesium sulfate is known for its medicinal properties, including its ability to combat the symptoms of arthritis. Magnesium deficiency helps to account for high rates of heart disease, stroke, osteoporosis, arthritis and joint pain, digestive maladies, stress-related illnesses, chronic fatigue and a number of other ailments.

Magnesium deficiencies cause the following problems in the body:

Arteries become less elastic causing blood clots. Muscles and nerves don't function properly. Oxygen flow to the body is slowed down. More muscle pain and inflamed joints.

Indications for Topical Use are:

It is found that both magnesium and sulfate are absorbed through the skin when bathing in 1% solution. Using this study we can give the treatment for arthritic patients to soothe, relax, the stiff joints. The sulfates in the Epsom Salt compound flush toxins from the body,

reduce joint inflammation as a good remedy for arthritis pain. Epsom Salt is a sedative for the entire nervous system to increase circulation and reduce swelling.

Usage of Epsom Salt:

Scientists have learned that the best way to get magnesium into the body is topically through the skin both magnesium and sulfate are absorbed through the skin when bathing in 1% w/v solution, it can be used through immersing the affected parts in warm Epsom salt baths, massaging with lotions containing Epsom Salt, rubbing the area with Epsom salt.

PRACTICING YOGA WITH NATUROPATHIC TREATMENT BRINGS ABOUT SIGNIFICANT CHANGES IN VAS ALONG WITH ESR & TNF- α OF RHEUMATOID ARTHRITIS (RA) PATIENTS

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Background: -Rheumatoid Arthritis (RA) is an autoimmune disease which has its effect on life style of the patients. Inflammatory markers (ESR, TNF- α) play a decisive role in the generation of the inflammatory and destructive response. Cytokines regulate a broad range of inflammatory processes that are implicated in the pathogenesis of rheumatoid arthritis. RA can be controlled by the Naturopathy interventions like massage, hot & cold fomentation and Yoga which has no side effects. During the three month study VAS, ESR and TNF- α was

monitored.

Methods: - **Age Limit:** - 25 years to 60 years men and women both.

Treatment Technique: 1. Naturopathy Treatment
2. Yoga Modalities

Naturopathy Treatment: - i. Massage Therapy
ii. Hot & Cold Fomentation

Yogasana: Pawanmuktasana series part -I, Shavasana, Pranayama's

Results: A case-control study of 65 RA patients has shown that it can be controlled by regular practice of naturopathy and yoga where TNF- α , ESR were higher with severe pain on visual analogue scale. After a three month's intervention of naturopathy & yoga modalities, significant improvement is found in TNF- α , ESR & VAS scales. The statistically significant differences of the above parameters before starting and end of three months intervention are -

- TNF- α level (18.026 pg/mL $\pm$ 9.226 pg/mL vs. 18.158 pg/mL $\pm$ 13.329 pg/mL)
- ESR (41.00 mm $\pm$ 27.164 mm vs. 50.70 mm $\pm$ 27.19 mm)
- VAS score (40.17 mm $\pm$ 11.58 mm vs. 66.67 mm $\pm$ 13.67 mm)

Conclusion: A Traditionally used alternative medicine like naturopathy & yoga has a remarkable effect in reducing the inflammatory cytokines and improving functional status of the RA patients.

Key Words - Rheumatoid Arthritis, ESR, VAS

STUDY ON THE AWARENESS OF YOGA AND NATUROPATHIC TREATMENTS AMONG FOREIGNERS



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Objective: To study the common health ailments among foreigners and to study the awareness of Naturopathy and Yoga treatments among foreigners

Data collection: The case files were studied from the month January 2011 to December 2011. Particular category of the Inpatients case files were selected grouped and studied. Total number of Foreigners treated from January-December was 500

Inclusion criteria: The total number of foreigners from Jan 2011-Dec 2011 were 500, in that 300 number of foreigners were consulted and treated for Rejuvenation, 130 of them were the cases of old age conditions and pain, remaining 70 were found to be Diabetic and Hypertensive.

Outcome measures: For the study of Diabetic conditions, Blood test were performed same way Sphygmomanometer reading were noted for Hypertensive conditions, VAS Scale was used for subjective assessment of painful conditions.

Result: The analysis of data has showed the increase in number of foreigners since January 2011. The prognosis was much satisfactory.

Conclusion: The awareness of Naturopathic and Yoga treatments among foreigners in India is increasing day by day.

STUDY OF COMBINED EFFECTS OF NATUROPATHY AND PHYSIOTHERAPY TREATMENTS IN

DIFFERENT DISEASE CONDITIONS

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Aim: To observe the effect of combination treatments (Physiotherapy and Naturopathy) for patient. To study the beneficial results after the treatments.

Back Ground of Study: The study is to find the combined effects of Naturopathy and Physiotherapy treatments on disease conditions

Method: Data base studies which were collected from the patients by subjective and objective scales. The patient data is used from year 2007-2011.

Outcome measures: For the prognosis VAS Scale was used for painful conditions, same way

MMT grades were checked for muscle strengths. The functional Independence scale and Barthel Index scale were used for neuro-conditions to check the prognosis.

Data collection: The case files were studied from the year 2002 to 2011. Particular category of the in patients case files were selected grouped and studied. Total number of In patients from 2002-2006 were 1538 and from 2007-2011 were 2509

Inclusion Criteria: For the Orthopedic conditions like Post Fracture, Sports injury, Post surgical and Joint replacement cases were 378. Neurological Conditions like Stroke, Brain Injury, Spinal cord Injury, Nerve Injury, Cerebral palsy, Motor neuron disease, Multiple Sclerosis were 233. Cases treated for Old age Conditions like Neck Pain (C.S), Back Pain (L.S) and Parkinsonism were 564

Results: The results show that when the treatments are given in combination, patients

achieve better prognosis.

Conclusion: The holistic approach concept of the combination of Physiotherapy, Naturopathy helps for achieving better results.

YOGA AND NATUROPATHY FOR WELLNESS

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According to WHO, health is defined as "State of complete physical, mental and social wellbeing but not mere absence of disease or infirmity. As per Yogic tradition concept and Taittiriyaupanishadic principles, there are five layers of existing in our human body, namely physical body, pranic body, mind body, intellectual body and bliss body. An individual needs more proper balance of all these five bodies to be in a state of complete health. But today, due to interaction with artificial world a disturbance is occurring in mind body which is called stress. This stress disturbs the balance of prana in the pranic body and finally manifests as a disease in the physical body. Due to this ailment, the individual becomes unhappy and low in intellectual caliber and becomes completely unwell as a result of imbalance in all the five layers of existence. Yoga brings back the balance of each layer and reduces the stress related conditions.

Yoga is secret of health, science of sciences and its primary emphasis is upon general wellbeing. Yoga is a reliable avenue for holistic health.

Both yoga and naturopathy are drugless therapy which treats body and mind. They aim at cleansing and removing of toxins from the body as well as from the mind through natural

holistic way. Thus Yoga and Naturopathy have major role in today's modern scientific world for achieving general wellness in the society.

EFFECT OF NATUROPATHIC INTERVENTION AND DIET ON BLOOD UREA & CREATENION IN CHRONIC RENAL FAILURE

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Background: Chronic renal failure (CRF) is a global threat to health in general and for developing countries in particular, because therapy is expensive and life-long. In India about 90% patients cannot afford the cost. Over 1 million people worldwide are alive on dialysis or with a functioning graft. Naturopathy and Yoga lifestyle can be an effective intervention in the management of CRF.

Methods: In order to assess the effect of holistic approach on CRF, 63 CRF patients in the age group of 18-45 years were included in the study. These subjects were objectively assessed for blood examinations serum urea and serum creatinine. Recordings were made before, during and after the intervention. Initially the subjects were made to undergo naturopathic intervention and diet. Recordings were made every 3 days once respectively then the volunteers were subjected to go for naturopathic intervention. Recordings were further made at first, third, sixth, and twelfth day respectively and further these participants were followed up for the next 3 days with the recovery at the same intervals at the same aspect. Naturopathic interventions such as cold hip bath, steam bath, kidney pack, spinal bath, spinal spray, etc for



twenty minutes; the area covered was thoracolumbar region from T12 – L5. Treatments were delivered cold water following the intervention pathway and advised rest for 15 minutes.

Results: The result clearly indicate that a significant clearance in the serum urea and serum creatinin after the naturopathic intervention over 20 mins and diet as well. **Conclusion:** This could be attributed to the stimulation of the reflex area of the spinal cord and kidney thereby influencing the vasomotor reflex areas. The study needs to be carried out on a larger population and subjectively analyzed as well.

ART OF HOLISTIC MEDICINE – ACUPUNCTURE

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Acupuncture is ancient traditional medicine, which has been originated around 4000 years ago. In fact acupuncture is recognised by WHO in 1979. It is natural way of energy system, energy circulation within the organs, gets block it cause disease. To remove that block Qi (Energy) by applying the special needles at specific point of the body to become the normal health state. Other modalities like Acupressure, heat, moxa, light (laser) and electrical stimulation also can be applied over the acu-points.

Acupuncture Zang and Fu (Yin and Yang) balancing:

There are mainly considering 12 internal organs in the body, can be divided into six Yin organs, which can work continuously in day. Six Yang organs it works intermittently. One organ can't exist without other. For instance, there is no day without night, there is no sun without moon, there is no systolic blood pressure without diastolic blood pressure, and there is no fire

without water. Similarly there are no Lungs without Large Intestine and there is no Kidney without Urinary Bladder and so on.

Five elements are the foundation of the Acupuncture:

We know well that this universe can be divided into five elements like FIRE, EARTH, AIR, WATER and SKY. There is no universe without fire-earth-air-water-wood. Similarly the men can't exist without fire and other four elements. If one element is effected like water other son element also will be effected. Without water tree will become dry and vanish.

Each disease preliminary will affect two organs in acute condition, then slowly will affect to other organs. Each organ is mother, son, and grandmother and grandson sequence. Hence if one organ is affected other organ also will be affected.

Conclusion: All the organs are inter- linked and influence each other. Eg: Lungs can receive the energy from mother organs like Spleen and Stomach and grandmother organs like Heart, Small intestine.

It can supply for son organs like Kidney and Urinary bladder and grandson organs like Liver and Gall bladder.

SWOT ANALYSIS OF NATURE CURE SYSTEM

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In this era of Process Quality Management based Modern Professional Business concepts, when a 'product' or 'service' is visualized to be introduced, the entrepreneur analyses its potential from various angles. Owing to the "Health Crisis" there is an ever increasing

demand for health related services all over the world, especially in developing nations like India. One of the most important and preliminary analysis methods for deciding about launching any product or service is "SWOT (strength, weakness, opportunities & threats) Analysis".

At least 15% of India's population is rich having "Purchasing Capacity". They are able to brush aside the remaining 85% and can influence almost all governments and authorities. But as Gandhiji stated, India lives in its villages and this still remains true, though many have migrated to industrial cities/towns braving various urbanization problems. Economically poor class, middle class & upper middle class people of India totaling to more than 80% are always in a difficult condition, as far as wealth & health are concerned. And we have a mission to help them out by our social service of Nature Cure Treatment & life style system.

This paper puts Nature cure and yoga into SWOT Analysis and explains its concepts in detail.

AN EVALUATION OF A PROJECT REGARDING THE ACCEPTANCE OF VALUE ADDITION TO NUTRITION IN PRIMARY AND HIGHER SECONDARY SCHOOL CHILDREN IN BAIRAGARH, BHOPAL, MADHYA PRADESH

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*The entire project was funded by JEEV SEWA
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The quantitative and qualitative aspects of dietary intake are important factors influencing the nutritional status in young children in a

developing country. The type of food pattern determines the dietary bulk and nutritional intake in young children. The need for care and value addition to the routine food pattern is increasingly felt as an important component in child health and nutrition. In a developing country like India, ensuring optimal food safety, healthy environment and availability of health services is a target still to be achieved. This project was done to understand the acceptance of low cost, effective & healthy dietary intervention among school children as they are the most vulnerable group to experience health problems related to under nutrition, malnutrition or simple childhood obesity.

The aim of study is to examine the acceptance of dietary intervention in primary and higher secondary school children. The value addition was done by providing a dietary intervention of sprouted green gram in quantity of 50 mg & 100 mg at a cost ` 2 and ` 4 respectively. The dietary intervention was implemented in schools after assessment of their nutritional status, eating habits environmental factor such as parent level of education, commonly preferred food types by children and their parents. 6 schools were identified and awareness campaign for a total population of 7200 students was conducted, following which and 2000 children consented to adopt this dietary supplement.

The program was monitored for the duration of 5 months. The result revealed that 1900 students were consuming sprouted green gram on the regularly by adopting it in daily routine which 95 % adoption rate. These school children were interviewed by a team of 8 doctors from SANT HIRDARAM MEDICAL COLLEGE OF NATUROPATHY & YOGIC SCIENCES over a period of 15 days. 45% children revealed their liking for consumption of sprouts because of



its health benefits. 27 % children revealed the motivation and monitoring of parents as the reason of their regular consumption, remaining 28 % stated that they were partially influenced by their friends but were unable to describe correctly what influenced them to consume sprouts.

ROLE OF ACUPUNCTURE IN NATUROPATHY

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Naturopathy, a system that has adopted all the alternative techniques of treatments, those excludes drugs, and helps in maintaining the healthy life of human existence in confirmation with the constructive principles of nature, approaches to not only treat disease, but to also restore health.

Acupuncture (Chinese medicine) is one among them that has vast history in its traditional theories and the long way ahead for more modern theories to prove with the scientific evidences behind its benefits.

Acupuncture and yoga

Traditional theories as follows

- concept of Qi or chi (i.e *concept of prana in yogic tradition*)
- the principles of yin and yang (*ida and pingala nadi of yogic concept*)
- the concepts of five elements(*panchamahabhutas*)
- the traditional law of energy flow(*concept of nadis and the flow of prana*)

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respectively) in his book of “Acupuncture and the Chakra Energy system”.

Modern theories

- the neurophysiology basis for acupuncture
- gate control theory of pain
- motor gate theory
- endorphins release theory

How acupuncture shows therapeutic effects?

Here is the answer, by the study of its effects on the physiological changes.

- Analgesic effect
- sedative
- immunity improvement
- homoeostasis
- motor recovery

The knowledge of Traditional Chinese medicine correlate with the traditional yogic concepts and all the modern theories explains the anatomical physiological as well as biochemical effects of acupuncture treatments, but still the subtler beliefs of the path way of meridians and the flow of energy through them is difficult for the modern diagnostic tools to show *t h e i r* existence in the physical body.

But the struggle in the study has shown some extent of proofs to show the integrated system of ducts, entirely independent of the vascular, lymphatic, blood and nervous systems, they call this. The Kyungrank system(korean scholar Kum Bong Han). During their experiments they have injected a radio isotope into an acupuncture point, they could watch the flow of *t h e* fluid from acupuncture point on the skin inward and then finally outwards again. The flow of the fluid coincides with the paths of meridian.

THE EPSOM SALT AND ARTHRITIS

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Epsom salt made out of magnesium sulfate is known for its medicinal properties, including its ability to combat the symptoms of arthritis. Magnesium deficiency helps to account for high rates of heart disease, stroke, osteoporosis, arthritis and joint pain, digestive maladies, stress-related illnesses, chronic fatigue and a number of other ailments.

Magnesium deficiencies cause the following problems in the body: Arteries become less elastic causing blood clots. Muscles and nerves don't function properly. Oxygen flow to the body is slowed down. More muscle pain and inflamed joints.

Indications for Topical Use: It is found that both magnesium and sulfate are absorbed through the skin when bathing in 1% solution. Using this study we can give the treatment for arthritic patients to soothe, relax, the stiff joints. The sulfates in the Epsom Salt compound flush toxins from the body, reduce joint inflammation as a good remedy for arthritis pain. Epsom Salt is a sedative for the entire nervous system to increase circulation and reduce swelling.

Usage of Epsom Salt: Scientists have learned that the best way to get magnesium into the body is topically through the skin both magnesium and sulfate are absorbed through the skin when bathing in 1% w/v solution, it can be used through immersing the affected parts in warm Epsom salt baths, massaging with lotions containing Epsom Salt, rubbing the area with Epsom salt.

PRACTICING YOGA WITH NATUROPATHIC TREATMENT BRINGS ABOUT SIGNIFICANT CHANGES IN VAS ALONG WITH ESR & TNF- α OF RHEUMATOID ARTHRITIS (RA) PATIENTS

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Background: -Rheumatoid Arthritis (RA) is an autoimmune disease which has its effect on life style of the patients. Inflammatory markers (ESR, TNF- α) play a decisive role in the generation of the inflammatory and destructive response. Cytokines regulate a broad range of inflammatory processes that are implicated in the pathogenesis of rheumatoid arthritis. RA can be controlled by the Naturopathy interventions like massage, hot & cold fomentation and Yoga which has no side effects. During the three month study VAS, ESR and TNF- α was monitored.

Methods: - Age Limit: - 25 years to 60 years men and women both.

Treatment Technique: 1. Naturopathy Treatment
2. Yoga Modalities

Naturopathy Treatment: - i. Massage Therapy
ii. Hot & Cold Fomentation

Yogasana: Pawanmuktasana series part -I,
Shavasana, Pranayama's

Results: A case-control study of 65 RA patients has shown that it can be controlled by regular practice of naturopathy and yoga where TNF- α , ESR were higher with severe pain on visual analogue scale. After a three month's intervention of naturopathy & yoga modalities,



significant improvement is found in TNF- α , ESR & VAS scales. The statistically significant differences of the above parameters before starting and end of three months intervention are –

- TNF- α level (18.026 pg/mL $\pm$ 9.226 pg/mL vs. 18.158 pg/mL $\pm$ 13.329 pg/mL)
- ESR (41.00 mm $\pm$ 27.164 mm vs. 50.70 mm $\pm$ 27.19 mm)
- VAS score (40.17 mm $\pm$ 11.58 mm vs. 66.67 mm $\pm$ 13.67 mm)

Conclusion: A Traditionally used alternative medicine like naturopathy & yoga has a remarkable effect in reducing the inflammatory cytokines and improving functional status of the RA patients.

Key Words - Rheumatoid Arthritis, ESR, VAS

STUDY ON THE AWARENESS OF YOGA AND NATUROPATHIC TREATMENTS AMONG FOREIGNERS IN INDIA

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Objective: To study the common health ailments among foreigners and to study the awareness of Naturopathy and Yoga treatments among foreigners

Data collection: The case files were studied from the month January 2011 to December 2011. Particular category of the Inpatients case files were selected grouped and studied. Total number of Foreigners treated from January-December was 500

Inclusion criteria: The total number of foreigners from Jan 2011-Dec 2011 were 500, in that 300 number of foreigners were consulted

and treated for Rejuvenation, 130 of them were the cases of old age conditions and pain, remaining 70 were found to be Diabetic and Hypertensive.

Outcome measures: For the study of Diabetic conditions, Blood test were performed same way Sphygmomanometer reading were noted for Hypertensive conditions, VAS Scale was used for subjective assessment of painful conditions.

Result: The analysis of data has showed the increase in number of foreigners since January 2011. The prognosis was much satisfactory.

Conclusion: The awareness of Naturopathic and Yoga treatments among foreigners in India is increasing day by day.

STUDY OF COMBINED EFFECTS OF NATUROPATHY AND PHYSIOTHERAPY TREATMENTS IN DIFFERENT DISEASE CONDITIONS

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Aim: To observe the effect of combination treatments (Physiotherapy and Naturopathy) for patient. To study the beneficial results after the treatments.

Background of Study: The study is to find the combined effects of Naturopathy and Physiotherapy treatments on disease conditions

Method: Data base studies which were collected from the patients by subjective and objective scales. The patient data is used from year 2007-2011.

Outcome measures: For the prognosis VAS Scale was used for painful conditions, same

way

MMT grades were checked for muscle strengths. The functional Independence scale and Barthel Index scale were used for neuro-conditions to check the prognosis.

Data collection: The case files were studied from the year 2002 to 2011. Particular category of the in patients case files were selected grouped and studied. Total number of In patients from 2002-2006 were 1538 and from 2007-2011 were 2509

Inclusion Criteria: For the Orthopedic conditions like Post Fracture, Sports injury, Post surgical and Joint replacement cases were 378. Neurological Conditions like Stroke, Brain Injury, Spinal cord Injury, Nerve Injury, Cerebral palsy, Motor neuron disease, Multiple Sclerosis were 233. Cases treated for Old age Conditions like Neck Pain (C.S), Back Pain (L.S) and Parkinsonism were 564

Results: The results show that when the treatments are given in combination, patients achieve better prognosis.

Conclusion: The holistic approach concept of the combination of Physiotherapy, Naturopathy helps for achieving better results.

ART OF HOLISTIC MEDICINE - ACUPUNCTURE

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AN EVALUATION OF A PROJECT REGARDING THE ACCEPTANCE OF VALUE ADDITION TO NUTRITION IN PRIMARY AND HIGHER SECONDARY SCHOOL CHILDREN IN BAIRAGARH, BHOPAL, MADHYA PRADESH

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*The entire project was funded by Jeev Sewa Sansthan, Bhopal

The quantitative and qualitative aspects of dietary intake are important factors influencing the nutritional status in young children in a developing country. The type of food pattern determines the dietary bulk and nutritional intake in young children. The need for care and value addition to the routine food pattern is increasingly felt as an important component in child health and nutrition. In a developing country like India, ensuring optimal food safety, healthy environment and availability of health services is a target still to be achieved. This project was done to understand the acceptance of low cost, effective & healthy dietary intervention among school children as they are the most vulnerable group to experience health problems related to under nutrition, malnutrition or simple childhood obesity.

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mg at a cost ` 2 and ` 4 respectively. The dietary intervention was implemented in schools after assessment of their nutritional status, eating habits environmental factor such as parent level of education, commonly preferred food types by children and their parents. 6 schools were identified and awareness campaign for a total population of 7200 students was conducted, following which and 2000 children consented to adopt this dietary supplement.

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**SHUALS - SWAMI HARDAS UNIVERSAL
ADVANCED LIFE SYSTEM
ADVANCED MICRO NATUROPATHY
WITH SIDDHA YOGA (AMNSY)**

Swami Hardas

Making Life/ Society Healthy, Peaceful, Progressive and Achieving Glory, Ananad, Atmananda- is the aim of my life.

Fulfillment of aim needs perfect system. Hence I completed all conditions told by my Divine Guru including 636 days penance. Then I received the method form Supreme Divine Siddha Level.

This method works on the Universal rule hence called Swami Hardas Universal Advanced Life System. It also works on the principles of Naturopathy and Yoga. Hence, called as Advanced Micro Naturopathy with Siddha Yoga. Spiritual and scientific heritage of India is great.

All rituals vidhis, sadhanas, yagna, Mahayagna, Naadbrahma, yog, sankapla are along with siddha energy therefore gives Astonishing Results for making Life, Society Totally Healthy, Peaceful, Progressive and Achieving Glory , Ananad and Atmananda.

SHUALS is Affordable to all, Simplest, Totally Harmless and Capable in fulfilling all the requirements of making Life, Society, Villages, Area, and Glorious. More than 5000 villages already made partially Glorious by solving their all the problems doing all necessary provisions for making Village, Area Glorious. Further guidance is given as per necessity.

More than 5 crores of people have learnt. They are taking and giving the benefits to crores of people in the world saving lives and sufferings of millions and billions of dollars.

I was honored by many organizations, institutes. Doctorate of Literature by Open International University, Colombo, Srilanka affiliated to United Nations has conferred upon me for invention, development and selfless service.

My aim and sole agenda of my life is Making Life and Globe Glorious. It is getting fulfilled perfectly well by the blessings of Almighty

**NATUROPATHY AND YOGA FOR
MUSCULOSKELETAL DISORDERS: A
REVIEW**

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The prevalence of musculoskeletal disorders



(MSD) in Northern India alone has been reported to be as high as 59.4%. Lack of regular exercise results in the reduction of muscular strength causing them to fatigue easily. The employees' working environment and occupation can affect muscles, tendons, ligaments, nerves and joints consequently resulting in MSD over a period of time. Naturopathy when combined with Yoga can be an effective treatment modality for MSD. The use of naturopathic treatment has shown significant benefit in the management of rotator cuff tendonitis, with reduction in shoulder pain and disability index (SPADI) and increase in the shoulder range of motion and quality of life in general. Regular use of underwater massage, a hydrotherapy modality, improves neuromuscular coordination, and relieves muscle soreness. The probable mechanism suggested is that underwater massage increases the release of proteins from muscle tissue into the blood and enhances the maintenance of neuromuscular performance capacity. Mud pack treatment improves the pain and functional status of patients with knee osteoarthritis, whether applied directly or coated with nylon. Direct application is considered superior, which implies properties of the mud contribute to the buildup of therapeutic effect. Therapeutic massage has proven to be beneficial in successfully eliciting the defecation reflex in spinal injury patients apart from increasing localized blood flow and influencing the autonomic functions. Yoga also has potential in therapy especially so in rehabilitation, since it focuses on physical and mental wellbeing. Many studies show that Yoga is beneficial in the management of non-specific low back pain, relieving pain in carpal tunnel syndrome, rheumatoid arthritis, and improving balance and gait (in women with musculoskeletal problems). Thus, a

monitored treatment protocol of naturopathy and yoga can benefit a large number of musculoskeletal disorders. An ideal treatment protocol in naturopathy is correcting the lifestyle, implementing therapeutic fasting followed by diet modifications and using hydrotherapy, mud therapy, massage, physiotherapy, yoga and exercise therapy.

Keywords: naturopathy, musculoskeletal disorders, rehabilitation

SUPPLEMENTING VITAMIN B12 IN VEGETARIANS NATURALLY

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The deficiency of Vitamin B12 occurs inside the body when something is competing for the body's B12 (like parasites), something is destroying the body's B12 (like cyanide in cigarettes) or something is preventing the proper absorption of B12 (like inadequate production of intrinsic factor). The principles of Life Natural, i.e. a naturally healthy lifestyle, adequate physical activity, rest and a wholesome organic diet, can prevent these events. Not all vegetarians have a balanced diet. This could be the reason for the low vitamin B12 concentration in Indians, particularly vegetarians and urban middle class residents. Many athletes, requiring higher nutritional needs to support and for peak performance, rely on natural vegetarian sources even for B12. Even though the main sources of vitamin B12 have been identified as animal products, they can be found in many food sources suitable for vegetarians, including fortified soy milk and whole grain cereals. Vegetarians have higher antioxidant status for vitamin C (ascorbic acid),

vitamin E (tocopherol), and beta-carotene than omnivores, which might help reduce exercise-induced oxidative stress.² Natural vegetarian sources of vitamin B12 include milk, soybeans, green beans, beets, carrots, peas and fortified breakfast cereals. Bran of grains, dairy products and the long variety of bananas also provide significant quantity of B12. Although there are abundant vitamin B12-producing bacteria that colonize the large bowel, that organ is too distal to allow normal vitamin B12 absorption. Herbivores obtain vitamin B12 primarily from plants contaminated with nitrogen-fixing, vitamin B12-producing bacteria that grow in roots and nodes of legumes and from plants contaminated with feces. Plants contaminated with vitamin B12-producing bacteria through fertilization with manure may also be a source of vitamin B12, so, in theory, "organically grown" leafy vegetables may have higher vitamin B12 concentrations than do leafy vegetables exposed to chemical fertilizers. Recent studies that have begun to revisit issues related to the bioavailability of vitamin B12 in dairy products and fortified grain are encouraging. A few questions arise that should be addressed to urgently. How can the conversion of vitamin B12 to inactive analogues as a result of multivitamin-mineral chemical interactions^{5,6} or interaction with foods and other nutrients be avoided? Does the cooking of certain "ethnic-specific" foods containing vitamin B12 lead to conversion to vitamin B12 analogues? What is the influence of large-scale processing on the shelf life and subsequent bioavailability of foods fortified with vitamin B-12? The nutrition community must take up the challenge posed by this body of evidence and enact practical steps to ensure parity in the vitamin B-12 status of vegetarians instead of insisting on unnatural supplements or animal products.

Keywords: vegetarian diet, vitamin B12 deficiency, naturopathy

GERIATRIC CARE THROUGH NATUROPATHY AND YOGA

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Integrated healthcare model which has all-inclusive care for the elderly is the need of the hour. Long-term care delivery which includes financial innovation should be targeted by the organizations like the National Council for Older Persons (NCOP), Indian Gerontology Association etc. Naturopathy modalities can give effective solution to the above needs in the overall geriatric care. Short-term fasting has shown to be helpful in chemotherapy, surgery, and acute stress, simultaneously increasing the killing of cancer cells by chemotherapy, while improving the survival of normal cells. Calorie restriction reduces the morbidity of a host of diseases, including (but not limited to), autoimmune diseases, atherosclerosis, cardiomyopathies, cancer, diabetes, renal diseases, neurodegenerative diseases, and respiratory diseases. Enhanced verbal memory performance has also been reported in elderly individuals undergoing fasting. However, calorie restriction does not appear to retard the age-related loss of bone⁵ and muscle mass as yet. Other naturopathic modalities like massage, hydrotherapy, magnetic applications, physiotherapy are also beneficial in the management of different disorders of the elderly when a systematic protocol of treatment is followed. Different Yogic practices like meditation, relaxation techniques, breathing exercises (*pranayamas*), cleansing procedures (*kriyas*) etc. can help maintain cognitive



functions and mental health with higher levels of clarity in the elderly.

Keywords: geriatric care, naturopathy, yoga

ROLE OF ACUPUNCTURE IN NATUROPATHY

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STRESS MANAGEMENT THROUGH TOUCH MASSAGE

Pranav G Khawale

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Massage is not only a traditional science but also an art which requires skillful dealing with the individual. There is evidence that massage was employed by the Chinese as early as 3000 years ago. An ancient Chinese book entitled, "The Cong-Fou of the Tao-Tse", speaks about massage therapy. The ancient Roman physicians were using massage to treat various psychosomatic illnesses. Indian traditional medicine: *Ayurveda* has been using this technique as preventive and curative therapy. Now-a-days it is popularly known as Indian reflexology. Massage therapy is a systematic manipulation of superficial and deeper layers of muscle and connective tissue using various techniques to enhance function, aiding in the healing process, and promote relaxation and well-being. Touch massage (TM) is a pleasant stimulation therapy used in clinical settings and found to decrease anxiety, stress and improve well-being. When stress is prolonged and seen as hopeless, the individual becomes more distressed and feels defeated. This activates the hypothalamus in the brain. What follows is a cascade of hormonal pathways resulting in the final release of cortisol from the adrenal cortex associated with the sympathetic response of the autonomic nervous system. The brain has the ability to selectively activate the fight, flight, or defeat responses. This usually occurs in day to day living when an individual perceives a challenge. It has shown to shift the body response from sympathetic to parasympathetic control. Thus touch massage helps in enhancing the neurophysiological

effects by reducing cortisol level and reducing stress, giving sedative effect and improving quality of life.

NATURE CURE FOR PROSTATE GLAND DISORDERS

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Prostatic hypertrophy is a common disease. This condition appears commonly after 50 years of age. It has been generally found that at this age, the prostate gland gets enlarged in 30% cases and by 60 years, it cause interruption or obstruction of urine in 80% cases.

But in all cases this disease may not become fatal. Unhealthy lifestyle is the root cause of this disease. So our aim is to make the physique free from toxins. For this alternate hot and cold fomentation, douche, footbath or mild steam bath or hot and cold hipbath, abdominal pack, wet sheet pack once a week (for 1-2hrs), intake of sufficient lemon water, fruit, salad, boiled vegetables, vegetable soup, raw vegetables and honey or jaggery etc. should be taken off and on fasting is also needed.

EVALUATION OF THE EFFECTS OF HYDRO THERAPY ON RSI PATIENTS

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Repetitive strain injury (RSI) is defined as a cumulative trauma disorder (CTD) stemming from prolonged repetitive, forceful, or awkward hand movements, this resulting in damage to musculoskeletal system which can



cause pain, numbness and impairment of motor control. It is a dangerous health risk seen in rural community today. However, previously this particular condition was considered to be more common among people with a sedentary life style. Hydrotherapy [application of water with proper mode of administration, duration and temperature] and it shows significant reduction in pain, improved range of motion and progressive improvement in the general wellness of the patient. Hence hydrotherapy is a simple, less cost, effective method for the preventive and curative aspect of RSI

EFFECT OF ICE MASSAGE TO SPINE ON BLOOD PRESSURE

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Background: High Blood Pressure is a very common problem prevailing in the modern world. An acute raise in blood pressure can bring about sudden heart attack or Cerebro Vascular accident. Hence control on acute raise in Blood pressure is necessary. Through Various case reports, observational studies, and a number of controlled studies provide some evidence of success in the use of hydrotherapy. Immediate reduction in Blood Pressure by ice cold application to spine in clinical setup

Methodology: The present pilot study was conducted on 10 normal healthy non menstruating female volunteers. Direct application of ice was done on spine by means of constant rubbing on the skin overlying spine in prone position, for 10 minutes. Blood Pressure and Pulse rate were recorded before the application, during (at 5th minute after beginning the application) and immediately

after the completion of application.

Results: There was significant reduction in both systolic and diastolic Blood Pressure during and after the application as compared to the baseline reading. The similar changes were found in Pulse Rate also, suggestive of reduction in cardiac sympathetic activity.

Conclusion: Though the sample size is small, the results seen are very encouraging. There is marked reduction in systolic and diastolic Blood Pressure and Pulse Rate during and immediately following the ice massage to spine due to stimulation of reflex areas on the spine, thereby influencing vasomotor reflex areas. The physiological basis for this beneficial effect should be examined in greater detail

CHIROPRACTIC SPINAL DECOMPRESSION FOR PAIN

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Chiropractic is a manual approach to health care through the assessment, diagnosis, treatment and subsequent prevention of conditions relating to the neurological, muscular and skeletal systems of the body. Spinal decompression is a non-invasive, non-surgical treatment for certain types of chronic back pain. Mechanical decompression works by slowly and gently stretching the spine, taking the pressure off compressed discs and vertebrae resulting in long term pain relief. **Neck pain, back pain, herniated discs, bulging discs, disc protrusions, sciatica, facet syndrome, degenerative disc disease, spinal arthrosis, spinal stenosis, cervico-brachial syndrome, spondylosis are the clinical conditions where the spinal compression is expected.**

The protocol of conventional management of spinal cord compression is controversial and is usually based on the patient's clinical status. It usually includes bed rest, administration of corticosteroids, radiotherapy, surgery, chemotherapy or hormonal therapy. In spinal decompression a controlled mechanical traction is applied to the spine. This is done in two phases. Stage one involves a gentle stretch applied at the injured discs to create a "pull" which in turn induces suction or a vacuum like effect inside, drawing the bulges or herniation back into its normal location in the disc. The vacuum also draws in oxygen, water, nutrients and some other healing substances. Stronger, healthier discs with restored normal function are the final outcomes of a spinal decompression. The spinal decompression is a constructive treatment which aids in pain relief, increased mobility and range of motion, decreased stiffness and muscular spasms, arthritic joint pain relief, increased joint health, increased performance and energy, increased sense of wellbeing and relaxation, increased balance and coordination, reduced degeneration and risk of injury, enhanced tissue healing, decreased tissue inflammation. Spinal decompression treatment is comfortable, effective, involves low investment and is a safe procedure when done by a qualified professional.

ACUPUNCTURE & VAMANA DHOUTI FOR MIGRAINE

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Acupuncture a traditional Chinese medical has become popular worldwide since recent years. It is because of its beneficial effects in treating various ailments which are not cured with other

systems.

There are different theories which are put forward to explain the beneficial effects of Acupuncture. Even though there is no integrated theory to explain the different effects of acupuncture, in practice there are very good results obtained & there by different chronic conditions have been treated successfully.

Ancient Chinese believed that disease was caused by the imbalance in the body between Yin & Yang. Corrections of these imbalances were achieved by the needling of selected acupuncture points.

Migraine headache is a partial headache affecting majority of population in the modern era. Along with hereditary factors, Stressful life -style of today, is also a contributing factor. Patients suffering from Migraine were treated with Acupuncture & Vamanadhouti. Vamanadhouti, one of the shatkriyas a cleansing procedure, used to correct the imbalances in the digestive system & also to alleviate the symptoms of migraine headache.

MIDAS (Migraine Disability Assessment Scale) was used to assess the prognosis. The treatment has given a new hope to migraine sufferers. In most of the patients severity of headache was reduced or there was no dependency over medication after the treatment.

MEDICINAL AROMATHERAPY

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Medicinal Aromatherapy utilizes therapeutic grade essential oils to treat physical, emotional, and mental disorders. Essential oils are the pure natural elements derived from plant life. Essential oils can be used to bring the body into



International Conference on Yoga, Naturopathy and Arogya Expo-2012

THEME: YOGA AND NATUROPATHY FOR HOLISTIC HEALTH

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balance so that it can heal more quickly - often without the side effects of pharmaceuticals. While essential oils are effective on their own, they can also work in collaboration with conventional medicine.

With the guidance of a certified Medicinal Aromatherapist, you can use essential oils to help build your immune system, think more clearly, breathe more deeply, improve digestion, heart and general health ailments. Essential oils can be used to treat specific conditions while improving your mood and calming your mind.

Aromatherapy may help improve some of the effects of the pain such as sleep disturbance, joint and muscle mobility, whilst helping you to relax and feel better. Achieving one or more of these things can help people to cope better with pain on a day to day basis& help to come out of dis comfort.



Poster Presentations Ayurveda & Allied Sciences



*When the breath wanders the mind also is unsteady.
But when the breath is calmed the mind too will be
still, and the yogi achieves long life. Therefore, one
should learn to control the breath.*

- Svatiarama, Hatha Yoga Pradipika





SIGNIFICANCE OF DANCE THERAPY

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Dance and Music are integrated in each other. Dance is derived from the Vedas. "Dancing is an elegant, and regular movement, harmoniously composed of beautiful attitudes, and contrasted graceful postures of the body and parts thereof. Moving as a group brings people out of isolation. On a mental level, dance therapy seeks to enhance cognitive skills, motivation and memory.

Dance Therapy is the grace and vigor of Indian Classical and Folk dance movements into an innovative holistic therapy, taking the boredom out of exercise. Visualization of the beauty of nature makes sessions entertaining without being very technical and helps oneself to keep healthy at physical and mental planes. The gestures and movements of bharatanatyam, kathak with a smattering of chau dance and manipuri martial art & folk dances and yogasanas are blended. Walking like a peacock is an exercise to upper extremities, in turn that will give exercise to lung, heart, liver, intestine, pancreas, etc.,

Dance therapy helps to control diabetes, stress, obesity, marital harmony, easy labor for pregnant women, and physical fitness

SCOPE OF NATURE CURE AND YOGA ABROAD

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In a year Americans approximately made 780 million visits to practitioners of alternative

medicine and spent \$28 billion of their own money to pay for alternative therapies. In contrast, Americans made only 486 million visits to their family doctor. It is estimated, by none other than the Harvard Medical School, that one out of every two persons in the United States between the ages of 35 and 49 years used at least one alternative therapy in. This is spectacular by any means and of great concern to conventional (allopathic) medicine especially since the people using alternative medicine are primarily well-educated, affluent baby boomers.

The trend to alternative medicine is repeated throughout Western society. In Australia 60 percent of the population now use some form of alternative medicine, in Germany 54 percent do, and in France 52 percent do. The growth of some types of alternative medicine is indeed astounding.

Naturopathy, Ayurveda and Yoga has got enormous potential and awareness in western countries. Naturopathy is practiced in many countries, primarily the United States and Canada, and is subject to different standards of regulation and levels of acceptance. A BNYS graduate may need to study to get some more credits in order to practice as a naturopath. Every state has different regulations to practice naturopathy unlike India I haven't come across many full-fledged centers with massage, hydro, acupuncture, reiki, diet etc. Herbology is a major part of naturopathy here.

Currently, 16 states, the District of Columbia, and the United States territories of Puerto Rico and the United States Virgin Islands have licensing laws for naturopathic doctors. In these states, naturopathic doctors are required to graduate from an accredited four-year residential naturopathic medical school



and pass an extensive postdoctoral board examination (NPLEX) in order to receive a license. The practicing physicians here have their first professional degree as Doctor of naturopathic Medicine or ND.

In short naturopathy, Yoga, Homeopathy and Ayurveda are growing exponentially throughout the globe and offers a variety of Jobs and self-practice options to the graduate

A CRITICAL ANALYSIS ON THE CONCEPT OF 'CHITTA VRITTI NIRODHA' IN AYURVEDA

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Background: The involvement of mind in the causation of diseases is evident in the present era as most of the diseases are considered as psychosomatic. Unique description of mind and its dimensions are available in both Ayurveda and yoga darshana. Mind is influenced by Trigunas viz. sattva, rajas and tamas resulting in various chitta vrittis which include pramana, viparyaya, vikalpa, nidra and smriti. Streamlining the thoughts and regulating the mind depends on the regulation of the trigunas. Of the three, sattva guna is considered as kalyanakaraka and the chief regulator of chitta vrittis.

Methods: Yoga darshana advocates abhyasa and vairagya as the two means for achieving this sattva dominance and thus regulating the chitta vrittis. Similar description is available in Ayurvedic literature regarding chitta vritti nirodha. Satvavajaya is considered as the chief management strategy for ailments involving manas as the chief or associated component.

Conclusion: The samprajnata Samadhi avastha dominated by sattva guna channelizes chitta towards sattva and helps in nivritti of mala rupi tama and vikshepa rupi rajo chanchalata thus achieving chitta vritti nirodha. This concept is accepted both by yoga darshana and Ayurveda which are detailed in the paper.

RELATION BETWEEN NATUROPATHY AND AYURVEDA

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Naturopathy and Ayurveda are two health sciences which have originated from Panchabhoutic concept and work towards Health for All.

History of Naturopathy begins in 400B.C. Hippocrates is considered as the father of naturopathy. It began in Egypt, China, Greek, America, England and Germany and India in 17 and 18 centuries. Religious principles of our country include many Naturopathy techniques i.e. Fasting, Sunbath, Prayer. History of Ayurveda roots in India and it originated 5000 years ago. The knowledge of Ayurveda is believed to be originated and transferred from Devatas to human beings.

Fundamental principles of naturopathy are derived from the philosophical system of ancient India and Ayurveda. Therefore basic principles of naturopathy are also found in vedas, Ayurvedic Samhitas and yogic texts. Naturopathy intends to eliminate accumulated toxins from the body and to prevent their accumulation which is very similar to Panchakarma therapy of Ayurveda.

In naturopathy five basic elements are the main stay in the treatment. The Doshic theory of

Ayurveda is derived from the Panchamahabhuta. Ayurveda believes all Dravyas are made from Panchamahabhuta

The treatment procedures are also similar. Naturopathy advises planned fasting as a therapeutic procedure for the management of the different diseases similarly in Ayurveda. Langhana procedure is of great importance.

To conclude, both sciences with similar principles help in welfare of mankind. Both the sciences have similarities in their therapeutics.

Key words: Ayurveda, Naturopathy, Panchamahabhuta, Fasting, Langhana

EXPLANATION OF VARIOUS PRANAYAMAS THROUGH THE STORY OF RAMAYANA AND MAHABHARATHA

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Sun is the source of energy of the entire solar system hence, is also the basic energy of the earth. Moon also plays a vital role on the energy of the earth. It is the solar system, the panchabhutas, and the vanaspathis that existed before man took birth on the earth. As such human beings, who came after all these creations, are the prodigy of the solar system, and are the sum total representative of the entire solar system. Hence while solar system is referred to macrocosm (brahmada), human

body is called the microcosm (pindanda). That means the entire solar system is within every human being.

Typically, the sun, the source of energy of the entire solar system has its representative as the soul which is the source of energy of the human body. Similarly mind is the replica of the moon. It is the sun and the moon, the soul and the mind which plays a major role in the working of the human body. The role of the sun and the moon in the working of the body are beautifully explained through two great epics of India, the Ramayana and the Mahabharata. These epics explain the purpose of life, and the hurdles, especially that come way of a spiritual life, and methods to overcome the same.

One of the greatest hurdles is the free flow of energy in the human body. These hurdles are overcome by techniques of yoga, called the pranayama. Pranayama requires vayu for its implementation. This vayu is represented through characters of Ramayana and Mahabharata.

In Mahabharata, Bheema represents vayu (while other 4 brothers of Bheema represent other panchabhutas). Every raskasa Bheema kills indicates the shortcoming of the flow of energy in the body or a wrong practice leading the shortcoming of the flow of energy in the body. The way Bheema kills these demons indicates a pranayama technique.

Similarly, In Ramayana, Hanumantha, the vayu putra is the representative of vayu (a pranayama). As such every kapi (vanara) in Ramayana represents a type of breathing pattern.



VEDIC YOGA LITERATURE AND ITS SCIENTIFIC EFFECT ON MODERN LIFE STYLE

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"Sarve bhavantu sukhinah; sarve santu niramayah, sarve bhadrani pasyantu ma kascit du : Khabhagh bhavet" means may all be happy, may all be free from disease; may all see auspiciousness, let not anyone be a victim of affliction. Ancient India has gifted noble ideology and technology to modern World. In our Vedas, Upanishads, Scriptures, Culture, Epics, Ayurveda we find so many evidence. In Bhagvat gita it is said "Tasma mei poushi Priya". It means even god waits eagerly to take human birth. It is believed that human birth is obtained after several lives and as a last birth. But we want more, excess of anything leads to illness and the person suffers from different kind of Hypokinetic diseases today. These diseases occur due to luxurious Modern life style and comforts. Maharshi Patanjali has said that "Yogachitta birttinirodha" means control over all wavering thoughts can be termed as yoga. In modern world yoga is termed as "Yoga is the remedy for doubt, confusion and intellectual dissatisfaction". According to ancient belief it is thought that Yoga awakens the eight chakras and that Pranayam removes the bad culture and sins that have gathered in us over many live. Maharshi Patanjali, Dhanwantari, Charak,

Susrut and others have given lots of knowledge to solve our daily life problems. Now we use yoga as therapy. Apart from the disease curing aspects of yoga, the spiritual aspect is very vast. Hence the principal aim of yoga is attainment of Samadhi or knowing the divine truth.

NUTRITION FOR SPORTS PERFORMANCE CORRECT GUIDELINES

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Background: Sports nutrition is not different from normal nutrition. Sports persons tend to deviate from correct recommendations. Even experienced athletes and casual exercisers increasingly depend on ergogenic aids. Continuous efforts are essential to make athletes understand optimum nutrition for optimum performance.

Methods: Nutritional habits and diet compositions of many sports persons were studied by 3-day dietary recall and direct interviews from 690 sport persons for during last 15 years belonging to state and national levels. They were from endurance, strength, ball and racket sports and power sports. Their dietary records were analysed for total calories from principal nutrients, Vitamin and Mineral status and water intake. They were also interviewed for consuming ergogenic aids. They were reviewed during their visits.

Result: Large numbers of subjects (83%) consume high amounts of dietary fats, vitamin-C, vitamin-A, and proteins. They (58%) consume less water, B-complex vitamins, trace minerals and dietary fibre. Most of them (64%) believed in consuming excess animal proteins

and saturated fats. Many (82%) of them had no idea about pre and post game meal. Water, fluid replacement awareness was very poor. Strength athletes wish to take supplements.

Conclusion: There is a great need of increasing awareness of correct nutrition among all sports persons. Scientific information should be converted to easy to understand material to help the athletes to break their myths.

A COMPREHENSIVE APPROACH TO CHILDREN WITH ADHD

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Background: Attention Deficit Hyperactivity Disorder (ADHD) is becoming increasingly detected in childhood with about 10-12% of children between ages 5-14yrs having it. A random evaluation of children in 3 schools & at the Sattvam clinic (842 children) for Inattention & Hyperactivity revealed that almost 51 % children were underperforming and undiagnosed due to ADHD, out of which 21% had either markers of ADHD or Frank ADHD. The paper reports the results of a Research Project carried out between September 2010 –March 2011 by “Sattvam Initiates” at its Clinic in Bangalore.

Methods: Screening and assessment was carried out on 112 children between ages 6-14 fulfilling the criteria of ADHD (ICD-10F90.0) for Attention Deficit Hyperactivity Disorder (Hyperkinetic disorders). Duration of study was 15months with a minimal observation period of 7 months. All children received medication. Assessment criteria involved DSM-IV Criteria/ Teachers Report / SNAP4 Score. The observations of the

teachers and parents pre and post study were also obtained.

A specially designed case record for data elicitation and data documentation was used.

Information about the problem was appropriately dissipated to the School (Teacher) and its handling was taught with active participation from the parents.

Results: We were able to evolve a better methodology based on more reliable markers used for Homeopathic management of ADHD in children. The improvement was noted by both the teachers and the parents.

Conclusion: In the era of specialized understanding about clinical specialties and subjects, and refined methods for children with ADHD, evidenced-based Homoeopathic treatment paves a significant path. Preschool identification of ADHD through adequate empowerment to teachers' through an integrated approach can prevent a world full of adults with undiagnosed Attention Deficit and Hyperactivity Disorder.

THE SCIENCE OF YOGA AND AYURVEDA

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Yoga and Ayurveda are the ancient medicine systems of India. Yoga is one of the orthodox systems of the Indian Philosophy. Yoga means 'union'. It is a discipline leading to, and the



experience of the reunion of the embodied Jeeva with the Brahman of which it is a partial expression which is the main goal of human life.

Ayurveda the “science of life” even moves towards the same direction by curing the various dukhas that a person across in his path of attaining salvation. Everything is permeated by the Supreme Universal Spirit likewise both Yoga and Ayurveda originated or created by the God. Both the sciences moving in the same path have got many similarities in many aspects. The teaching methodologies adopted, the basic principles i.e. Tridosha, Triguna etc. are the few illustrations to know the intimate relation between these two great sciences. Even though these sciences are much similar, they differ in some aspects. Yoga helps for the spiritual upstanding whereas Ayurveda directs towards the right path of attaining salvation by the maintenance of the health. Hence both the sciences go hand in hand, supporting each other with an inseparable relation towards ‘Moksha’. Yoga shastra supports Ayurveda in various forms and is closely related. Through Yoga one prepares the body and mind for self realization or union with the Divine. Through Ayurveda one supports the spiritual journey by maintaining body and mind in a state of balance and well being. The curative and health promotive measures explained in Yoga are highly scientific and strongly support Ayurveda. Ayurveda is the healing side of Yoga and Yoga is the spiritual tradition from which Ayurveda emerged.

WRITING AND PUBLISHING A MEDICAL PAPER IN A JOURNAL FOR BEGINNERS - AN INTRODUCTION

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Introduction: All of us in the medical profession long to have a published medical paper in a medical journal. But sometimes just don't have the right direction towards beginning such an effort due to various reasons. Preparing an article or paper for publication in a medical journal and then publishing it is hard work. Being in the medical profession we can make an effort to write and publish an article for which this article may be a trigger point where the various types of Medical publications and some basic understanding of the method of writing a paper is dealt with.

Objective: To make it easier to prepare a readable paper and find the right publishing tools, decide on the right type of paper, find the right journal & suit their needs for a beginner.

Approach: Write in an Active voice. A large portion of the paper can be written before the project is completed even though one will need to revise it later, starting early will help. Thoroughly document the methods and guiding the analysis part of the study. Focus on high-visibility components like what readers are most likely to look at for example the title, abstract, tables, and figures. Proper effort should be put in developing a set of tables and figures that convey not only the major results but also the basic methods of the study. Develop a systematic approach to the body of the paper a standard framework can make it easier to write the introduction,

methods, results, and discussion. An obvious organization with frequent subheadings and consistent labels makes the paper easier to read. Read extensively and find the most appropriate reference. Finally finishing with a strong conclusion and improving the paper by sharing it with others who have worked on publishing a paper and by learning how to elicit and receive their feedback. Incorporate useful feedback by revising frequently.

When you are satisfied contact the journal and submit an article.

Conclusion: As said by Michael Faraday "The secret is comprised in three words - Work, finish, publish." We should all thrive to achieve this as a routine for the recognition of Naturopathy & Yoga in the world of scientific evidence based Medicine.

EFFECT OF BHOOTSHUDDI KRIYA ON ALPHA EEG

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Background: Kriya, Pranayama, Meditation has been shown to impact on brain it improves the brain activities, EEG measures minute electrical activity in the brain in the form of waves. The frequency of brain activity waves has been shown to alter according to the state of consciousness and state of mind this study attempted to study the effect of 'Bhootashuddhi Kriya' on Alpha EEG of collage going non yogic students.

Method: We studied Bhootashuddhi kriya, It is based on shabda Pranayama which involves breathing exercise with chanting of

the word Soham. The word 'Bhoot' means Panchamahabhoota (Five elements) manifested their five elements with defined qualities and natures, they are (1) Earth (Prithvi) (2) Water (Jal) (3) Fire (Agni) (4) Air (Yayu) (5) Ether (Aakash) here 'shuddhi' means internal and external body purification and, in the words 'Kriya' means there action. 20 students have been selected from Dev Sanskriti Vishwavidyalaya, Haridwar. in the ages of 18 to 25 through accidental sampling, were made to practice of 'BSK for a duration of 20 days with predefined instructions by the yoga instructor for 30 minutes daily. One group pre-post research design was followed in the study. The readings were taken before and after administering yogic practices.

Result: The significance difference between two mean were 0.108 which was significant at 0.01 levels. The value of t-test was 17.5 which are significant on the level of 0.01, so The result showed a significant change as Bhootashuddhi Kriya positively increase the Alpha EEG of the students. Its means, BSK positively increases the Alpha EEG of the students.

Conclusion: BSK releases of physical, mental and emotional tension occurs due to a process of purification in the subtle body. The person can feel the flow of inner energy and love subtle expression filing by this practice, as like divine sound , divine light, and divine vibration, sweating, trembling and energetic, The practice also increased the depth of respiration with reduction in breath frequency, suggesting physiological relaxation (BSK) Involves all the key compound of yoga .

Keywords: Bhootshuddi Kriya (BSK), Alpha EEG, Pranayama, Meditation, Chakra, Yoga.



ROLE OF SATTVIC DIET ON HYPERTENSION

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Background: The present study aims at studying the effect of Sattvic Diet on hypertensive patients of Panch Karma Centre, Yoga Arogya Polyclinic of Dev Sanskriti University, Haridwar in October 2009 living in Spiritual Environment

Methods: For this 20 people (11M, 9F) with age range 20-40 yrs were drawn from Pancha Karma Centre, Yoga Arogya Polyclinic of Dev Sanskriti University, Haridwar in 2009, October, by using Simple Random Sampling without Replacement (SRSWOR). Pre-post data were collected before and after 10 days by using Sphygmomanometer.

Results : Calculated t-value 14.83 for systolic pressure and 6.17 for diastolic pressure are significant at 0.01 level of significance for df 19.

Conclusion: It is concluded that Sattvic Diet plays a positive and significant role in controlling the elevated blood pressure of the subjects.

Key words: Yogic diet, Hypertension, Yoga Arogya Polyclinic

JYOTHIRĀYURVEDA: A NATURAL VEDIC METHOD OF MEDICINE

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Background: Ayurveda & Jyotisha are two separate branches of science originated from Rig-Veda. A special study of disease, symptoms,

root cause, effects and treatment flourished the Ayush system. For an instance, Rig-Veda quotes 28 different effects of the fever and treatment to them. Identification of root cause for the effects has been quoted according to the Graha-Gathi, Gochara-Stithi, Horoscope, Sandhi-Kāla, Dashā-Kāla, Age, Food, Habits, Family, Place of living, etc. It means that a doctor should know the Jyotisha also. With examples, it will be narrated that ancient Jyothirāyurvedic system of medicine is necessary to sustain the health of society.

Methods: Vedic Samskāras, Being natural, Precautions, Food & habits, Ayurveda, Astrology, Karma-Kānda, Mantra-Chikitsa, Naturopathy, Yoga, Psychology and related methods are used.

Results: The Jyothirāyurvedic system has been practiced in our organization for more than 20 years and applied on enormous patients. Some of the toughest diseases like Cancer & Tumors were also treated. An experimentation to avoid the propagation of hereditary diseases is under study. It has been found by the posterior analysis that the patients recovered in

Conclusion: Vedic way of living is proved to be intuitive by lots of Rishis. A distraction in the path of life affects the future as a disease. So it's not just the outlier symptoms to be analyzed. It's the root cause! Nearly 30 different parameters have to be considered to identify the root cause of a disease. Treatment should also be natural and economical to bring back the patient to the right path. Psychologically building the precautions & steady human, thereby empowering the trustworthiness of medicine systems under the umbrella of Indian tradition and culture

LIFE STYLE MODIFICATION TO SAVE FROM CARDIOVASCULAR DISORDERS

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The main factor of lifestyle diseases includes bad food habits, physical inactivity and disturbed biological clock. The prevalence of lifestyle-related diseases including hypertension, dyslipidemia and diabetes increases with aging, and all these conditions are risk factors of arteriosclerotic diseases such as stroke and myocardial infarction. Interventions are necessary to overcome the most challenging cardiovascular health problem of the 21st century worldwide. Non pharmacological approach to primary prevention and disease interruption carries enormous public health significance. Epidemiological studies suggest Restriction of sodium intake to 2 g per day lowers systolic pressure, on average, by 3.7-4.8mmHg and lowers diastolic pressure, on average, by 0.9-2.5 mmHg, although the reductions vary from person to person beyond these ranges. Randomised controlled trials in hypertensive patients indicate that reducing sodium intake by 80-100 mmol (4.7-5.8 g of sodium chloride) per day from an initial intake of around 180 mmol (10.5 g of sodium chloride) per day reduces BP by an average of 4-6 mmHg, although the trials showed a great degree of variation between patients. The recommended adequate daily sodium intake has been recently reduced from 100 to 65mmol/day, corresponding to 3.8 g/day of sodium chloride, which may be currently difficult to achieve. An achievable recommendation is less than 5 g/day sodium chloride (85 mmol

of sodium/day). The pressure effect of caffeine is only small if ingested through coffee. Trials of alcohol reduction have shown a significant reduction in systolic and diastolic BP.

A recent meta-analysis of randomized controlled trials concluded that dynamic aerobic endurance training reduces resting systolic and diastolic BP. Sedentary patients should be advised to perform exercise 30-45 min daily. The main diet and lifestyle goals for cardiovascular disease risk reduction are consume a healthy diet which include, reduction of salt intake, increase in potassium intake through increase in fruit and vegetable consumption. Aim to maintain healthy body weight, recommended levels of LDL & HDL cholesterol and triglycerides, normal BP & blood glucose level, physically active, avoid use of tobacco products. Thus lifestyle modification plays a major role in prevention as well as treatment of cardiovascular disorder.

HEALTH IN YOUR OWN FINGER TIPS

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The world is on the fast move and so is the sickness in the humans. Despite the ultra-modern, super-speciality hospitals blooming around us, we are still sick and suffering. Many diseases are undiagnosed and termed idiopathic in spite of diagnostic techniques done at the micro-cellular levels. Indeed it is very expensive!

So is the crumbling hopes on our modern health care system and it is time to look back at the ancient alternative techniques viz. acupressure, reflexology etc. which are undoubtedly practiced effectively since time immemorial.

These fore-mentioned healing techniques have got a history of thousands of years. A simple



touch on the right spot of the body can do miracle and put an end to all the sufferings.

acupressure is the application of a firm pressure (thumb, finger tips, and blunt ended object) on specific points of the body to get relief from various ailments and at times even the cure. In reflexology, pressure is applied in various patterns with massage movements, on the palms and soles which have got abundant nerve supply and are interconnected to all the body parts. These are simple, safe and cost effective treatments.

For example a 30 minutes barefoot walk on the mother earth itself can invigorate and rejuvenate us; it's a natural reflex therapy. It is worth trying these remedies along with abundant water drinking, natural diet and life style modifications. And for specific ailments seek advice from a qualified alternative medical practitioner or doctor.

To conclude it is essential to understand that Body Heals Itself.

A HOLISTIC APPROACH TOWARDS MANAGEMENT OF HYPERLIPIDEMIA

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Background: Globally hyperlipidemia is estimated to cause 56% of ischemia heart diseases and about 4.4 million deaths per year. Conventional treatment principles for hyperlipidemia aim to reduce lipid biosynthesis, which will lead to lower blood levels. Most of the drugs such as statins, Gemfibrozil, Colestipol and

cholestyramine available today are inhibitors of 3-hydroxy-3-methylglutarylcoenzyme A reductase, which is involved in cholesterol biosynthesis in the liver. Studies show that the use of statins and other anti-hyperlipidemic drugs have a risk of chronic toxic effects including carcinogenic, teratogenic, and mutagenic changes over a lifetime of use. This has led to a search for more effective, safe and holistic approach towards increased lipid levels. The holistic approach of Ayurveda is based on a unique understanding of the interrelationship of body, mind and soul. The aim of Ayurvedic medicine is to integrate and balance these elements to prevent illness and promote wellness through diet, yoga and pranayama, cleansing therapies, meditation, and daily and seasonal routines.

Methods: 15 patients were selected on the basis of their lipid levels (suggestive of hyperlipidemia) and were admitted on out-patient basis in SDM college of Ayurveda, Bangalore

The patients were given a specific Ayurvedic treatment regimen and diet along with a set of yogasanas and pranayama for duration of 15 days.

Results: Considerable reduction in the total cholesterol, LDL, HDL and triglycerides were noted. Patients reported lightness and freshness of body and mind along with considerable loss of weight. An average of 3-5 kg reduction in body weight was also noted.

Conclusion: The clinical study demonstrates effectiveness of holistic approach in the management of hyperlipidemia and further confirms the efficacy of Ayurvedic medicine, diet, life-style modifications, Yoga and Pranayama in bringing about equilibrium in the body. More such clinical trials should be conducted to understand and analyze the effectiveness

of complementary systems of medicine in life-style disorders like hyperlipidemia.

COMPARATIVE STUDY OF STHANIKABHYANGA AND SPINALBATH IN KATI SHOOLA (LOW BACK ACHE)

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The incidence of backache is increasing day by day. Statistics says that 60% of adults suffer from low back pain at least once in their life. It affects irrespective of age, sex, socioeconomic status, food habits and life style. The causes may be sedentary life style, improper food habits, wrong postures coupled with a lot of mental tension. To come out from back pain number of techniques, different treatment modalities are prevailing even today.

But there is a need to find out a simple, cost effective, economical, reliable and most suitable therapy by which one can give good results on disease.

In the present era people are interested towards Ayurveda and Naturopathy which are most effective, cost effective and reliable. Among them Abhyanga and Spinal bath are recommended to prevent backache.

Hence the present work was undertaken to study the 'sthanika abhyanga with tila taila and spinal bath in low back ache (kati shoola).

Key words: sthanika abhyanga, spinal bath, kati shoola, low back ache.

STUDIES ON NIDRA UPASTAMBHA WITH SPECIAL REFERENCE TO ITS ROLE ON PREVENTION OF DISEASES AND PROMOTION OF HEALTH

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Ayurveda has a sound base of tri-principle.

Upastambha are described by Acharya Charaka for the maintenance of health and life. The emphasis given on these factors in connection with positive health is highly relevant as it reflects the fundamental approach of Ayurveda to positive health and its totality with extended emphasis on mental health. These ahara, nidra and brahmacharya support the body for the maintenance of long and healthy life span. As a tripod is based on three wooden pillars and maintain its position. In the modern era, nobody is following the theory of upastambha. That is why society is suffering from different types of diseases which may be minor or major. Importance of sleep in the maintenance of healthy and long life is well known. It is the recharging mechanism of cells, tissues, various systems of body as well as adhyatmic components of manas. Now-a-days sleep is affected badly due to disturbed working shifts and fast life style. Along with other various disorders, sleep related diseases are also increasing day by day. This is because of regimen as prescribed in Ayurveda is not followed properly. Consequently, homeostasis of the body is disturbed due to disturbance in circadian rhythm or biological clock, resulting in production of various physical and mental disorders related to sleep. That is why insomnia and parasomnia are widely distributed and is increasing day by day. We can avoid this situation which is going worst by following various regimens regarding sleep as mentioned in Ayurvedic classics.



ROLE OF ETHNO MEDICINE AND FOLKLORE MEDICINE FOR HOLISTIC HEALTH

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Ethno medicine is a branch of ethno botany or medical anthropology that deals with traditional medicines. It is based on written sources like Ayurvedas and also on practices orally transmitted through generations. Ethno medicine is characterized by a strong anthropological approach or biomedical approach in drug discovery programs.

Knowledge of ethno medicine comes from the practices adopted by tribal people. They were in the habit of using several plants or their parts as medicine for curing diseases. The tribal can be regarded as ethno medicine. People of remote areas do not get any medical care from doctors. So they acquired knowledge about locally available plants which have palliative and curative effects. Their knowledge is based on experimentation on animal and themselves. A recent survey notes the existence of about ten lakh rural vaidyas serving the rural people for good health.

Among them, there are people who specialized in bone-setting (treating fractures), and in curing poisonous bites, paralysis, jaundice and all common fevers. Thus people depend up on their own medication using locally available medicinal plants. For all these diseases they are using the natural medicine extracted from the plants or animals.

Medical treatment was mainly available to the

wealthy people living in the towns. Those that lived in villages rarely got the help of medical practitioners. Remedies were herbal in nature, but also included ground earthworms, animal excrement and urea. Many medieval medical manuscripts contained recipes for remedies. People outside medical tradition administered many treatments. Laymen without any medical knowledge administered medicine often causing death.

Most folklore medicines were samples made of herbal ingredients. One medicine that apothecaries (forerunners of chemists and pharmacists) dispensed was called treacle (theriac). Folklore medicine is in practice since ancient times in remote areas for hygienic health. The vaidyas, pujaris are the folk healers who keep alive the age old tradition of herbal medicines. These Ethno medicine and Folklore Medicine are using for holistic health.

THE TRINITY OF LIFE

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Ancient Vedic tradition, cognized by the great seers of India, offers us practical knowledge to live a healthy and meaningful life. Ayurveda, Yoga and Tantra are the ancient life disciplines that have been practiced in India for centuries. They are explained in scriptures of the Vedas. Vedic wisdom is timeless and unbounded.

Yoga is the science of union with the divine, with the truth. Tantras are the deep and profound teachings, including some of the most vibrant currents and detailed practices in the Yoga tradition of the last thousand years; and Ayurveda is the science of life.

The purpose of each of these practices is to help the mankind to achieve longevity, rejuvenation



and self realization. The main object of Yoga and Tantra is liberation. To attain freedom discipline is required. Discipline of the body, mind and spirit is gained through pursuit of such traditional practices as Yoga, Pranayama, and Tantra. Tantra is the yogic approach to science and art. Tantra also shows us the way to use vedic astrology and Ayurveda for the deeper levels of healing and also to promote the higher levels of consciousness.

According to Ayurveda, the practice of Yoga (a spiritual science of life) is an important and natural way to get good health of body and mind. Ayurveda and Yoga are the sister sciences. Ayurveda is the science of body, when body is fit the individual considered ready to study the science of spirituality.

In this modern era; one can reach the superior level of spirituality when he is 'Swastha'. To acquire the Swastha state, it is necessary to understand Ayurveda then Yoga and Tantra. Thus Ayurveda, Yoga and Tantra together form the Trinity of Life. As all of these go hand in hand.

THERAPY WITH FIVE BASIC ELEMENTS

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For people who have come to accept every pronouncement of modern scientists as tested and proven truth, work by late Vaidyaraj A. V. Datarshastri in Ayurveda-traditional healing science will be an eye-opener. We can consider his work to be the epitome of his quest for knowledge blessed by spiritual experiences for which he was awarded with prestigious Brihatrayee Ratna award. He is the pioneer of

"Panchabhautik chikitsa", a therapy which uses the five fundamental elements namely earth, water, fire, ether and space. It is based on the fact that each and every thing in the universe is made up of five basic elements. Thus by applying fundamental properties of these elements to human body he was able to discover and develop diagnostic and healing methods to cure ailments. The uniqueness of this therapy lies in the analysis of prakriti based on the time of conception, usage of percussion and palpation of various organs as a tool for diagnosis, kshar-aml concept (acid-base balance) and specialized method for preparation and administration of herbo-mineral compounds. His vivid analysis uncovered the hidden and blatant assumptions of Ayurveda. He dedicated his entire life in establishing guidelines and standardizing concepts for the students and believers of Ayurveda. He was a person with foresight and had established research institution in Sangli, Maharashtra. As an author he has not only successfully and generously passed on this wisdom for the benefit of future generation but has also shared his clinical experiences in the form of discussions on various critical medical cases and conditions. His books enlighten and fascinate scholars. His work encourages students to rededicate themselves to a more genuine and intense quest for truth and knowledge, and to thereby redirect their valuable intelligence, resources and work toward the true benefit of the world.

BETTER DIET FOR BETTER MAN

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Man is fruitarian. Man was fruitarian before fire and cooking was discovered. Fruit contains everything for a man. Cooked foods of various



materials cannot supply the real need of a man and his body. So any therapy to cure and repair a diseased human must compel and supply the suitable fruits. Blood is the basic compound of a human body's growth and reproduction which is supported by a rich fruit diet.

Any medicine may stimulate or slow down some particular process and will not produce or sustain the basic cells. So the prime duty of a naturopath should give importance to change the diet system suitable for his lifestyle. A great education is necessary to change the patients who are confused with many diet habits and beliefs all over the country.

Juicy fruits give immediate relief, improvement and the patient and his family members believe nature cure well. Vegetables may satisfy our tongue and stomach at times but will not cure the chronic diseases. But green leafy juices work in a better way. The similarity between the human blood and the green chloroplast (chlorophyll) is astonishing. Trees convert this chlorophyll into better fruits. With this fruit diet therapy only fasting is possible.

Fruits and fasting cures all the diseases and solves many problems of life. Better books on fruit therapy and fasting are available all over the world. Naturopaths should upgrade the knowledge of fruit diet, fasting with self-experience.

Carl Linnaeus, the Father of Binomial Nomenclature grouped human beings as Frugivorous and not as herbivore or carnivore and not even omnivore. Most of the diseases of human body arise due to wrong food item and fruits only can reset the body and mind.

"The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease. – Thomas Alva Edison"

Key words : Frugivorous, Fruitarian, Fruit Diet

DURVA GRASS - CASE STUDY

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A young man of 21 years by name Mr.Selvaraj had been hospitalized for about 8 months, diagnosed as Aplastic anaemia and was suggested for higher treatment to other countries without assurance for cure. He was transfused with 30 units of blood in 30 weeks without any significant improvement with the hemoglobin levels ranging between 4-5g/dl.

Incidentally he came across the significance of Durva grass (*Cynodon dactylon*) stating the significance of it in improving the hemoglobin levels as it has the similar molecular structure except for having the magnesium instead of iron which might make the synthesis much easier and more rapid.

After 2 weeks of consuming Durva grass juice, it was observed that the Haemoglobin level did not reduce like previous 30 weeks. Within 40 days, there was a great improvement in his general health. The blood count improved to a remarkable extent. The blood transfusion was not needed anymore

This juice is generally advised to be taken in empty stomach in early morning prepared with 100g of durva grass with 5- 6 times of water added to it. As it is alkaline in nature it is beneficially used in most other ailments.

Further studies are required to be done to identify and document the beneficial effects of the commonly used durva grass.

MIND BODY MEDICINE - AN INTRODUCTION AND RELATIVITY TO YOGA

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Mind-body medicine (MBM) is the name of a U.S. National Center for Complementary and Alternative Medicine (NCCAM) classification that covers a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms. The various techniques include Yoga, Tai Chi, Qi Gong, prayer, etc. It aims to solve problems concerning dysfunctional emotions, behaviors and cognitions through a goal-oriented, systematic procedure in the present. The title is used in diverse ways to designate behavior therapy, cognitive therapy, and to refer to therapy based upon a combination of basic behavioral and cognitive research. MBM was primarily developed through an integration of behavior therapy with cognitive therapy. While rooted in rather different theories, these two traditions found common ground in focusing on the "here and now", and on alleviating symptoms. Many MBM treatment programs for specific disorders have been evaluated for efficacy; the health-care trend of evidence-based treatment, where specific treatments for symptom-based diagnoses are recommended, has favored MBM over other approaches such as psychodynamic treatments. In the United Kingdom, the National Institute for Health and Clinical Excellence (NICE) recommends MBM as the treatment of choice for a number of mental health difficulties, including post-traumatic stress disorder, OCD, bulimia nervosa, and clinical depression.

Relativity to Yoga:

Mind Body medicine dates back to close to a hundred years but ancient Indian texts state the relation between the mind and body and further goes on to explain the knowledge/awareness components (pancha-kosha theory) in the Taittiriya upanishad which is believed to have been written in the 5th century BCE. Yoga also prescribes custom practises for a lot of diseases which modern sciences cannot determine root causes of or treat completely.

THE EFFICACY OF MRUTTICA LEPA IN YUVANAPIDIKA (ACNE VULGARIS)

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Objectives: Yuvanapidika is one of the Kshudra Rogas and most common skin disorders. This disease is most common in Adolescents. Objectives of this study is to evaluate the effect of Mruttika lepa in Yuvana pidika.

Methods: 30 patients fulfilling the inclusion criteria of Yuvanapidika were randomly selected. All the patients were undergone Mruttika lepana daily in the morning for the period of 30 days. Patients were assessed according to Pain, Burning sensation, Inflammation, No of Pidakas before and after treatment.

Results: There were statistically significant improvement in all the variables of the study. Satisfactory reduction in No of Pidakas is also seen without any adverse effect.

Conclusion: Mruttika lepana is effective in treating the Yuvana pidaka without any side effects.

Key words: Yuvana pidaka, Acne vulgaris, Mruttika lepana.



THOUGHTRON MODEL OF LEARNING

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"Wisdom is not assimilated with the eyes, but with the atoms," -Swami Sri Yukteswar Giri

The present study aims to compare Thoughtron Model of Learning and Normal Learning with respect to Psychomotor tasks, included Digit letter substitution task which is a measure of attention as well as two tasks for Motor functions (i.e.1. letter copying task, and circle dotting task 2. Components of Wechsler Memory scale as well as state anxiety influenced performance.

If we are earnest in the development of our minds, we should daily spend an hour in the study of some serious books, and, reading for five minutes, write for ten, and think for twenty so on through the hour.

At first he will find the effort tiresome and laborious, and he will discover the weakness of his thinking power. This discovery marks his first step, for it is much to discover that one is unable to think hard and consecutively. People who cannot think, but who imagine that they can, do not make much progress. It is better to know one's weakness than to imagine oneself strong when one is feeble. The realization of the weakness - the wandering of the mind, the feeling of heat, confusion, and fatigue which comes on in the brain after a prolonged effort to follow out a difficult line of thought, is on all fours with the similar feeling in the muscles after a strong muscular exertion. With regular and persistent - but not excessive - exercise, the thought power will grow as the muscle-power grows. And as this thought-power grows, it also comes under control, and can be directed to definite ends. A trained mind can be applied

to a new subject, and will grapple with it and master it in a way impossible to the untrained, and this is the use of education.

The Procedure is

1. Taking pre EEGs & Memory Retention test for both groups

Experimental group is to follow

1. Relaxing the body (Tensing & Relaxing whole body for '3' minutes) and Mind through deep breathing exercises - 5 Minutes
2. Thought grounding Exercise (Thoughtron Model of Learning)

(If it is a plan for 35 minutes of study by the subject, the allocation of time is reading for five , Writing for Ten, and thinking for twenty minutes in the manner of 1:2:4. This is minimum requirement. If he wants to get better results extend the thinking time.)

Research on this technique is awaited.

SOORYAYOG AND VITAMIN D DEFICIENCY EPIDEMIC IN INDIA

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An estimated 1 billion people worldwide, across all ethnicities and age groups, have a vitamin D deficiency. Most humans depend on sun exposure to satisfy their requirements for vitamin D, dietary resources are low in vitamin D. Humans are spending more time indoors away from Sun under artificial light which lead to Vitamin D deficiency. Vitamin D deficiency causes rickets among children and osteoporosis and osteomalacia in adults. Vitamin D deficiency has been associated with increased risks of deadly cancers, cardiovascular disease,

multiple sclerosis, rheumatoid arthritis, and type 1 diabetes mellitus. Although chronic excessive exposure to sunlight increases the risk of nonmelanoma skin cancer, the avoidance of all direct sun exposure increases the risk of vitamin D deficiency, which can have serious consequences. Dark skinned people like Asians and Africans have high melanin which protects from harmful effects of Ultraviolet Radiation and thus prevalence of skin cancer is very low in India. Sooryayog is a combination of Sun Trataka/Sun gazing for ten minutes after sunrise, followed by meditation for 20 minutes. In this process practitioners expose atleast 20 percent of their skin to direct Sunlight, thus they sunbath for total of 30 minutes while doing Sooryayog. Sun trataka and meditation helps improve the eyesight, concentration, alertness, lowers stress and corrects the biological clock. Sooryayog is hypothesised to provide enough Vitamin D for our needs free of cost. Consumption of oral Vitamin D has risk of toxicity. Excessive exposure to sunlight will not result in vitamin D intoxication because both previtaminD(3) and vitaminD(3) are photolyzed to several noncalcemic photoproducts. This is the advantage of Sooryayog as a public health tool to combat Vitamin D deficiency in India and tropical countries.

BIOCHEMICALS OF EMOTION

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Emotions form an inevitable aspect of our social and personal life. Biochemicals of Emotion mainly tries to venture into the unexplored world of emotions - how, when,

why do they evolve. Emotions may be called as the feelings we get about a particular thing. What exactly causes the body to respond "happily" to a situation or "hate" a particular situation? How does a particular feeling bring about characteristic physical symptom?? These questions have always challenged the rationale minds of scientists. In early 1970's neuroscientist and psychopharmacologist, Dr. Candace Pert, Ph.D. discovered the relation of these mind-body reactions in the form of "neuropeptides". Emotions occur as a result of the biochemical process between neuropeptides and the receptor sites on the cell membranes. Chemicals like adrenaline, endorphins are said to be highly involved in development of emotions. Hormones which are also included under neuropeptides are associated with emotions. Arousal of autonomic nervous system is increased in negative emotions more than that in positive ones. Activation of left frontal region is associated with the arousal of positive emotions while that of right frontal region in negative. The limbic system of the brain also plays a crucial role. When stressful situation is encountered stimulation of neuropeptides and neurotransmitters occur which triggers the receptor cells and this in turn leads to the manifestation of physical symptoms.

Thus, emotions are partly physical and partly non-physical, they cannot be created in laboratory, nor can they be studied in a laboratory. But emotions definitely have a major role in establishing one's health status. As Dr. Pert puts it, 'moods and attitudes that come from the realm of the mind transform themselves into the physical realm through the emotions.'



**AYURVEDA & HERBAL
FORMULATIONS - QUEST
FOR GLOBAL ACCEPTANCE &
AFFORDABILITY**

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Since last two decades there is tremendous awareness on herbs & its formulations in global level and Ayurveda has become one of the most popular forms of alternative medicine in international health sectors. The international herbal market is approximately \$61 billion. Annual sales of Herbal Medicinal Products (HMPs) are approximately \$3 billion in Germany & \$1.5 billion in the United States. Annual turnover of Indian ayurvedic industry is \$ 0.8 billion (Rs 35,000 million). The Indian market is growing at 15-20% per annum (Rs 7,000 million or \$150 million). With world demand growing at 1% annually (\$ 610 million), the size of export market for medicinal plants appears bigger than the Indian domestic market. As compared to China, which boasts of herbal exports of \$ 3 billion, Indian exports are dismal - \$ 100 million. So for an Indian herbal industry, there is a huge export opportunity. But the main drawback is that in many countries still our Indian herbal formulations not yet proven to be safe even as alternative medicine.

So in this paper titled **QUEST** an effort & challenges of meeting global requirements of **Quality, Union, Efficacy, Safety, Standardization, & Trade** of herbal formulations for global acceptance & affordability are presented.

Key words- Quest, Global acceptance, Safety &

Efficacy of herbal formulations

**ROLE OF RASAYANA'S IN THE
MANAGEMENT AND PREVENTION
OF AGEING**

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Due to the present day's improper lifestyle, food habits, occupation and demanding schedules, man is acquiring early ageing associated with many lifestyle disorders. In Ayurveda, ageing is defined as jara i.e the one which has become old by the act of wearing out "jiryati iti jara". Vardhakya and vriddha are its synonyms. Susruta holds the view that after seventy years, there occurs day to day decrement in Dhatu, sensory-motor system, strength, virility, enthusiasm associated with wrinkles, graying, baldness, frequent attacks of cough, breathlessness, etc. and will be unable to do one's own functions. Jara coming at the proper age is Kalaja Jara i.e., after sixty years of life. Kalaja Jara is Pariraksana Krta which means that it occurs at the proper age even after following the daily and seasonal regimen mentioned in Swasthavrtta. However, this Kalaja Jara is of less intensity, slow progressing one and less troublesome. Jara occurring before the proper age (sixty years) is Akalaja Jara. This type of Jara is Apariraksana Krta which means that it occurs before the proper age due to not taking the proper care of personal hygiene (Swasthavrtta) or not following Sadvrtta. This Akalaja Jara is of greater intensity, rapidly progressing one if neglected. This is biological ageing. Akalaja Jara can be treated according to the Dosa involved or Vyadhi associated,

with respective treatment and Rasayana Dravyas. Rasayana is the treatment of Jara as it has been clearly mentioned in Charaka that the old Chyavan Rishi became young after the use of Rasayana. Rasayana or Jara Cikitsa is one amongst the eight branches of Ayurveda; practiced extensively and effectively since ages. Though chiefly concerned with improving the health status, Rasayana is used also as curative treatment. Thus, it serves the dual purpose of eradicating the ailments and keeping them away thereby promoting and prolonging life span.

A-MSY HEALING: A SPIRITUAL HEALING TECHNIQUE

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A-MSY technique is a spiritual healing technique invented by Tej Guru Sirshree, the Founder of TejGyan Foundation (TGF) which is a nonprofit educational institution. It is tested by TGF and practiced by hundreds of patients for curing ailments and evolving holistic health. The purpose behind this cure need not be only to get rid of the disease, but also is to achieve the highest purpose of human life which is Self Realization, Self Stabilization and Self Expression.

The objective of this paper is to introduce the background, process and implementation of the A-MSY technique in a way so that we can develop trust on it and use it for self-healing and healing others.

In this technique, the gross physical body is denoted as "B" body, while the subtle body as "A" body, which is the blueprint of the "B" body and is in perfect condition always. The

"A" body is invisible and internal; the "B" body is visible and external. This technique includes the communication with A-body in six steps namely Welcome, Declaration, Continuation, Understanding, Chanting, and Gratitude. The technique is based on understanding of three C's viz. Cure ("The wisdom" behind the working of your body), Claim ("The declaration" you make to cure your body), Chant ("The completion", final wrapping by power of chanting and gratitude to cure your body).

A survey conducted on 495 subjects from TGF, who were practicing A-MSY technique revealed significant results. There was marked relief in various diseases ranging from aches and pains to diabetes mellitus when used as adjunct to their earlier therapy. 61% subjects observed significant reduction in disease by practicing A-MSY technique alone. The data also revealed that there is vital role of the faith in the technique. 33% subjects used the technique for breaking the tendencies and patterns of the mind to enhance their Spiritual Growth.

Conclusion: A-MSY technique is useful in maintaining the physical vitality as well as providing relief in various diseases. Though it needs to be validated through further studies, A-MSY technique can be an add-on treatment in CAM for positive & faster results.

TREATMENT MODULES THROUGH RECTAL ROUTE AND ITS SIGNIFICANCE

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Introduction: Drug administration is done



through various routes. The most commonly used is the oral route, next being the parental route. One of the routes is the rectal route which is only used for pre-operative /simple procedures.

Here is a study done on Basti (one among Panchakarma of Ayurveda) and Colon Therapy to prove its efficacy.

Basti is one of the Ayurveda Panchakarma Treatments originated in India, it was done with the bladder of animals, in modern times enema pots and syringes are used. Astapana and Anuvasana are its forms. Constituents of the treatments are oil/ghee, honey, Kalka and Kashaya. The honey and rock salt will generate the action potential to remove the fatty material from the body. The Significance of the treatment is due to hyperosmoticity of the solution which facilitates absorption of morbid factors to the solution.

Colon Therapy, was originated in Egypt, previously it was experimented with hollow reed in flowing water, now a days it is done with colonic machine. Warm water is irrigated into the colon, which leads to the distension of colon, inducing peristalsis of intestine leading to evacuation of toxins in the form of fecal matter. The significance is because of the gushing water, which breaks down the toxic excrement, thus removing mucus debris and gas thus helping in better absorption.

Conclusion: With more Researches, rectal route can emerge as an alternative to oral route.

NON-INVASIVE QUICK HEALING AT FINGER TIPS, FINGER TIP REVOLUTION

Bala Kirushnen

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Every human being, day-in and day-out

goes through tremendous stress of all sorts and tension. In this context, this method ensures prevention as well as relief / cure to an individual providing mental and physical relaxation instantly. It is to be stressed here that at present there is no method in this world to address this problem, so easily and simply and hence the novelty of this method.

Because of the above advantages it can be adapted by any company or organization to improve the quality of life and the productive of their employees and in turn the company's growth.

Uniqueness of this method is its being non-invasive involving no other tools except their own feather touch of their finger tips, it can be practiced Any Where, Any Time and Any Situation.

It also addresses any physical or mental ailments through appropriate one's own finger tip combinations.

It does not call for any medicines and it does not inflict any side effects. If at all any medicines are to be administered, it can be worked out on the same principle so as to implement speedy recovery as is the case with chronic diseases.

USES OF FUNCTIONAL NEAR INFRARED SPECTROSCOPY

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Functional optical brain imaging is more commonly known as a scientific research technique called functional near-infrared spectroscopy (fNIRS). This technique is a type of functional neuroimaging technology that offers a relatively non-invasive, safe, portable,

and low-cost method of indirect and direct monitoring of brain activity. By measuring changes in near-infrared light, it allows researchers to monitor blood flow in the front part of the brain. It is still a new technique, so it is not yet widely used in research, but it shows promising results in studies done to-date.

More technically, it allows functional imaging of brain activity (or activation) through monitoring of blood oxygenation and blood volume in the pre-frontal cortex. It does this by measuring changes in the concentration of oxy- and deoxy-haemoglobin (Hb) as well as the changes in the redox state of cytochrome-c-oxidase (Cyt-Ox) by their different specific spectra in the near-infrared range between 700-1000 nm.

The fNIRS Principle is based on NIR light (650-950 nm) can pass through the skull and reaches the cerebral cortex up to a depth of 3 cm, NIR light absorption spectra of HbR and HbO₂ are distinct and using the modified Beer-Lambert law, it's possible to quantify the changes in the concentrations of these hemoglobin agents. The functional near-infrared spectroscopy (fNIRS) sensor is attached to the subject's forehead and can be monitored either connected directly to a computer, or a portable computing device that records the subject's data as he or she engages in specific mental or cognitive tasks. The data is recorded and then analyzed for changes in the blood flow or its oxygenation levels of the brain before, during, and after the task. Hypotheses can then be tested about how brain activity is being affected by certain tasks or behaviors.

SCIENTIFIC ANALYSIS OF PRANIC HEALING

A R Hanumanthappa

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Prana means life energy. Human body contains

atoms, molecules which lead to electromagnetic radiation. In space also interstellar bodies are the consistent source of electromagnetic radiations, can expect interaction between them.

Human body contains many organs and controlled by major chakras; are in vibratory motion. These chakras receive life energy from the bio plasma body.

The temperature of the human body is about 37°C degree, but the temperature of the atmospheric air surrounding the body is less than that of the body. Due to temperature gradient the air molecules near the body have greater velocity, than the molecules away from the body. The electromagnetic radiations emit from body interacts; leads to the ionization, bio plasma state will be formed around the physical body. So it is enclosed between human body and Earth's magnetic field (magnetic container)

Plasma is a fourth state of matter and conducting fluid. Bio-plasma body is trapped in the magnetic container and moving in the magnetic field. So it generates electric current and magnetic field and this magnetic field is modified the original magnetic field. Then the current in modified magnetic field produces a mechanical force on the fluid conductor leads to low frequency waves, Alfven waves (1942) which are also electromagnetic in nature. These waves are embedded in the field and move along the magnetic lines of force"

Pranic healer has to scan the bio-plasma of a person before treating him. For an unhealthy person, healer can notice the depletion or congestion in the bio plasma body from its position, pranic healer can predict and diagnose the disease. The important function of the bio plasma body is the absorption of life energy from nature and distributes it to the physical body. Then the pranic healer will follow the



prescribed technique to set right the things by cleansing and energizing the chakra.

EFFECT OF CLITORIA TERNATIA ON CELL MORPHOLOGY OF DENTATE GYRUS IN DIABETIC RATS

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Background: The hippocampal formation composed of subiculum, hippocampus and dentate gyrus, thought to contribute to new memories as well as other functional roles in stress and depression. It is one of the few brain structures currently known to have high rates of neurogenesis in adult rats. The herb clitoriaternatia also known as "Butterfly pea" has diversified action such as Neurotropic, anxiolytic, anticonvulsant, antidepressant and its antistress activities.

Objective: To know the effect of Clitoria ternatia on cell morphology of Dentate gyrus

Materials and methods:-

Induction of diabetes: On the 22nd day overnight fasted rats were given intra peritoneal streptozotocin injection at a dose of 60mg/kg body weight and diabetes was confirmed at the end of 5th day after the streptozotocin injection. After a span of 20 minutes the 5% glucose solution was given for next 48 hours to prevent the hypoglycemic impact. On the fifth day the Fasting blood sugar of rats was assessed by using Optimum Exceed Glucometer and strips. The rats having the fasting blood sugar (FBS) between 200-400mg/100 ml were selected for our experimental groups.

Cell counting: The cerebral cortex of the brain stained with cresyl violet and the dentate gyrus viable neurons were counted under 40

x objectives. In each rat the 10 random distant sections were considered for the cell counting to avoid the overlapping, such sixty sections were counted from 6 rats in a group.

Results: The diabetic group cell morphology showed shrunken cells, chromatolysis and vacuoles compared to normal group whereas treated group showed improvement in cell morphology.

Conclusion: Diabetic rats treated with clitoria ternatea showed significant changes in cell morphology.

ACUTE EFFECT OF EXCESS WATER INTAKE ON BLOOD PRESSURE IN HEALTHY INDIVIDUALS

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Background: It is a common habit in our country to drink excess water presuming that it keeps the kidney clean. The effect of excess water intake on hypertension is poorly known and there is some conflicting data in this regard. Thus we aimed to study the effect of excess water intake in short time on the blood pressure of healthy adult individuals.

Materials and Methods: We conducted an open labeled, randomized, cross over trial with 12 healthy volunteers without any clinically significant disease. Each individual was asked to drink 2000ml of water over a period of 20 minutes after overnight fasting or observed without water intake according to a pre-randomized schedule after a washout period of 3 days.

Results: In healthy adults (mean age 29.2 ± 3.5 yrs) after an intake of 2000ml over a period of 16.5 ± 2.6 min, there was a significant increase in systolic BP of 113.6 ± 6.2 mmHg at 0 hrs to 127.7 ± 9.6 mmHg at 15 min ($p < 0.001$) and 120.7 ± 5.5 mmHg at 75 min ($p < 0.05$). The diastolic BP also increased from 73.6 ± 6.2 mmHg to 85.9 ± 7.4 mmHg at 30 min ($p < 0.01$). There was no significant change in BP during no water intake phase.

Conclusions: Excess water intake increases blood pressure in healthy individuals. The underlying mechanism and the long-term effect of excess water intake need to be explored.

THE MANAGEMENT OF DIABETES THROUGH ASTANGAYOGA, ACUPRESSURE AND AYURVEDA

Satyasmita Jena

B.A.M.S (III Professional), MD Acupressure

Background: Diabetes, with its attendant acute and long term complications and the myriad of disorders associated with it, is a major health hazard. In keeping with the scenario of most developing countries, India has long passed the stage of a diabetes epidemic.

The crude prevalence rate of diabetes in urban area is about 9% and that the prevalence in rural area has also increased to around 3% of the total population.

A treatment should be "Available, Accessible and Affordable" to all persons with diabetes.

My study reveals Yoga with Accupressure and Ayurveda, can give successful result in 50% of patients.

Astanga Yoga:

Astanga Yoga is a technique for balancing the mind through mastery over the mind. In

diabetes, this component of mind mastery contributes to stability of blood glucose level around normal values.

Acupressure:

It is a nature cure system, which is an effective method which stimulates blood circulation and regular flow of bio energy to develop immunity against the various diseases like diabetes.

Through acupressure, the spleen, pancreas and stomach channels are warmed up, particularly acupressure points GB 34 and ST 36 on the outside of the leg and SP 9 and SP 6 on the inside of the leg. Additionally, shiatsu on back T9 and L2 near the spine stimulate the pancreas and spleen.

Ayurveda:

Drugs like Amlaki, Guduchi, Nimba can keep diabetes under control.

Results: My study reveals 50% of cases can be controlled successfully with the help of Yoga, Acupressure along with Ayurvedic drugs.

Conclusion: A lot of research works concluded that diabetes can be controlled cannot be cured. I got the same result in 50% of cases by implementing a multiple approach which will show an array to the field of research in forth coming days.

YOGA DARSHANA AND AYURVEDA - AN ANALOGY

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Background & objective: The Influence of Darshanas on Ayurveda is evident in classical literatures. The concepts of yoga Darshana are selectively incorporated in Ayurveda to suit its objectives viz., 'SwasthyaRakshana' and



‘RogaPrashamana’.

Ayurveda and yoga are immensely related to each other and both have shown mutual interest in the field of each other and the common object of elimination of vedanas has brought both of them very close to each other. Though there exists the influence of yoga darshana on Ayurveda, the application of tattvas of yoga darshana in Ayurveda differ in some contexts and hence has lesser impact in them.

In the context of moksha both yoga darshana and Ayurveda opine that there is vedananivritti in moksha and the path for this absolute cessation is yoga which is accepted by Ayurveda. Therefore the application of tattvas of yoga darshana in Ayurveda finds similarity in some contexts and dissimilarity in others which are elaborated in the paper

Method: Collection, compilation, sorting and analysis of various documentations from charakasamhita, yoga darshana, their commentaries, journals and websites on tattvas of yoga darshana and their application in Ayurveda.

Results and conclusion: After screening all the literature collected on the matter, it was revealed that there exists the influence of Yoga Darshana on Ayurveda. The Tattvas advocated by Yoga Darshana are applied in Ayurveda. Yoga Darshana gives more importance for moksha, where as Ayurveda gives more importance for prevention and cure of diseases, Therefore the application of tattvas of Yoga Darshana in Ayurveda finds similarity in some contexts & dissimilarity in other

LIFESTYLE INTERVENTIONS FOR PERIPHERAL VASCULAR DISEASES: A REVIEW OF TREATMENT OUTCOMES

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Identifiable risk factors for peripheral arterial disease (PAD) include cigarette smoking, Non-insulin dependent diabetes mellitus, hypercholesterolemia, hypertension and hyperhomocysteinemia. Segmental lesions that cause stenosis or occlusion are usually localized to large and medium-size vessels. Stopping smoking, correction of hyperlipidaemia and hypertension, and optimization of diabetic control are the cornerstones of secondary prevention and management of vascular disease. Modification of risk factors has been shown to prevent progression of peripheral vascular disease or loss of limbs and early detection and treatment of disease risk factors reduced the risk of complications with fatal and non fatal myocardial infarction and stroke.

Methods: Patients who underwent drug treatment with or without surgical interventions like peripheral bypass surgery, percutaneous trans-luminal angioplasty, and carotid endarterectomy or aneurysm repairs were treated with aggressive risk factor modification programs. Risk factor modification interventions consisted of –structured exercise training for claudicators- 12 week program, dietary modification for patients with diabetes mellitus, dyslipidaemia and hypertension- that included antioxidant rich (Vitamin E and C) medium carbohydrate and a high PUFA diet, Smoking cessation therapy through NRT, behavioral modification, yogic relaxation techniques and pranayama, and guidance on

weight loss for obese patients to improve the walking distance.

Results: Firm evidence existed that stopping smoking increased walking distance by twofold to threefold in 85% of patients with intermittent claudication. 73% of smokers who visited the clinic could quit with behavioral therapy and breathing exercises without requiring NRT. Furthermore, in patients requiring surgical bypass, patency rates were better among those who successfully stopped smoking. Pranayama/ yogic breathing exercises helped to reduce the anxiety scores in patients prior to vascular surgery. Good glycemic control improved the rate of wound healing in patients with chronic ischemic ulcers.

emotional intelligence, and decrease stress.

This presentation reviews the Business Programs of many of India's leading Yoga organizations, including S-VYASA's IAYT and SMET programs; SKY; Swami Ramdev; ISHA Yoga; and the late Maharishi Mahesh Yogi's Corporate Development Program. Large numbers participate in these programs. India is now in a position to make diseases of development and affluence a thing of the past. Export of Yoga to Business the world around should be a major goal of AYUSH - to benefit course participants, increase India's influence and goodwill in this major world market, and to increase her export earnings.

CONTEMPORARY APPLICATION OF YOGA IN BUSINESS

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Yoga has greatly increased in popularity over the past thirty years. Its continuously updating scientific evidence base makes its health benefits increasingly appreciated. At the same time, Outcome pressures in business, orientation towards high achievement at any cost, and the time pressures of modern life have all contributed to making health and a high flying business career challenging to achieve simultaneously. As a result major Yoga programs in business have been developed, and are being applied in many of India's leading firms and corporations, for example, India's Oil and Natural Gas Corporation, ONGC. Of unique value are Yoga's abilities to increase creativity,



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TOWARDS NATUROPATHY & YOGA SYSTEM



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rounded by good walking track. Hospital has good separate general wards for male and female, single room and double room, Deluxe & Cottage with all facilities for patients. More than 2, 50,000 inpatients and 1, 50,000 out patients had been treated and get benefited from the hospital.

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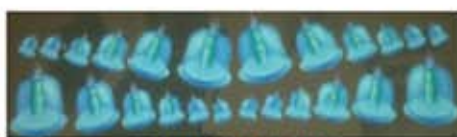


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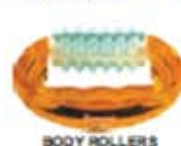
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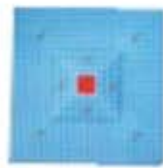
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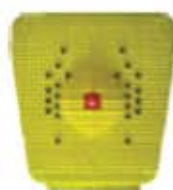
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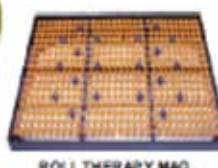
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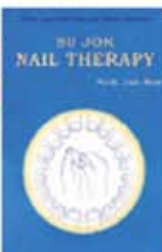
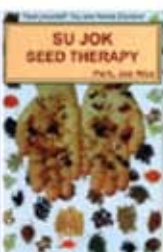
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YOGA, ACUPRESSURE AND NATURAL THERAPY FOUNDATION (YANTRA FOUNDATION) was founded by Prof. K. Ravindran in the year 2010. YANTRA is a registered NGO with six Trustees. The main object of the YANTRA is to create awareness among the masses about acupressure, yoga and all other natural therapies. Since the above therapy is of no cost or low cost, 100% safe as no side effect, means prevention, diagnosis and cure, YANTRA FOUNDATION ensures this wisdom reaches the very common man.

Prof. K. Ravindran was initiated to Yoga by Sri Vethathri Maharishi, the founder of World Community Service Centre (WCSC) which has got centers all over the world. Prof. Ravindran was nominated as a Professor of simplified kundalini yoga (SKY) of wcsc.

Prof. K. Ravindran was trained under Dr. Devendra Vora, the world renowned Acupressure Therapist and the author of world bestselling book "HEALTH IN YOUR HANDS". Prof. Ravindran has been practicing and imparting the knowledge of acupressure since 10 years.

YANTRA FOUNDATION jointly conducted the acupressure workshop with Dept of AYUSH, Government of Karnataka for the general public as well as AYUSH Doctors in Bangalore and Mysore in 2011. YANTRA FOUNDATION has been conducting the acupressure and naturopathy workshops with well equipped and trained faculties throughout South India in particular. Prof. Ravindran was a visiting faculty in Karnataka University, Dharward, Dept. of Yoga Science. He has participated and presented papers on spiritual science, yoga and natural therapy in national and international conferences and seminars.

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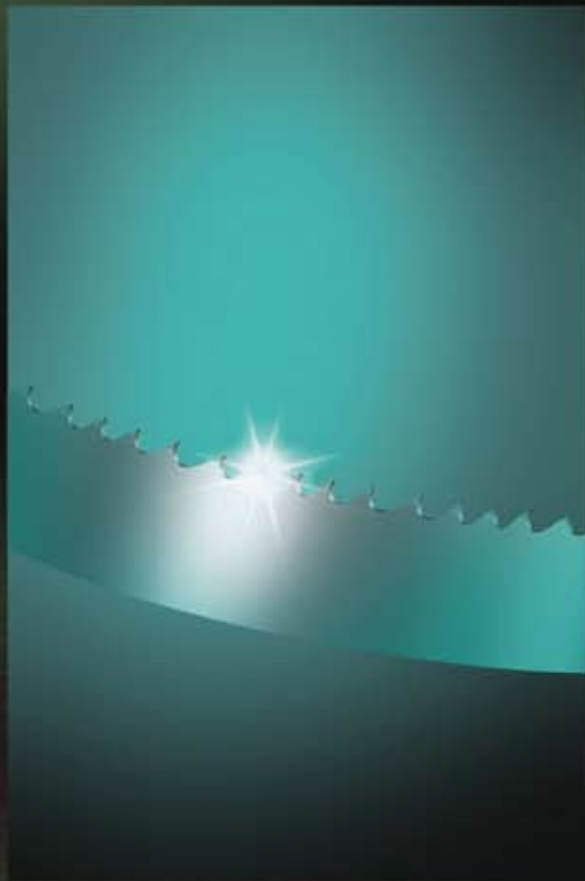
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Definitions of Yoga

- १ ॥ योगः कर्मसु कौशलम् ॥ भ।गी।२-५० ॥
- २ ॥ समत्त्वं योग उच्यते ॥ भ।गी।२-२४ ॥
- ३ ॥ दुःखसंयोगवियोगः योगः ॥भ।गी।६-२३।
- ४ ॥ स्थिरा इन्द्रियधारणा योगः ॥ क।उप।२-३-१० ॥
- ५ ॥ योगः हि प्रभवाप्ययौ ॥क।उप।२-३-११ ॥

SCIENTIFIC RESEARCH ON MEDICAL APPLICATIONS OF YOGA

Dr Nagarathna Raghuram MD, FRCP (UK)

Dean, Division of Yoga and Life Sciences, S-VYASA, University

rnagaratna@gmail.com

INTRODUCTION

The modern medical system has replaced almost all the traditional systems of medicine in different parts of this globe because of its rational basis. It has proven itself most effective in saving man from the fatal hands of contagious and infectious diseases. However, rapidly increasing incidence of life style related ailments is posing a great challenge. It is here that the Indian systems of medicine Yoga and naturopathy make a vital contribution to the modern medical system.

To date large number of publications are available studying the complimentary role of yoga in treating diseases including rehabilitation and promoting wellness at physical, mental, social and spiritual levels.

Yoga as Complimentary In Treatment of Diseases

The increasing awareness that most of the common non communicable are mind body mechanisms has led to many studies that involve mind management. 'Yoga', an experiential science and an offshoot of thousands of years of internal research by Indian sages, provides a systematic methodology with its firm roots in a holistic philosophy.

YOGA IN RESPIRATORY ALLERGIES

There are several publications to demonstrate the role of emotions in asthma and also to validate the efficacy of different yoga practices in bronchial asthma. Some are well designed controlled studies whereas many of the earlier studies were observations on uncontrolled groups.

As early as nineteen seventies, it was shown that negative emotions and psychosocial pathology are found to be related to severe asthma (Friedman, 1984; Carswell, 1985; Carson and Schauer, 1992). Miller et al (1994) demonstrated that sadness was associated with greater heart rate variability and instability of oxygen saturation compared with happiness. Further, observations on the association of objective measures such as pulmonary functions and blood immunoglobulin levels with that of self-rated hostility and depression (Schmalting et al. 1997), or frustrating situations of life (Berezin et al. 1997) provided evidence to the role of mind in triggering asthmatic attacks.

Alexander (1972) demonstrated the beneficial effect of systematic relaxation on peak flow rate in asthmatic children in whom emotional factors were prominent. Wilson et al (1975) demonstrated that transcendental meditation is a useful adjunct in treating asthma. Goyeche (1982) published his work on the integrated yoga approach to asthma with beneficial results. Singh et al (1990), in their randomized, double blind, crossover placebo controlled study showed the benefits of pranayama (on FEV1, PEF, symptom



score and inhaler usage) in mild bronchial asthma patients, by using a breathing device called pink city lung exerciser that was designed to ensure slow breathing at a ratio of 1:2 between inhalation and exhalation. Our studies began through several asthma camps in Bengaluru city. The medication requirement, symptoms scores reduced with increased PFR in the yoga group than the control group in a matched control study for 54 months in 106 asthmatics (Nagendra and Nagarathna 1985). Vedanthan et al (1998) studied the effect of yoga practices on 17 students in the age group of 19-52 years in an university set up. Daily symptom score, medication score, AM and PM PEFR, weekly questionnaires and lung functions were measured. The subjects in yoga group reported significant degree of relaxation, positive attitude and tendency for lesser usage of inhalers. A recent review (Posadzki 2011) of all published literature on yoga for asthma suggested that yoga leads to a significantly greater reduction in spirometric measures, airway hyper-responsivity and the dose of histamine needed to provoke a 20% reduction in forced expiratory volume in the first second, weekly number of asthma attacks, and need for drug treatment.

Yoga corrects the hyper-reactivity of both the autonomic and immune system. The concept that irregular prana flow would be the cause of autonomic imbalance (parasympathetic hyper-reactivity and sympathetic receptor hyposensitivity) needs to be validated. Psychoneuroimmunology is the science that has established that imbalance of Manomaya kosa (stress) could be the forerunner for the immune hyper-reactivity that causes allergic inflammatory bronchial disease. Yoga directly addresses this component by offering "Mastery over the mind" (chitta vritti nirodah) and helps in maintaining equanimity (samatvam yoga uchyte). Life style change with modulation of food, habit, sleep, activity etc., are the offshoots of (yuktahara vihara ---Bhagavad Geeta) this balance, that could correct the hyper-reactive tendency in nasal bronchial passages.

YOGA IN ANXIETY NEUROSIS

Various yoga practices such as asanas, meditation, pranayama, shavasana are now recognised as relaxation techniques comparable to many behavioural modification techniques like biofeedback and progressive muscular relaxation based on the famous work of Wallace (1970) who showed that the practice of Transcendental Meditation (TM) brings about signs of overall psychophysiological relaxation. Anxiety neurosis recognized as an exaggerated form of stress response with sympathetic hyper-reactivity, could therefore benefit through any one of these relaxation therapies. (Udupa, 1972; Rapp et al. 1984), Norton & Johnson (1983), DeLuca & Holborn (1984), Tarrier & Main (1986) have demonstrated the comparative efficacy of different types of muscle relaxation therapies (taped instructions or applied relaxations) in different types of anxiety of both cognitive and somatic type such as snake phobia, nail biting, hair pulling, panic attacks as well as general anxiety. Tyrer et al (1988) in their randomised control study on 210 subjects demonstrated that self help group fared better than the diazepam group and consumed less psychotropic drugs. Further Kabat et al (1992) showed the effect of mindful meditation to reduce stress, anxiety, depression, panic and also the panic of agrophobia. Gagne (1990) compared the effect of therapeutic touch & relaxation and concluded that they could be palliative adjuncts in anxiety. Khalsa et al (1996) tried the efficacy of a specific yoga breathing pattern in 8 subjects with obsessive

compulsive disorder with significant improvement on OCD, as measured by anxiety and global severity indices. Crisan (1988) observed reduction in scores on Max Hamilton's anxiety scale, general health questionnaire, heart rate, urinary level of VMA and a rise in galvanic skin resistance in 19 patients with generalised anxiety neurosis after 8 weeks of pranayama practice.

YOGA IN DIABETES

In both IDDM and NIDDM physiologically demanding stressful situations like infection, pregnancy etc. are known to increase the demand for insulin. Similarly emotional stresses also contribute to the irregular control of diabetes. Relaxation therapies using biofeedback or taped instructions have been reported to be useful in better control of diabetes (McGrady et al. 1991). Jobson et al (1991) in a well planned controlled study showed that although there was demonstrable physiological rest (reduced muscle activity and skin resistance) the progressive relaxation training and biofeedback given once a week did not help in improving diabetic control in 20 patients with type II diabetes.

Monro et al (1992) carried out a controlled trial on 21 subjects with NIDDM. Fasting blood glucose and glycosylated haemoglobin reduced significantly ($p < 0.05$) in the group of 11 who practised the integrated programme of yoga as compared to a matched control group of 10 who did not practice yoga. Several other studies (Sahay et al 1986, Jain et al 1993) have shown the beneficial effects of yoga in NIDDM through reduction in hyperglycemia and the need for oral hypoglycemic agents. Rice et al (1992) observed increased peripheral blood circulation in lower extremities as measured through toe temperature and blood volume pulse in 40 diabetes in the age range of 17 to 73 years after biofeedback assisted relaxation training.

YOGA IN HYPERTENSION

As early as nineteen thirties Swami Kuvalayananda of Kaivalyadhama started studying the effects of yogic practices on blood pressure, heart rate etc. in yogis. Datey & his co-workers (1969) showed the beneficial effect of shavasana in mild hypertensives who were not taking medication. Patel (1973,75) has shown the beneficial effects of shavasana in hypertension in her year long follow-up control study. In an open study comprising 23 hypertensive patients Sachdeva et al (1994) observed reduction in systolic blood pressure from 134.5 ± 16.01 to 125.1 ± 9.88 mm of Hg and diastolic blood pressure from 88.5 ± 9.42 to 81.62 ± 6.48 mm of Hg respectively after 2 months of yogic life style change.

Talukdar (1994) noted statistically significant changes in cell membrane enzymes after yoga practices in hypertensives. 10 to 12 weeks of practising certain yogasanas increased serum HDL levels and caused a trend of reduction in serum cholesterol, triglycerides, LDL and VLDL (Bhaskaracharyulu et al, 1996). Though its beneficial role in mild hypertension has been demonstrated, more in-depth study is required to document the effect of different forms of yoga on patients with moderate and severe hypertension and also the mechanisms have to be worked out through studying autonomic status, renin-angiotensin mechanism and platelet aggregation etc.

YOGA IN CORONARY HEART DISEASE

Coronary heart disease being one of the major killers of mankind even today, the role



of life style modification to take care of all the risk factors to prevent CHD cannot be overlooked.

Greenwood et al (1996) reviewed the literature and showed that both social support and life stresses influence the incidence and mortality of coronary heart disease, the latter more so than the former. The emotion support had the largest effect. Orth Gomer et al (1997) analysed the heart rate variability from a holter record during transient myocardial ischaemia and observed suppression of the efferent vagal activity and suggested that this vagal blockage may be a fore-runner to onset of ischaemia. Winneberg (1997) found positive correlation between collagen induced platelet aggregation and outwardly expressed anger as measured by anger expression scale.

The work of Ornish et al has become a major land mark on this path of preventive cardiology. Gould, Ornish and coworkers (1995) studied the changes in myocardial perfusion by positron emission tomography (PET) after 5 years of intense risk factor modification. The experimental group of 20 followed a programme of very low fat vegetarian diet, mild to moderate exercise, stress management and group support. The abnormalities on rest-dipyridamol PET abnormalities of ventricular perfusion showed significant change in the experimental group (-5.1 ± 4.8 % normalised counts) while the control group who continued under family physicians care with antianginal therapy had worsening of size, severity of PET abnormalities (10.3 ± 5.6 %). Although there was a significant degree of improvement observed in the percent diameter stenosis on coronary angiography in the experimental group as compared to control group, greater degree of changes were observed in ventricular perfusion and the measurement of area of LV with less than 60% activity in PET.

YOGA IN RHEUMATOID ARTHRITIS

Stress could be a major triggering or aggravating factor for the autoimmune inflammation in rheumatoid arthritis has been understood. Haslock (1994) reported the beneficial effect on grip strength and Stanford health assessment questionnaire disability index in 10 severe rheumatoid arthritis subjects, as compared to 10 matched controls who participated in a programme of IAYT. Role of yoga in mechanical back pain, carpal tunnel syndrome, cervical spondylosis, fibromyalgia and chronic pain have been studied by many workers.

YOGA IN REHABILITATION

Yoga practices have been tried in the rehabilitation of various socially disadvantaged groups like inmates of jails, drug abusers, alcoholics, congenitally blind, mentally retarded and children from community (remand) homes. In all these socially disadvantaged groups, either due to repressed anger or depression or anxiety, a heightened state of mental arousal could be a common underlying factor, that can interfere with their efficiency in any new learning for better living or for improved performance.

YOGA IN COMMUNITY HOMES

Children in community homes although physically normal were socially and emotionally traumatized (Ahvenainen, et al 1990) Significantly higher level of sympathetic arousal as seen by heart rate, respiratory rate, skin resistance was seen in community home girls in Bangalore compared to regular school children (Telles, Naveen & coworkers 1997). In a

comparative study, we (Narendran & Raghuraj, 1997; Raghuraj & Telles 1997) showed significant reduction in breath rate, skin resistance, performance on muscle power, dexterity skill and visual perception in the yoga group compared to the group practising games in 14 pairs of girls in the age group 12-16 years, from a community home.

YOGA FOR THE BLIND

Naveen et al (1996) on repeated recording of middle latency auditory evoked potentials (AEPMLR) demonstrated that the information processing in the auditory pathways was much better in the congenitally blind than normally sighted children showing better sensitivity in hearing enabling them to use echoes to perceive spatial position. Greater anxiety and higher heart rates were noted in the blind compared to matched normal children (Ollendick et al. 1985 & Wycherley 1970).

YOGA FOR MENTAL RETARDATION

Special education for the mentally retarded has now been well streamlined and these children are getting integrated into general education. Yoga has been tried out as an adjunct in education of children with mental retardation, learning disabilities and attention deficit hyperactivity syndromes. Krishnamacharya yoga mandiram (1983) documented and reported subjective improvements and also described the practices of yoga adopted for these children. We (Uma et al 1989), in our matched control study on 90 retarded children practising IAYT for one hour daily for one academic year as an adjunct to the standard techniques of special education have shown significant improvement in IQ (Binet Kamat's test) and social adaptation (Vineland social maturity scale) in addition to improvement in locomotor skills (Siguine form board) in those with mild and moderate degree of retardation. Improved attention span after IAYT may be the mechanism that promotes learning.

YOGA FOR PSYCHOSIS AND CHEMICAL ABUSE

There are several reports of the use of TM in the rehabilitation of drug abusers and alcoholics (Shafi, 1974; Brautigam, 1972; Benson et al. 1972). We observed the beneficial effect of IAYT in the rehabilitation of schizophrenics (Telles, 1997) in a long stay home.

YOGA FOR PROMOTION OF POSITIVE HEALTH

Application of yoga for the first component (absence of disease) of the WHO definition of health has been highlighted. Let us now look at the other components namely promotion of positive health at the physical, mental, social and spiritual level.

YOGA FOR POSITIVE PHYSICAL HEALTH

Positive health at physical level includes normalcy of body mass index (Height weight ratio), flexibility of joints, supple but strong muscles, skill in motor performance, resistance in infections and tolerance to environmental variations.

Large number of studies were reported by the TM group demonstrating improved physical health measured by motor and perceptual ability, athletic performance and reaction time (Shaw & Kole, 1971), and also by better performance of perceptual motor tasks (Karene, 1971). Six months of yogic asanas was shown to increase hip and shoulder flexibility in the middle-aged men whereas physical exercises had no such effect (Ray et al. 1983).

Besides, yogic practice could result in a significant improvement in physiological



responses to acute cold exposure by facilitating the process of non-shivering thermogenesis (Selvamurthy et al. 1988). The cardiac recovery index (CRI) assessed by the Harvard step test was shown to increase after 11 weeks of yoga training (Muralidharan & Ranganathan 1982). Yogic practices have also been found to be useful in improving biological markers of aging. Aroor and co-workers (1990) reported significant increase in cardiac recovery index, vital capacity, creatinine clearance and decrease in blood glucose and urinary excretion of catecholamines after one month of yogic practices. Reports of energy expenditure and ventilatory responses to siddhasana have shown greater minute ventilation, larger tidal volume, higher O₂ consumption, greater CO₂ elimination, and higher heart rate in sitting posture as compared to horizontal-supine and chair-sitting postures (Rai et al. 1994). The results suggest that siddhasana is a mild type of exercise and may have its applications in conditions of low cardiorespiratory reserves particularly in individuals in whom heavy exercises are contra-indicated. A report (Sahay et al. 1982) from the Vemana yoga research institute (Secunderabad) showed an increase in creatine phosphokinase and reduced pyruvate to lactate ratio following 3 months of yoga practice.

YOGA IN PHYSICAL EDUCATION

Nayar et al. (1975) demonstrated improvement in cardiorespiratory functions in NDA cadets trained in yogic practice as compared to those undergoing physical training. The body flexibility and the muscular efficiency improved after six months of yogic training (Ray et al. 1986). The improvement in muscular efficiency was reflected as an increase in endurance time probably due to alternate recruitment of motor units. Telles et al (1993) studied 40 senior physical education school teachers who were doing diverse physical activities for 8.9 ± 5.8 years after 3 months of integrated yoga programme. There was a significant increase in PFR (6%), FEV₁ (16%), FVC (18%), breath holding time (40%) and a significant reduction in heart rate, respiratory rate, blood pressure, body weight and the number of errors made in the steadiness test reduced significantly. The galvanic skin resistance increased reflecting reduction in sympathetic tone.

YOGA AND IMMUNE SYSTEM

Psychological stress is thought to undermine host resistance to infection through neuroendocrine mediator changes in immune competence. 236 pre-school children in the age group of 3 to 5 years, were studied by Boyce et al (1995). They compared the effect of laboratory stress of performing developmentally challenging task with two measures of environmental stress at the child care center and assessed the cardiovascular reactivity, incidence of respiratory illnesses, CD4, CD8 & CD19 cell counts, lymphocyte mitogenesis and antibody response to pneumococcal vaccine. They showed that the incidence of illness was related to an interaction of child care stress and mean arterial pressure reactivity (measure of psychobiologic reactivity to stress). They also observed an interaction between stressful life events and CD19 reactivity during stress of entering school.

Klemons (1972) in their controlled clinical study assessed the degree of gingival inflammation (GI) in 46 TM meditators compared with 26 non meditators. Improvement of GI was noted in 74% of the meditators Vs 15% in non meditators. Practice of IAYT by patients with open tuberculosis in a sanatorium through controlled studies showed faster recovery in their general health, X-ray changes and sputum positivity.

Allergies, autoimmunity and cancer are other immune system disorders where the role of yoga has been experimented upon.

YOGA FOR POSITIVE MENTAL HEALTH

A positive mental health would be achieved by sharpening of perception of information arriving to the brain through all our special senses, better analytical faculty (IQ), sharper memory and on the overall improvement in personality characteristics. Emotions being the major component of human behaviour, mastery over the upsurges of emotion is considered as the sign of better health rather than just a sharpening of emotions. The capacity to replace instinctual violent emotions like anger or fear by soft emotions like love, sympathy, peace and contentment indicates higher levels of emotional health.

YOGA FOR PERCEPTION

Meditation has been described as a training in awareness, which when kept over long periods produces definite changes in perception, attention and cognition (Brown, 1977). Significant changes were reported in the visual perception of advanced meditators, who were able to distinguish subtle differences in color and shade. They were more perceptually sensitive to detect shorter light flashes and required a shorter interval to differentiate between successive flashes correctly (Brown et al. 1980, 1984). It has also been shown that processing of sensory information at the thalamic level is facilitated during the practice of pranayama (Telles et al. 1992) and meditation (Telles & Desiraju, 1993). These two practices, along with IAYT were found to bring about an improvement in hand steadiness in college students following 10 days of practice (Telles et al. 1993). This improvement was believed to be due to improved eye-hand co-ordination, better attention, concentration and relaxation.

We (Telles et al 1995) tested the visual discrimination in two groups of 18 college students (age 17-22 yrs) each, by their ability to detect intermittent light of fixed luminance at varying frequencies on a Critical Flicker Fusion apparatus. The initial values were 37.6 ± 0.7 and $37.9 \pm .6$ which changed to 42.6 ± 1.6 ($p < 0.01$) and 38.4 ± 0.7 ($p < 0.5$) in Yoga and control groups respectively demonstrating sharper perceptual ability after yoga. In another study (Ramanavani 1997) in adults (25 to 39 yrs), we observed that the improvement in Critical Flicker Fusion in yoga group occurred after 20 days of yoga instead of 10 days unlike in children where the changes were demonstrable within 10 days.

It has been shown that training in focusing the gaze on the stimulus reduces the optical illusion by 79% (Hochberg 1984). The degree of illusion was measured on Muller Lyer apparatus where the lines although of equal length, appear unequal due to the two different types of arrows drawn at both ends of the line ($\frac{3}{4} \textcircled{R}$), the close ended or open ended ($>\frac{3}{4}\frac{3}{4}<$). There was a 86% reduction (Tukey test, $p < 0.001$) in degree of illusion in the group of 30 subjects after 30 days of integrated yoga practice where as the control group did not show significant change (Telles et al. 1997).

YOGA FOR LEARNING AND INTELLIGENCE.

Shacter (1975) showed significantly greater improvement on measures of creativity (match problem test), Intellectual performance (Raven progressive matrices) and personality (Jackson personality inventory) with a reduction in their anxiety (Lickert scaled



questionnaire) after practice of transcendental meditation (4 days) and science of creative intelligence (14 weeks) Program in 60 high school students. Collier (1973) and Heaton et al (1974) demonstrated the improvement in performance and achievement in university students after transcendental meditation. In 1989 we (Uma et al) demonstrated the role of integrated approach of yoga in improving IQ in special children.

YOGA IN MEMORY

Improved information processing at thalamo-cortical pathway, better attention, concentration and emotional stability forms the basis for better registration and retrieval. Abrams (1972) showed a direct relationship between transcendental meditation, quicker acquisition and higher recall performance in 14 subjects. Effect of breathing through a particular nostril on selective memory test for 'right' (spatial) and 'left' (verbal) brain functions (Telles et al 1997) were studied. 108 school children with an age range of 10 to 17 years were randomly arranged to 4 groups. Each group practiced a specific yoga breathing technique namely (a) right nostril breathing (SAV), (b) left nostril breathing (CAV), (c) alternate nostril breathing (NS), (d) breath awareness without manipulation of nostrils. Yoga training caused an increase in verbal and spatial memory scores within 10 days. For all groups there appeared to be more marked improvement in right brain functioning. A marginal difference was obtained between the scores of the SAV and the CAV groups, suggesting an ipsilateral beneficial effect.

YOGA FOR EMOTIONAL STABILITY

Modern day living style is laden with the ill effects of stress. Stress according to yoga is an uncontrolled surge of emotions like intense desire, anger, anxiety etc. When the stress is prolonged, the person loses his capacity to come out of the clutches of the loop of intensely heightened activity that shows up as imbalances in the function of the autonomic nervous system. This shows up as generalised complaints like anxiety, fatigue, addictions etc. or as localised problems (asthma). Role of yoga to reduce the force and speed of these violent surges of emotions has been validated by many workers through psychophysiological studies.

In early 1970's, the epoch making study of Wallace (1970) showed that the practice of Transcendental Meditation brings about a unique "hypometabolic physiologic wakeful state" with overall signs of psychophysiological relaxation. A study from DIPAS (Delhi) showed that six months training in asanas (physical postures), pranayama (breathing practices), and meditation brought about definite physiological changes in normal volunteers, viz. an increase in orthostatic tolerance and an overall shift in the autonomic equilibrium towards parasympathodominance, as was shown during Transcendental Meditation (Selvamurthy et al. 1983). Further studies (Telles et al 1995) on OM meditation showed significant reduction in heart rate with an increase in cutaneous peripheral vascular resistance which is a sign of increased mental alertness even while physiologically relaxed. Telles et al (1994) published their interesting observation that breathing exclusively through right nostril (Surya anuloma viloma) showed a 37% increase in basal oxygen consumption, as compared 18% and 24% increase after alternate nostril (nadi sudhi) or left nostril (Chandra anuloma viloma) breathing. This suggested that breathing through right or left nostril breathing may have activating or relaxing effect on the sympathetic nervous

system. This was supported (Telles 1997) by changes in systolic blood pressure and digit pulse volume suggesting the sympathetic stimulating effect of right nostril breathing.

YOGA FOR SOCIAL HEALTH

Better adaptability when exposed to varying socio-cultural situations is an important faculty which is generally measured through various personality tests. According to yoga the most important parameter of positive social health is "Tatsukha Sukhitwam" which means joy in the joy of others. Movement from selfishness to selflessness is considered as the measure of growth of social health. At the negative spectrum of the social health one could consider antisocial behaviours like crimes, accidents etc. that show up because of increasing degree of selfishness with total lack of social awareness and civic sense.

In 1976 Borland et al. published their interesting paper on "Maharshi effect" wherein they demonstrated a sudden downward shift in the trend of increasing crime rate when about 1% of the city population had begun the TM technique. A comparison of 11 US cities with population over 25, 000 with 0.97% or more of their population practising TM with 11 matched control cities showed that the mean change in crime rate from 1972-1973 among the control cities had increased by 8.3% as compared to a decrease of 8.2% in cities with 1% meditators, the difference being statistically significant.

YOGA FOR SPIRITUAL HEALTH

Texts on Yoga and Upanishads describe the criteria of spiritual health as self awareness of one's natural state of contentment. The joy or happiness is independent of any external agency. Such a person's activities are not motivated by the need for material gains of money, name or fame and they function in the society totally in tune with cosmic order characterised by simplicity, truthfulness and confidence. This is a state of eternal bliss and contentment, undisturbed by the ups and downs of the life.

The nearest measure of such a state described by the modern psychologists could be that of "self actualization". Many studies were conducted on transcendental meditators to show improved scores on self actualization values, spontaneity, self regard, self acceptance, synergy, acceptance of aggression, capacity for intimate contact in meditation as compared to non meditators (Hiele 1974, Davis et al. 1984 and Nidich et al. 1973). This was measured by Shostrom's personal orientation inventory of self actualization.

Triguna questionnaire which is based on satva, rajas, and tamas type of personality described in Bhagavad gita and other Indian texts may prove to be a good tool for measuring the spiritual growth of the individual.

Studies on higher states of consciousness (Orme Johnson 1976), new theories in physics defining consciousness as the base of all being (Goswami 1993), research in ESP, telepathy, rebirth and Psychoneuroimmunology are all opening up newer avenues of understanding of the subtler aspect of positive health, which were not in the perview of science until recently.



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YOGA AND NATUROPATHY AS PREVENTIVE MEDICINE; A COST EFFECTIVE PUBLIC HEALTH STRATEGY: A COMMUNITY HEALTH PERSPECTIVE

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Let us take a look at some of the headlines published in leading Indian dailies, related to Indian Health Scenario- *" 70% Indians obese in big cities- worst affected age group is between 24 and 39 years of age" - Times of India Survey ,Oct 23,2011; " Cancer, Diabetes, Hypertension largest cause of death" - Times of India ,Aug 24,2011; " Vital for India to act against Non Communicable Diseases" - Times of India ,Aug,24,2011; " India workforce unhealthy: 47% staff overweight, 27% suffer from hypertension: WHO" - Times of India ,May, 22,2008; "High BP one of the biggest killers" - Times of India ,May,5,2008; " Even 5-year olds prone to strokes –unhealthy lifestyle to blame" - Times of India Survey ,Sep,09,2011; "Deadly lifestyle – more people die of chronic ailments than infectious diseases like AIDS" - Times of India Survey ,Oct 07,2011*

Further, let us have look at headlines highlighting the economical impact of lifestyle diseases – *"Unhealthy jobs to cost India \$ 237 billion" - Times of India ,May,05,2008; "Non communicable diseases drained India of \$ a billion in 2005" - Times of India, April ,29,2011; " India to spend \$ 132 Billion on Diabetes care in 2010: study " - Times of India Survey ,Aug 08,2010; "Indian studies show 6L to 8L people were reduced to poverty by cost of caring for cancer and cardiovascular diseases" - Times of India ,Aug 24,2011; " In India paying for diabetes can cost low income households about a third of their income" - Times of India Survey ,Aug 24,2011*

Let us also look at our eating habits through National surveys, a Pan India survey of 1000 mother and children studied around 5 cities across India revealed 84% of children snacking on junk foods (predinner) for Kolkatta and Delhi .The figures are 92% and 89% respectively. - Times of India Survey, Oct 28, 2007

Another study on 1800 children and mothers reported that 22% children do not carry lunch to their school; 63% munched foods watching television, 53.8% bought food after watching television and 37.9% snacked while studying, even lunch boxes had homemade junk foods!

Having read these headlines we can conclude the following points about health scenario



about India-

- i) We are facing an unprecedented '*Epidemic*' of lifestyle diseases like coronary heart diseases, hypertension, diabetes mellitus (type II), obesity, cancer and stroke.
- ii) All these diseases are rising because of easy availability and heavy consumption of junk foods fuelled by the vigorous advertising on television on junk foods like pizza, burger, coke, etc what I call '*Burgerisation of India*'; adaptation of sedentary lifestyle by newly rich middle class Indians; sharp rise in smoking and drinking habits and rising stress levels due to growing materialisation of unhealthy work environment.
- iii) The cost of treating these diseases is becoming unaffordable for the middle class and pushing the poor into vicious absolute poverty

In order to reverse or atleast slow down the fast progress of these lifestyle diseases we need such health interventions which have following salient features-

- i) They should be based on lifestyle changes
- ii) They should be cost effective - even poorest of the poor can afford it
- iii) They should be accepted by all the rich, the poor, the urban and the rural
- iv) They should be rooted in our traditional culture
- v) They should have enough scientific evidence

I cannot think of any other systems of health care system which can qualify on the above grounds other than Yoga and Naturopathy. Let us analyse these points one by one

- 1 Based on Lifestyle Changes** - Both Yoga and Naturopathy emphasize moderation and discipline in eating, sleeping, exercise etc. Infact these are the very basis of Yogic lifestyle. Dr S C Manchanda, (Cardiologist of National fame and Ex- HOD, AIIMS) says that yogic lifestyle is the best in the world when it comes into the prevention and control of non-communicable diseases because Yoga not only teaches you how to quickly change your lifestyle and also brings about the necessary changes in the mind of the yoga practitioner to continue these changes because Yoga affects both the body as well the mind.
- 2 Cost Effective** - Yoga costs nothing except 20-30 minutes of time and a quiet airy place in your house. As far Yoga is concerned there are hundreds of free yoga camps running in every city. Everybody is atleast aware of health benefits of Yoga. Naturopathy too is based on use of fasting, dietary discipline, use of water, air, and sunlight. Anyone who has a proper knowledge can prevent and cure diseases through

Naturopathy

- 3 **Accepted by all** – Thanks to Baba Ramdev that almost every Indian is aware of the enormous potential of yoga as preventive measure as well its curative role. Ofcourse the efforts of SVAYSA, Kaivalyadham, Bihar School of Yoga, BKS Iyengar and many such organisations that cannot be ignored in the scientific validation of Yoga and making it available to the masses. Same is also the case with naturopathy- people are atleast aware of its benefits.
- 4 **Routed in our traditional culture** – Yoga seems to be as old as Indian Civilisation- there is enough evidence of Yoga being practised even during the time of Indus Valley Civilisation. Even Naturopathy in its present form (eg fasting and enemas) seems to be part of age old Ayurveda to some extent. Samething which has been a part of ancient culture can easily be revived as seen in case of Baba Ramdev's campaign on Yoga
- 5 **Has Enough Scientific Evidence** – If one sincerely searches on for scientific papers on yoga there are plenty of high quality publications(almost 1769 studies) in medical journals which highlight various therapeutic and preventive roles of Yoga in various stages of human life. As far as Naturopathy is concerned the number of quality publications(almost 876) are being published on indexed journals and number is expected to grow well in near future

I think Yoga and Naturopathy should be the natural choice to begin the revolution of preventive medicine and public health in India given the bleak scenario of our nation's health as far as non communicable diseases are concerned.

Moreover Yoga and Naturopathy aptly fit in the world famous slogans –“ Health by the people” and both “People's health in people's hand”, given the definition Health for All by 2000 era. To conclude though we failed in Health For All by 2000 AD but we can ensure” Health and Happiness for All by 2020”, if we adopt Yoga and naturopathic lifestyle as our tools of preventive and primary health as our National policy leaving the curative aspects at largely with the allopathic system of medicine.



Position Papers

Definition of Nature Cure

Nature Cure is defined as a system of man building in harmony with the constructive principles in nature on physical, mental and moral planes of being.

- Henry Lindlahr

EDUCATIONAL STANDARDS FOR YOGA THERAPY - A WESTERN PERSPECTIVE

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It seems almost ironical that in the 21st century we are having a discussion about educational standards for Yoga Cikitsa or Yoga for healing and well-being.

“Healing” comes from the ancient Greek word “holos” meaning whole or complete, while “well-being” can be interpreted as tapping into the deep “well-spring” of our “being”. Surely healing and well-being at the deepest levels of our self have always been a fundamental part of Yoga!

However notwithstanding the fact that Yoga has for centuries been a cornerstone of physical, mental and spiritual well-being in its Bhārata homeland, Yoga as therapy has only recently become established in the lexicon of healing and well-being in the West.

Unlike the teaching of Yoga through the ages in India, where the darshana was a transmission from teacher to student in a one to one relationship, most Yoga in the West is taught in group settings (classes), where the teacher is less concerned about each student’s individual unfolding of their Self-understanding, but more focused on helping to facilitate some general physical and mental improvements for those in the class.

While an argument can be made that education for Yoga teachers still falls short of the ideal in many countries in the West, it is now generally accepted that the level of training for most Yoga teachers has improved in recent years and that for the most part, the standard of Yoga teaching is becoming acceptable.

However because of the way Yoga is predominantly taught in the West, it has become clear that further, specialist education is required for a Yoga teacher to practise as a Yoga therapist. The following are some of the reasons why additional training is required:

- A Yoga therapist deals with specific health issues, often on a one to one consultation basis as well as in group settings
- Each client/patient has specific, individual needs, so that unlike a Yoga teacher who can prepare a class based on what she or he wishes to teach, the Yoga therapist must be able to respond effectively to the client/patient’s needs at the time of the consultation.



- A Yoga therapist needs to have a depth and breadth of expertise and understanding of a wide range of Yoga techniques in order to provide for the needs of clients/students with any health condition.
- A Yoga therapist needs a solid underpinning knowledge of psycho-pathologies and patho-physiologies
- A Yoga therapist needs in-depth assessment skills, including prashna, darshana and sparshana and the ability to use these with sensitivity
- A Yoga therapist ought to be familiar with current research in the field
- A Yoga therapist needs to have the skills and knowledge to deal sensitively and effectively with clients/patients in a therapeutic, clinical setting
- A Yoga therapist needs to understand and apply the development and maintenance of therapeutic relationships.
- A Yoga therapist needs to view clients/students holistically and understand the interconnection between lifestyle and well-being

It is beyond the scope of this paper to present an overview of educational standards for every country, however the three cases provided here are indicative of the approach taken in the West.

The Australian Experience.

In Australia many complementary and alternative medical or health-care modalities (including Ayurveda) are regulated under what is known as the "National Health Training Package", which is a government-based educational framework that sets out competency standards for each of the modalities covered by it. One of the features of the Health Training Package is the commonality of several of the competencies across the various modalities. For example all modalities, be they massage, naturopathy, shiatsu, herbalism or Ayurveda etc are required to include common competencies for areas such as hygiene, practice management, referral, researching, workplace safety, therapeutic relationship, to name a few. The balance of the competencies is then specific to the modality. For example for Ayurveda, this includes areas such as: the Ayurvedic framework, dravyguna, Ayurvedic health assessment, Ayurvedic nutrition, Ayurvedic massage, etc.

In the year 2001 when this package was being developed, the government decided that Yoga (therapy) need not be included as it was regarded as a small, safe and well self-regulated field.

Accordingly the field/profession of Yoga therapy in Australia developed its own educational standards that were partly informed by some of the competencies in the Health

Training Package, especially those for Ayurveda, but that were predominantly specifically designed for Yoga therapy's unique circumstances.

The development of the standards was under the auspices of the Australian Association of Yoga Therapists (AAYT), which brought together a committee representing senior Yoga therapists and teachers, health-care providers and trainers who worked for 12 months to produce what was then the first set of educational standards for the practise of Yoga therapy in the West, if not the world.

It was decided from the outset to focus on setting standards for practitioners, rather than for training providers and that the AAYT as the national representative organisation, would establish a process for registering Yoga therapists that met the standards.

Underpinning the development of the standards were the questions:

- What does a Yoga therapist do?
- What does she/he need to know?
- What training is necessary to provide that knowledge and skill?

The committee eventually developed a set of competency standards known as a Knowledge and Skills Profile that in 2007 became endorsed as the standards for a practitioner of Yoga therapy. The standards include guideline hours of training required for each of the 21 areas of competency. In summary terms a person requires a minimum of 1000 hours of training (combined total of 500hrs teacher training and 500hrs Yoga therapy training) and a minimum of 2-3 years of prior Yoga teaching experience and a regular personal Sadhana. Fundamental to the Australian standards is the belief that all registered Yoga therapists first need to be a well trained and experienced Yoga teacher.

(details can be seen at www.yogatherapy.org.au)

The United Kingdom Experience:

This brief summary of the development of standards in the UK follows from discussions with some of those involved with the process and a review of their documentation, as I did not have a first-hand involvement, unlike my involvement with the Australia and U.S. standards.

The process for developing educational standards was under the auspices of the British Council for Yoga Therapy (BCYT). The BCYT standards, known as a "core curriculum" was developed by consultation between various organisations offering training in the therapeutic application of yoga to determine a minimum curriculum for the competent, safe practice of yoga therapy to members of the public in the UK.



Similar to the regulatory environment in Australia, complementary health care in the U.K. is regulated by the Complementary and Natural Healthcare Council (CNHC), which links to the National Occupational Standards (NOS), a government organisation which specifies standards of performance that people are expected to achieve in their work, and the knowledge and skills they need to perform effectively.

For educational standards for Yoga therapy to be endorsed in the U.K. specific National Occupational Standards needed to be developed.

Over a period of nearly two years, the BCYT worked to develop a 'core curriculum, which was eventually endorsed under the NOS under the number and title CNH14 - Deliver Yoga Therapy to clients. This specific NOS standards has been packaged with the generic NOS standards CNH 1 - Explore and establish the client's needs for complementary and natural healthcare and CNH 2 - Develop and agree plans for complementary and natural healthcare with clients, to form the overall educational standard for Yoga therapy in the U.K.

The U.K. standards include area such as Yoga therapy theory and its application, observation skills, yoga teaching skills and experience, yoga therapy teaching skills and experience, clinical practice including case studies and practice management, evidence of daily personal yoga practice and class attendance, supervision and /or mentoring.

Training in teaching the therapeutic aspects of yoga is not an entry level course for people new to yoga, but trainees should have substantial experience of practising yoga before beginning therapy training. Such training can either be taken combined with a yoga teaching qualification; or as an addition to an appropriate yoga teaching qualification. A person can train to be a Yoga teacher and Yoga therapist concurrently with as little as 450 hours training and 2 year's personal sadhana, or 330 hours of Specific Yoga therapy training for existing Yoga teachers who have a 200 hour teacher training qualification.

The United States Experience:

The educational standards initiative in the United States is being led by the International Association of Yoga Therapists (IAYT), more specifically by the IAYT Educational Standards Committee which was selected from a list of applicants associated with IAYT Member schools.

The committee is charged with developing entry-level standards for the training of yoga therapists and submitting them as a recommendation to the IAYT Board of Directors. The committee recognises its role in representing the interests of a wide range of stakeholders, including IAYT individual members and member schools, and has at all times endeavoured to work in a "global" manner, seeking to keep the interests of the wider yoga therapy

profession at the forefront of its deliberations.

The committee has been meeting regularly for over two years, and in July 2011, a draft of the three areas of the standards was posted on the IAYT website and all IAYT members were invited to provide feedback. On August 31st 2011 the committee reviewed and discussed the draft at the Meeting of Schools just before SYTAR at the Asilomar Conference Centre in California, for further review and feedback. While a small number of themes emerged from the meeting of schools and the preceding email to members, there was generally solid support for most of the recommendations in the draft. Subsequent to that meeting, the committee has endeavoured to incorporate most of the main suggestions provided by both the member schools and other members and the revised standards have been made available for one more review prior to being submitted to the IAYT Board for approval, hopefully in the first half of 2012.

The IAYT committee initially used the Australian model as a starting framework, asking the questions:

- What does a Yoga therapist do?
- What does she/he need to know?
- What training is necessary to provide that knowledge and skill?

As this work progressed, the committee's own framework emerged, better suited to developing standards for training programs (as distinct from standards for practitioners).

The first stage to be completed was the articulation of a definition of Yoga therapy – a definition which honoured the long tradition of Yoga and Yoga Cikitsa, while being relevant to and meaningful in the contemporary context. In developing the definition of yoga therapy, the initial task has been to draft an in-depth, comprehensive version, suitable for publication and targeted to those in the Yoga and wellness-related fields, as well the broader audience of people interested in yoga therapy. The subsequent task will be to develop a one or two sentence “elevator” version (i.e., as if asked about it in an elevator) summarising yoga therapy.

(the definition and other standards will be published on www.iayt.org in February 2012)

The second stage was the development of a competency profile (what skills and knowledge are required to be taught), which is comprised of five sections:

- Yoga Foundations
- Contemporary Biomedical and Psychological Knowledge
- Knowledge of Teaching and Therapeutic Skills



- Application
- Professional Practice

In each category, general subject areas were identified. For each subject area the question was asked, “What breadth of knowledge and/or skills is required?” That process led to the development of a comprehensive competencies profile.

The third stage was the setting of admission requirements and minimum training hours. This has been the most robustly discussed section of the standards, as the committee has sought to balance the need for quality and depth, with the need to effect ‘buy-in’ from the field/profession, which currently (in the main) provides many less hours of training than what the committee regards as the minimum required for entry level programs.

The committee recognised that there are many factors to be considered in implementing guidelines once the required hours have been established. Some of these are

- The necessary depth of the various areas of competency
- What depth of instruction is currently being offered by existing programs
- What is achievable for the majority of schools and in what time frame
- Development and implementation of a process to assist schools with the compliance process, including time lines

The proposed standards recommend a minimum admission requirement of a 200 hour teacher training qualification and 12 months teaching experience, then 800 hours Yoga therapy training over a minimum of 2 years (a total of 1000hr minimum training).

Commonalities and Differences in These Three Experiences

The Australian and U.S. experiences have many similarities, being based on similar areas of competency and designed for self-regulation with the field/profession. While spread differently over pre-requisites or admission requirements and actual Yoga therapy specific training, both have a total of about 1,000 hours of training when considering teacher training and Yoga therapy training. The major difference between these two approaches is that the Australian standards are for registration of practitioners, while the U.S., standards relate to training programs.

The U.K. standards share some commonalities with the other two in terms of aspects of the core curriculum and with the belief that a Yoga therapist should also be a Yoga teacher. However the U.K. standards align with various government regulatory agencies and appear include considerable generic learning and require a lower level of training overall. The U.K. health-care system is largely government funded, which has removed

some barriers to the incorporation of Yoga therapy into the system. This is in contrast to the U.S. where health-care is largely privately funded, leading to a more guarded uptake of emerging health professions.

Further, the size and diversity of the field in the U.S. has also led to a longer, more laborious process than that experienced in Australia and the U.K.

In summary, educational standards for Yoga therapy in the West are well progressed and will continue to expand in the coming years. The intention of those countries and organisations at the vanguard of Yoga therapy standards is to honour the tradition, to keep the 'Yoga' in Yoga therapy (and not let it become another form of physical therapy) and to ensure that the great gift from the land of Bhārata is relevant for health-care in the West in the 21st century and beyond. It is my prayer that these intentions can continue to be fulfilled.



REGULATORY GUIDELINES FOR THE CLINICAL PRACTICE OF YOGA & NATUROPATHY AND THERAPEUTIC USE OF YOGA: AN INDIAN SCENARIO

Dr Raghavendra Rao M¹, Dr Vadiraja H.S²

1 HCG Bangalore Institute of Oncology,

2 Central Council for Research in Yoga and Naturopathy

Naturopathic medicine is a unique system of primary health care in that it is not limited to a single modality of healing and cannot be identified with any one therapeutic approach. Naturopathic medicine incorporates many complementary medical approaches to treatment. Practitioners combine the art and science of medicine, using traditional forms of healing and modern scientific knowledge to treat and prevent illness. Unlike west where homeopathy and Ayurveda, traditional Chinese medicine and acupuncture are components of naturopathy intervention; Ayurveda and homeopathy are separate branches of traditional knowledge systems in India and TCM is not practiced in India. Regulation of Naturopathy system is strong with American Association of Naturopathic Physicians regulating the standards of teaching institutions and training standards for each one of therapeutic modalities in naturopathy. Naturopathy is being practiced primarily in an outpatient setting in detox centers, spas, clinics and integrated with hospice care, physician practices and hospitals in the west whereas naturopathy commands a dedicated stand alone inpatient setup in India. Naturopathy system in India encompasses physical medicine, acupuncture, massage and yoga that is a prime modality of treatment in outpatient settings. However though there are 16 naturopathy college affiliated to their respective universities constituted under state statute, there exists no regulatory framework for uniform standards of curriculum and duration of the course. Also there exists two degrees in Naturopathy, "Bachelors degree in naturopathy and Yogic Sciences (BNYS) and B. Nat and Yogic sciences recognised by University grants commission with more or less the same curriculum. Unauthorised diplomas, certificate courses by private institutions have encouraged quackery in the system with no punitive action taken by govt to rein these practices. In the west naturopaths use herbo mineral compounds, nutraceuticals, extracts of active compounds from plants that have improved Outpatient practices but they still seem alien and unnatural to naturopath practitioners in India who would prefer using fruits, vegetable or herbs in their wholesome natural form.. Steps have to be taken to bridge this divide and use evidence based practices following principles of naturopathy.



Technical Directory



*Yoga is possible for anybody who really wants it.
Yoga is universal.... But don't approach yoga with
a business mind looking for worldly gain*

- Sri Krishna Pattabhi Jois

B.N.Y.S. DEGREE COLLEGES IN INDIA
(Bachelor of Naturopathy & Yogic Sciences)
5 years Course (4 years + 1 yr Internship)

Sl. No	Name of the College	University Affiliation Govt. Recognition	Admn. Capacity	Estd.
ANDHRA PRADESH				
1.	Govt. Naturopathic Medical College Ameerpet, HYDERABAD - 500016 Phone : 040-23730462(F), 23731786 (H)	N.T.R. University of Health Sciences, Vijayawada, Govt. of Andhra Pradesh	30	1970
2.	Narayana Yoga & Naturopathy Medical Collage, Chintareddypalem, NELLORE - 524 002 Cell 9490166164, Ph. 0861-2337433	N.T.R. University of Health Sciences, Vijayawada, Govt. of Andhra Pradesh	100	2008
3.	Devs Yoga & Naturopathy Medical College Devnagar, Ankireddypalli, Keesara, RANGAREDDY Dist. PIN-501301, email: drsultanas@gmail.com Ph. 040-27121323, Mob: 9490601323, 9849267595	N.T.R. University of Health Sciences, Vijayawada Govt. of Andhra Pradesh	50	2010
CHATTISGARH				
4.	Mahavir College of Naturopathy & Yoga Nagpura, Dist. DURG - 491 001 Ph : 0788-3297104, 2111633, 2621205 Email: mahavircollege@gmail.com	Pt. Ravi Shankar University, Raipur Govt. of Chhattisgarh	40	2002
GUJARAT				
5.	Morarji Desai Institute of Naturopathy & Yoga Karelibaug, VADODARA - 390 008	Gujarat Ayurveda University, Jamnagar Govt. of Gujarat	25	2005
KARNATAKA				
6.	S.D.M. College of Naturopathy & Yogic Sciences UJIRE - 574 240 (D.K.) Phone : 08256 - 236188 Fax - 236844	Rajiv Gandhi University of Health Sciences, Bangalore, Govt. of Karnataka	100	1989



International Conference on Yoga, Naturopathy and Arogya Expo-2012

THEME: YOGA AND NATUROPATHY FOR HOLISTIC HEALTH

Souvenir

7.	Alvas College of Naturopathy & Yoga MOODBIDRI - 574 227 (D.K.) Ph.: 08258 - 238111,261072. Fax: 236731 Email: acnys@alvas.org	Rajiv Gandhi University of Health Sciences, Bangalore, Govt. of Karnataka	60	2003
8.	Govt. Nature Cure & Yoga College PKTR Hospital, KRS Road, MYSORE - 570002. Ph. 0821-24433701	R G University of Health Sciences, Bangalore, Govt. of Karnataka	25	2006
9.	SVYASA College of Naturopathy & Yogic Sciences Eknath Bhavan, Kempegowda Nagar, BANGALORE - 560 019, India Ph: 26612669, Tel.Fax: 26608645, Email: svyasa@svyasa.org Web: svyasa.org	Swami Vivekananda Yoga Anusandhāna Samsthāna (SVYASA) Recognised by Govt. of Karnataka	25	2011
MADHYA PRADESH				
10.	Sant Hirdaram Medical Collage of Naturopathy & Yogic Sciences, Bairagarh, BHOPAL-462012 Ph : 0755-2643288, 264413, 2645151	Barkatullah University Bhopal, Govt of Madhya Pradesh	50	2009
11.	Sanchi Naturopathy College, BARLA (Sanchi) Dist. Raisen-464551 email: admission@sncrc.com , Ph. 9203913301/02	Barkatullah University, Bhopal, Govt of Madhya Pradesh	50	2010
TAMIL NADU				
12.	JSS Institute of Naturopathy & Yogic Sciences Navakkarai, Palghat Road, COIMBATORE- 641105 Ph.:0422-2656394, 2656395, Fax: 2656470	The TN Dr. M.G.R. Medical University, Chennai, Govt. of Tamil Nadu	60	1997
13.	Sivaraj Naturopathy and Yoga Medical College Siddhar Kovil Road, Thumbathulipatty, SALEM - 636 307 Ph. 0427-2481006	The TN Dr. M.G.R. Medical University, Chennai, Govt. of Tamil Nadu	40	1997



14.	Govt. Naturopathy & Yoga Medical College Anna Nagar, CHENNAI - 600 106 Ph: 044 - 26281563, 26216244,	The TN Dr. M.G.R. Medical University, Chennai, Govt. of Tamil Nadu	20	2001
15.	S. R. K. Medical College of Naturopathy & Yoga Padanilam, KULASEKHARAM - 629161 Kanyakumari District Ph. 04651 - 2578425,	The TN Dr. M.G.R. Medical University, Chennai, Govt. of Tamil Nadu	40	2002
UTTAR PRADESH				
16.	Maharishi Aurobindo Subharti College of Naturopathy & Yoga Science, N.H. 58, Delhi-Haridwar By Pass Road, MEERUT-250005 E.mail: meusims2008@gmail.com Ph: 0121-2439578, 3058038	Swami Vivekanand Subharti University Subharti Puram, Meerut	30	2011
Total Seats			745	



LIST OF LEGENDARY YOGA INSTITUTES IN INDIA

Sl No	Institute Name / Address	Web / Email	Contact no
1	Swami Vivekananda Yoga Anusandhana Samsthana 19, Eknath Bhavan Gavipuram Circle K.G. Nagar Bangalore-560 019	www.svyasa.org ; info@svyasa.org	TeleFax / Ph no 26608645/26612669
2	PATANJALI YOGPEETH Maharshi Dayanand Gram, Delhi-Hardwar National Highway, Near Bahadarabad, Haridwar-249402 UTTARAKHAND	www.divyayoga.com ; divyayoga@rediffmail.com	Ph No. 01334- 240008 FAX No. : 01334- 244805, 240664
3	Dev Sanskriti Vishwavidyalaya Shantikunj-GayatriKunj, Haridwar-249411	www.dsvv.org ; vc@dsvv.org	Tel: 01334-261367
4	Ramamani Iyengar Memorial Yoga Institute (RIMYI) 1107 B/1 Hare Krishna Mandir Road, Model Colony, Shivaji Nagar, Pune - 411 016, Maharashtra India	www.bksiyengar.com ; info@bksiyengar.com	Tel: +91-20-2565 6134
5	Morarji Desai National Institute of Yoga 68, Ashoka Road, Near Gole Dakkhana, New Delhi - 110 001	www.yogamdniy.com ; mdniy@yahoo.co.in	Tel: 011 23730417, 23730418, 23721472, 23351099 Telefax: 011 23711657
6	Kaivalyadhama Lonavla (Pune) 410 403	www.kdham.com ; kdham@vsnl.com	Tel. (02114) 273039/ 273001/ 271518
7	THE YOGA INSTITUTE Shri Yogendra Marg, Prabhat Colony, Santacruz (East), Mumbai - 400055	yogainstitute@rediffmail.com ; yogainstitute@gmail.com	Tel : 91 22 2611 0506, 91 22 2612 2185



8	Krishnamacharya Yoga Mandiram New No.31 (Old #13) Fourth Cross Street, R K Nagar, Chennai - 600 028, India.	www.kym.org ; admin@kym.org	Phone: 91-44- 24937998 / 24933092
9	Art of Living 21st Km, Kanakapura Road, UdayapuraDoddakallasandra, Bangalore - 560062	www.artofliving.org ; webmaster@artofliving.org	080-28432274 / +91 9342582375 FAX: +91 80 28432043
10	Isha Foundation 15, Govindasamy Naidu Layout, Singanallur Coimbatore - 641 005, India	www.ishafoundation.org info@ishafoundation.org	Telephone: 91-422- 2515345
11	Vipassana Research Institute Igatpuri, 422 403 District Nashik, Maharashtra	E-mail: info@vridhamma.org	Tel: +91 (2553) 244076, +91(2553) 244086
12	Sivananda Yoga Vedanta Centre Trivandrum T.C. 37/1927 (5), Airport Road, Fort. P.O. Thiruvananthapuram, Kerala, India	www.sivananda.org ; trivandrum@sivananda.org	Tel: +91.471.245.0942 / 246.5368
13	Prajapita Brahma Kumaris Ishwariya VishwaVidyalaya Bro. BK Karuna (Chief of Multimedia).Brahma Kumaris, Shantivan Complex, Post box No-1, Abu Road (Raj.) 307510	www.brahmakumaris.com	Telephone: +09251643310
14	The International Center for Yoga Education and Research 25, Iyyanarnagar Puducherry 605 013	ananda@icyer.com www.rishiculture.org	98423-11433
15	Himalayan Institute of Yoga Science and Philosophy	www.himalayaninstitute.org ; info@himalayaninstitute.org	
16	Yoga Niketan Trust Muni-Ki-Reti, P.O. Shivanand Nagar, Pin-249192, Rishikesh, Utaranchal,	info@yoganiketanashram.org	Phone: 91-0135-2430227, 2435072.



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17	AdhyatmaSadhna Kendra. Chattarpur Road, Mehrauli, New Delhi - 110030	www.prekshaheart.com E-mail sadhnakendra@gmail.com	Tel : +91-11-26802671 / 26802708. Tele
18	Yoga VidyaGurukul "Vishwa Yoga Darshan" Talwade, Taluka -Trimbak, District - Nasik, Maharashtra	yoga@yogapoint.com comyogapoint108@gmail.com www.yogapoint.com	Phone : +91-253-2318090 or +91-9822770727 or +91 9373737339
19	Kriya Yoga Centre Prajnana Mission, Nimpur, P.O. Jagatpur,Cuttack 754021, Orissa	www.kriya.org ; missionprajnana@gmail.com	+91 671 2491724
20	Simplified Kundalini Yoga Centre (SKY) # 19, Bangalore Malleswaram Sky Trust, A/N.C.Sathiyamurthy, Managing Trustee, No.23, Abhijit Apartments,11th cross,7th Main, Malleswaram, Bangalore-560003	www.vethathiri.org ; info@vethathiri.org	PH:23345728, 09342540403
21	Babaji'sKriya Yoga Post Box No. 5608 Malleswaram West, Bangalore 560 055	info@babajiskriyayoga.net	Tel.+91-(0)80.2356.0252 Fax. +91-(0)90.2344.4835
22	Delhi Vipassana Centre - DhammaSota Vipassana Sadhana Sansthan Hemkunt Towers, 16th Floor; 98 Nehru Place New Delhi, Haryana 110 019 India	info@sota.dhamma.org	Tel: [91](011) 645-2772
23	Shaja Yoga Meditation Center Shiv Niketan School - Elezabeth Hall, KaliwadiMarg, (Near Gole Post Office) Central Delhi	www.sahajayoga.org	Shri S C Saxena 9868335739
24	Rishi SamskrutiVidya Kendra 176, 4th Block, 31ST Cross Road, 11th Main, Jayanagar, Banglore - 560 011.	www.rsvk.org	Mohan Reddy 9342038141

LIST OF YOGA UNIVERSITIES AND YOGA DEPARTMENTS IN MAIN STREAM UNIVERSITIES

Sl No	Institute Name / Address	Web / Email	Contact no
1	NTR University of Health Sciences Gunadala, Vijayawada-520 005 (Andhra Pradesh)	ntruhs@hotmail.com	91-866-2451206 - 10
2	Department of Yoga Andhra University, Waltair (Andhra Pradesh)	asc_au@yahoo.com bt_lakshmi@yahoo.com	(O) 0891- 2844120 0891- 2560871
3	Department of Yoga Rashtriya Sanskrit Vidyapith, Tirupati (Andhra Pradesh)	registrar_rsvp@yahoo.co.in	0877-2286799
4	Department of Yoga Kakatiya University, Warangal (Andhra Pradesh)	vc@kakatiya.ac.in/ registrar@kakatiya.ac.in http://www.kakatiya.ac.in	2438001 - 16
5	Department of Yoga Hyderabad University, Hyderabad (A.P)	prr@uohyd.ernet.in / vigad@uohyd.ernet.in http://www.uohyd.ernet.in	3010500
6	Department of Yoga B.R.Ambedkar University, Muzzaffarpur (BIHAR)	registrar@brabu.net http://www.brabu.net/	0621-2243071FAX - 0621-2242495
7	Department of Physical Science Guru Ghasidas University, Bilaspur (Chhattisgarh)	csit@ggu.ac.in www.ggu.ac.in/	+91-7752-260283 +91-7752-260148
8	Department of Physical Science Pt. Ravishankar University, Raipur, Chhattisgarh	http://www.prsu.ac.in/ admission.htm	:(+91 - 771) 2262540, 2262587
9	Department of Physical Science Jawahar Lal Nehru University, New Delhi	www.jnu.ac.in director_admissions@mail. jnu.ac.in	+91-11-26742676



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10	Department of Swasthyavrtta Yoga Centre Shri Gulabkunverba Ayurveda Mahavidyala Gujarat Ayurveda University, Admn. Bhavan, Hospital Road, Jamnagar -361 008 (Gujarat)	ayurveduniversity.com/	
11	Department of Physical Science Bhavnagar University, Bhavnagar (Gujarat)	registrarbu@emailplus.org www.bhavuni.edu	0278) 2428014 Fax (0278) 2513943
12	Department of Physical Science Kurukshetra University, Kurukshetra-136 119, (Haryana)	kuru@doe.ernet.in http://www.kuk.ac.in/	01744-238169, 238196
13	Department of Physical Education H.P University, Summer Hills, Shimla-171 005 Himachal Pradesh	webhpu@hp.nic.in hpuniv.nic.in	0177-2830434, 2830445, 2830614
14	Department of Yoga Kashmir University, Srinagar (J & K)	kashmiruniversity.net kashmiruniversity.org	No. : 0194- 2426318 0194-2426318,
15	Department of Physical Science Jammu University, Jammu	amitabhmattoo@hotmail.com / onkarsinghsudan@yahoo.com www.jammuvarsity.org	2435248, 2435259
16	Department of Yoga Birla Instt. Of Technology, Ranchi (Jharkhand)	admissions@bitmesra.ac.in www.bitmesra.ac.in	0651-2275444
17	Department of Human Consciousness and Yogic Sciences Mangalore University, Konaje Mangalore (Karnataka)	www.mangaloreuniversity.ac.in info@mangaloreuniversity.ac.in	0824- 2287276 , 2287347



18	Department of Physical Education Kuvempu University, Shivamogga Karnataka	www.kuvempuuniversitydde.org	08282-256246, 256450
19	Department of Physical Science Gulbarga University, Gulbarga (Karnataka)	www.gulbargauniversity.kar.nic.in/ reggug@rediffmail.com	0091-08472-245446
20	Department of Physical Science Bangalore University, Jnana Bharati Bangalore (Karnataka)	www.bub.ernet.in vcbu@vsnl.com	080 - 22961006, 080 - 22961005
21	Department of Physical Science National Law School of Indian University, Bangalore	registrar@nls.ac.in	+91 80 2321 3160
22	Department of Yoga Mysore University, Jnanagangotri Mysore, Karnataka	komala_madaiah@yahoo.co.in	0821-2419631 9980425919
23	Department of Yoga Studies Karnataka University, Dharwad-580 003 Karnataka	www.kud.ernet.in	www.kud.ernet.in
24	Vice Chancellor Rajiv Gandhi University of Health Sciences 4th T Block, Jayanagar Bangalore - 560041	www.rguhs.ac.in vc@rguhs.ac.in / drpsp@rguhs.ac.in	080-26961933, 26961935
25	Department of Yoga Calicut University, Calicut (Kerala)	www.universityofcalicut.info	0494 2401144
26	Department of Physical Science Kannur University, Kannur (Kerala)	www.kannuruniversity.ac.in/ cnn_knruty@sancharnet , registrar@kannuruniversity.ac.in	0497-2782351 to 2782355 (5 Lines) Fax : 0497 2782190



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27	Department of Physical Science Barkatullah University, Bhopal (M.P)	www.bubhopal.nic.in buregistrar@yahoo.co.in	2677700(700), 4287028(728),4287026
28	Department of yoga Jiwaji University Gwalior (M.P)	http://www.jiwaji.edu vcjugwlr@hotmail.com	2341095
29	Department of Yoga Bundelkhand University, Bundelkhand (Madhya Pradesh)	www.bujhansi.org/ admin@bujhansi.org/ contact@gmail.com	0510-2320307,0510- 2321158
30	Department of Physical Science Dr. H.S. Gaur University, Sagar (M.P.)	sagaruniversity.nic.in/ sagaruniversity@mp.nic.in	+91-264574, 264475, 264417,264019 +91-264163, 223236
31	Department of Physical Science A.P.S. University, Rewa (Madya Pradesh)	www.apsurewa.ac.in ccapsu@gmail.com	07662 - 233436
32	Department of Yoga Rani Durgawati Vishwavidyalaya Jabalpur (M.P)	www.rdunijbpin.org rdvcc1@rediffmail.com, cc@rdunijbpin.nic.in	0761-2600567-68
33	Department of Yoga Amravati University, Amravati (Maharashtra)	www.sgbau.ac.in/News. htm amtunivc@mah.nic.in	+91-721-2662358+91- 721-2662373
34	Department of Physical Science Shivaji University, Kolhapur Maharashtra	www.unishivaji.ac.in/ vcoffice@unishivaji.ac.in/ registrar@unishivaji.ac.in	91- 0231- 2609063 ,0231- 2609000Fax : + 91- 0231-2692333
35	Department of Yoga Mumbai University, Mumbai, Maharashtra	www.mu.ac.in/ sanket@ucc.mu.ac.in	2265 2819 / 2265 2825
36	Department of Physical Science Pune University, Pune, Maharashtra	www.unipune.ernet.in punc@unipune.ernet.in / regis@unipune.ernet.in	25696061 - 25690065
37	Department of Yoga Shri Jagannath Sanskrit Vishwavidyalaya, Puri (Orissa)	http://sjsv.nic.in/	06752 22663(O)22640(R)

38	Department of Yoga Sambalpur University, Sambalpur (Orissa)	http://suniv.ac.in/index.html registrar@suniv.ac.in	91-663-2430158 (O)Ph: 0663-2430157 (Off) Fax: 0663
39	Department of Yoga Punjabi University, Patiala (Punjab)	www.punjabiuniversity.ac.in/ boparai@pbi.ac.in/ pbssidhu@yahoo.com	3046598/99
40	Vice Chancellor University of Health Sciences Faridkot, Punjab	generalinfo@bfuhs.ac.in	91-1639-256234 91-1639-256232 ,256236
41	Department of Physical Science Mohanlal Sukhadiya University Jaipur (Rajasthan)	registrar@mlsu.ac.in www.mlsu.ac.in	0294 - 2471035
42	Department of Yoga M.D.Saraswati University, Ajmer (Rajasthan)		
43	Department of Yoga Jai Narain Vyas University, Jodhpur (Rajasthan)	www.jnvu.edu.in vcjnvu@sancharnet.in	
44	Department of Yoga Rajasthan University, Jaipur Rajasthan	www.uniraj.ernet.in vc@uniraj.ernet.in	2707980, 2711980
45	Department of Physical Science Manomaniam Sundaranar University, Tirunelveli (Tamil Nadu)	www.msuniversitytv1.net/ tv1_regismsu@sancharnet.in.	0462-2333741, 2338721
46	Department of Physical Science Tamil University, Thanjavur (Tamil Nadu)	www.tamiluniversity.ac.in/ contact@tamiluniversity. ac.in	04362-226720
47	Department of Physical Science Madras University, Chennai	www.unom.ac.in/ vcoffice@unom.ac.in, vchome@md3.vsnl.net.in	91-44-25361074 , 25399401
48	Department of Yoga Gandhigram Rural Instt., Tamil Nadu	www.ruraluniv.ac.in/ gricc@vsnl.com	2452371-762452371 to 2452375



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49	Department of Physical Education Mother Teresa Women University, Kodaikanal (Tamil Nadu)	www.motherteresawomenuniv.ac.in/ arunashiva@motherteresawomenuniv.ac.in	04542-241021
50	Department of Yoga Bharathidasan University, Tiruchirapalli (TamilNadu)	www.bdu.ac.in	91 431 240709291 431 2407048
51	Department of Physical Education Pondicherry University, Pondicherry, Tamilnadu	www.pondiuni.edu.in/ registrar@pondiuni.edu.in	0413-2655175,0413-2655179
52	Department of Yoga Annamalai University, Annamalainagar (TamilNadu)	www.annamalaiuniversity.ac.in dde@anamalaiuniversity.ac.in	04144-23735604144-237357
53	Department of Physical Science Avinashilingam Instt. for Home Sc. & Higher Education for Women, Coimbatore, Tamilnadu	www.avinashilingam.edu/index.htm webmaster@avinuty.ac.in	91-422-24402491-422-2435550
54	Tamilnadu College of Naturopathy & Yogic Sciences, 342 A, Trichy Main Road, Gugai, SALEM -636 006 (T.N.)		0427 - 2481006/ 2481007
55	The Principal Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences Padanilam, Kulasekharam-629 161, Kanyakumari District, Tamil Nadu	srkbv@dataone.in	04651 - 578425



56	Vice Chancellor M.G.R. Medical University Chennai (Tamil Nadu)	www.tnmmu.ac.in tnmgrmu@gmail.com	91- 44- 22353093 - 94 91-44- 22301760 - 63 FAX : 91-44-22353698
57	Department of Human consciousness and Yogic sciences Gurukul Kangri Vishwavidyalaya, Jwalapur Haridwar	vc@dsvv.org www.dsvv.org/academics/ departments/school-of- health-and-yoga/yogic- science/	1334 - 261367,262094
58	Department of Physical Science Kumaon University, Nainital, Uttaranchal	www.kumaununiversity. org/index.htm vc@kumauni.ren.nic.in	(05942) 239269
59	Department of Yoga H.N.B. Garhwal University, Srinagar (Pauri) Uttaranchal.	hnbgu.ac.in/ rhnbgu@gmail.com	01346 - 25224701346- 252143 (o)
60	Department of Yoga IIT Roorkee, Roorkee, Haridwar Uttaranchal	regis@iitr.ernet.in	+91-133...
61	Department of Physical Education G.B. Pant University of Agriculture and Technology Pantnagar (US Nagar) Uttaranchal		+91-5944-233320 , 233350 ; Fax: +91-5944- 233473
62	Department of Yoga Banaras Hindu University, Varanasi (U.P.)	http://www.bhu.ac.in/ webmaster@bhu.ac.in	0542-2368938,0542- 2368558
63	Department of Physical Science Chaudhary Charan Singh University, Meerut (U.P.)	vicechancellor@ ccsuniversity.org, registrar@ccsuniversity.org	0121-27605510121- 2760554
64	Department of Yoga Mahatma Gandhi Kashi Vidyapith, Varanasi	http://www.mgkvp.ac.in support@mgkvp.ac.in	0542-2225472,0542- 2222689



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65	Department of Physical Science Deendayal Upadhyay University, Gorakhpur (U.P.)	http://www.ddugu.edu.in/ registrar@ddugu.edu.in	0551-23307670551- 2340363
66	Department of Physical Science Kanpur University, Kanpur (U.P.)		
67	Department of Yoga Lucknow University, Lucknow (U.P)	http://www.lkouniv.ac.in/ puneetmisra@yahoo.com	0522-2741001/ 2741012
68	Department of Physical Education Avadh University, Faizabad (U.P)	http://www.rmlau.ac.in sbsavadh@yahoo.com	(05278) 246223, 245957
69	Department of Physical Science Dr. Bhim Rao Ambedkar University, Agra, U.P.	http://www.dbrau.ac.in/ info@dbrau.ac.in	0562-2820051,0562- 2852118
70	Department of Physical Education Rohilkhand University, Bareilly (U.P)	www.mjpru.ac.in info@mjpru.ac.in	0581-2527263
71	Department of Yoga Indira Kala Sangeet Vishwavidyalaya, Khairagarh	www.iksvv.com/kd.htm reg@iksvv.com	07820-234232
72	Department of Physical Science Berhampur University, Berhampur , West Bengal	www.bamu.nic.in	0680- 242233,243460,242234
73	Department of Physical Science Ravindra Bharati University, Kolkata	http://www. rabindrabharatiuniversity. net/load.html rbreg@cal3.vsnl.net.in	25573028



74	Department of Physical Education Burdwan University, Burdwan, West Bengal	www.buruniv.ac.in pio@buruniv.ac.in , vcbu@satyam.net.in , registrar@buruniv.ac.in	(91)-342-2533913 , 2533914, 2533917, 25339(91)-342-2533918
75	Department of Physical Education Kalyani University Kalyani, West Bengal	http://www.klyuniv.ac.in vckalyani@yahoo.com , registrar@klyuniv.ac.in	091 033 2582 2505 (O) 091 033 2582-8220, 2582-8293, 2582-8750,



LIST OF YOGA AND NATUROPATHY HOSPITALS

S. No.	Address	Facilities
ANDHRA PRADESH		
1.	Govt. Nature Cure Hospital Dharam Karam Road, Ameerpet, HYDERABAD-500 016 Ph. 040- 23731786, 23418183	60 years old well known Naturopathy Hospital having 150 Beds and other facilities like Cottages, General Wards & well quipped Treatment Sections etc.
2.	Nature Cure Hospital, Laxmi Nagar, Peddapally Road, Bommakal Stage, Karimnagar-505 002 Ph.0878-2285221, 2285888(R)	30 years old 70 bedded hospital serving the rural, backward area. Equipped with special wards, cottages and modern equipments.
3.	Kasturba Nature Cure & Yoga Institute, S.V.P.N.P.A., Shivarampally, HYDERABAD-500 052 Ph: 040-24019888, 24015381, Fax: 040-23434537 E-mail : Hyd2-saboohyd@sancharnet.in	It is situated in 8 acres land in serene atmosphere with full of greenary near to National Highway. Serving since 40 years.
CHATTISGARH		
4.	Arogyadham Nature Cure & Yoga Hospital, Nagpura, Distt. DURG- 491 001 Ph. 0788-2411101, 2211695 E-mail: rmjain@bom6.vsnl.net.in	Premier Naturopathy Hospital of Chattisgarh having 60 Beds capacity, wards and Treatment Sections etc. Established in 1997.
DELHI		
5.	Central Council for Research in Yoga & Naturopathy, 61-65, Institutional Area, Janakpuri, New Delhi-110058 Ph: 28520430, 28520431, 28520432 E-mail ccryn@vsnl.net Website: www.ccryn.org	The Council is conducting five Yoga classes regularly at its Headquarter. Approx. 400 people are attending these classes. Apart from this the Council is also conducting an OPD at its H.Q. as well as at Safdarjung Hospital, Specialized OPD for Cardiac patients at Dr. RML Hospital an OPD at Lady Hardinge Medical College, New Delhi and also OPD at University Medical College, Dilshad Garden, Delhi.

S. No.	Address	Facilities
6.	Balaji Nirogdham, Palla Road, Bakhtawarpur, Delhi -110 036 Ph. 011-64532820, 21 E-mail: nirogdham@gmail.com	80 beds new Hospital, outskirts of city area, Karnal Road, Modern amenities with green atmosphere.
	GUJARAT	
7.	V.A.M. Nature Cure Hospital VALLABH VIDYA NAGAR-388 120 Distt. Anand Ph: 02692-230835 E-mail: vamnaturecure@hotmail.com	A reputed 30 years old Naturopathy Hospital having 60 beds facility. The hospital is having deluxe rooms, semi deluxe rooms, general ward and well ventilated Yoga Hall, separate male and female Treatment Sections etc.
8.	Nature Cure Hospital, Karelibaug, Harni Road, BARODA -390 008 Ph. 0265-2481623	It is a well established 100 Bedded Hospital working since ten years. It is having special wards, treatment sections and other facilities.
	HARYANA	
9.	Prakritik Chikitsa Kendra, Ashram-Pattikalyana, (SAMALKHA), G.T.Road, Dist. Panipat Ph. 95180-2569133/2569134	It is well established 120 bedded Naturopathy Hospital located in rural area and catering the needs of local people. This is one of the oldest and traditional Naturopathy Hospitals providing treatments on Gandian lines.
10.	Haryana Prakritik Chikitsalaya, Meham Road, BHIWANI-125 021 Ph.01664-242660	60 bedded well equipped Hospital located in rural area. Established in 1981 on 5 Acres land.
11.	Sanjeevani Kaya Shodhan Sansthan, Ram Sharanam Ashram, Jind Road, GOHANA-131301, (Sonipat), Ph: 01263 - 257930,253740 Email: sanjeevanisansthan@.org	A well equipped Naturopathy Hospital having all modern treatment facilities, in lush green area with A.C. rooms with 100 Beds capacity.



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HIMACHAL PRADESH		
12.	Kaya Kalp Himalayan Research Institute for Yoga & Naturopathy, HOLTA, PALAMPUR-176 062, Distt. Kangra Ph.01894-235676,235666 E-mail: www.kayakalppalampur.com	90 bedded well built hospital with modern facilities. Located on the plane areas of Himalayas, surrounded by lush green hills.
KARNATAKA		
13.	Institute of Naturopathy & Yogic Sciences, Tumkur Road, Jindal Nagar, BANGALORE-500 073 Ph: 080-23717777,23717785 Email: inys@vsnl.net	Internationally reputed, established in 1979 having 275 Beds and all other modern facilities, well equipped modern Treatment Sections for males and females, modern accommodation, Cottages, Huts, Nests, Diet Centre, Yoga Hall and well qualified staff etc. in a lush green campus of 70 Acres.
14.	SDM Yoga & Nature Cure Hospital, DHARMASTHALA-574 216 Ph. 08256-2317177	Eminent Naturopathy Hospital established in 1988 having 150 Beds and other modern facilities, wards, Treatments Sections and higher accommodation.
15.	Prakruthi Arogyadham, Hanumanthanagara, Maddur Taluk, Dist. Mandya-571 422 Ph.08232 245595,245596,235006	60 bedded rural based hospital, well landscaped a having special wards facilities, surrounded by green agriculture lands. Establish in 2003.
16.	J.G. Cooperative Naturopathy & Yoga Hospital, Ghataprabha, Gokak Taluk, Dist. Belgaum-591 321 Ph.08332- 286987,286933	70 bedded rural based hospital upon a hill rock. Having cottages, special wards surrounded by greenery and near by river.
17.	SDM Naturopathy & Yoga Hospital, Pareeka, Parkala Post, Udupi Tq. Ph. 0820-2545025	Established in 2007. 60 Beds. Expansion up to 150 Beds.
KERALA		
18.	Govt. Nature Cure Hospital, Varkala-695 141 Distt. Trivendrum	A Government Naturopathy Hospital having 60 beds and other requisite facilities. Established in 1978. Popular Health Tourism Centre for foreigners



S. No.	Address	Facilities
MAHARASHTRA		
19.	Nisargopchar Ashram, Urulikanchan - 412 202 Distt. PUNE Ph: 020 - 26926298, 26926230, Fax: 26926225	A traditional Naturopathy Hospital having 150 beds established by Father of Nation Mahatma Gandhi in 1946. The hospital is having well maintained Library, Treatment-Sections and different types of accommodations.
20.	Naturopathy & Yoga Hospital, Kapol Sanatorium, Ambervadi, LONAVLA-412 202, Dist. PUNE Ph.02114-275745, 271189, 274945(Fax)	80 bedded well equipped hospital having special wards and other facilities. Located in a summer tourist place. Establish in 2003.
21.	Institute for Nature Cure & Yogic Sciences, Pune- Nasik Road, Bhojapur- Bosari, PUNE-411 039 Ph.020 27232770, 27237033	60 bedded well equipped indoor hospital located in a peaceful area since 1998.
22.	National Institute of Naturopathy, (Govt. of India, Deptt. of AYUSH), Bapu Bhavan, Tadiwala Road, PUNE-411 001 Ph.020 -26059682 - 5, FAX: 26059131 Website: www.punenin.org E-mail ninpune@vsnl.com	Outdoor facility with modern Naturopathy Clinic. About 250 patients treated daily and about 300 people participate in Yoga Classes. Health Shop has about 100 varieties of organic foods and 500 titles of books. Opens 7 a.m. to 9 p.m. daily. Also publishes a bilingual monthly magazine Nisargopchar Varta, which is a Standard National Magazine for Natural Health.
MADHYA PRADESH		
23.	Sri Sant Arogya Dham, One Tree Hill, Bairagarh, BHOPAL- 462030 Ph: 2642572, 4244313, 2711125	60 Beds Modern Hospital. 100 O.P. capacity. Fully Charitable.
MANIPUR		
24.	Ananda Sing Nature Cure & Yoga Research Hospital, Machin Mano Hills, Kakching Bazar -795103 Ph. 03848 -261320 Fax : 03848 -261343 Mob.: 09856343571	60 bedded Hospital built up in 23 acres of lush green hill area having general wards, special dormitory, special room, single and VIP rooms attached with bathroom.



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S. No.	Address	Facilities
26.	Navneet Yoga & Nature Cure Hospital, BASSI, Agra Road, Jaipur-303 301 Ph. 0141-2206214, 2206394 01429-222352(H)	Eminent Naturopathy Hospital near Jaipur in a serene, peaceful and pollution free atmosphere having 150 beds facilities with cottages, general wards and well equipped Treatment Sections etc. Established in 1990.
27.	Shri Mahaveer Yoga, Naturopathy Institute, Shri Mahaveerjee-322 220 Dist.-KARAULI Ph: 07469-224344 (O), 224866 (R)	Well established Hospital working in the field since more than 18 years. This place is famous for Jain temples.
UTTARAKHAND		
28.	Parmarth Niketan Naturopathy & Yoga Hospital, Swargashram, RISHIKESH-249 304 Ph. 0135-2434305, 2434306	A well known Naturopathy Hospital on the bank of holy river Ganges having 80 beds capacity including private rooms, wards & Treatment Sections etc. Established in 1990.
UTTAR PRADESH		
29.	Arogya Mandir, Aam Bazar, GORAKHAPUR-273 003 Ph. 0551- 2500469 E-mail : arogya-m@sanchamnet.in	Premier institution of Naturopathy surrounded by green pollution free atmosphere. The hospital is having 150 beds including private rooms and wards and serving the country since more than 6 decades. Established in 1941.
WEST BENGAL		
30.	Prakriti Niketan, Nature Cure & Yoga Research Institute, Diamond Harbour Road, Konchoki-743 503, 24 Paraganas (South) Ph. 033-24533880, 81 Email: naturecurecal@hotmail.com	A renowned Naturopathy Hospital of West Bengal having 100 Beds capacity with modern facilities, cottages and separate Treatment Sections for males and females etc. Established in 1960.

LIST OF YOGA CENTRES IN CONVENTIONAL MEDICAL INSTITUTIONS/HOSPITALS

Sr. No.	Institution/Hospital	Department	Address	Contact Details
1	NIMHANS	Advanced Centre for Yoga	Hosur Road Bangalore - 560029, India	Dr. V. Ravi Registrar Telephone:91-080-26995005/5006, 26564199 Email: regt@nimhans.kar.nic.in vravi@nimhans.kar.nic.in
2	JIPMER	Advanced Centre for Yoga	Dhanvantri Nagar, Gorimedu, Pondicherry - 605 006, India	(0413) 2272380 - 90 (11 lines), 2272132, E-mail : director@jipmer.edu.in
3	Defence Institute of Physiology & Allied Sciences	Advanced Centre for Yoga	Lucknow Road, Timarpur, Delhi - 110 054	e-mail: director@dipas.drdo.in
4	Govt. Medical College, Jammu	Advanced Centre for Yoga	Bakshi Nagar, Jammu - 180001	Dr. Rajinder Singh Principal/Dean Mrs.Reva Gupta Administrator Associated Hospitals 0191 - 2584234(o), Fax - 2584247 E-mail: principal_gmcj1@dataone.in
5	Gujarat Ayurveda University - Maharshi Patanjali Institute for Yoga Naturopathy Education & Research	Advanced Centre for Yoga	M.P.I.Y.N.E.R. Gujarat Ayurved University Campus, JAMNAGAR (Gujarat) INDIA	Phone : +91-288-2770103 Fax : +91-288-2770103 Email : info@ayuyoga.com Website : www.ayuyoga.com



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6	Maharishi ArvindSubharti Institute of Naturopathy and Yogic Sciences NSCBM Subharti medical college, Swami Vivekananda Subharti University, Meerut (U.P.)	University	Subhartipuram, NH-58, Delhi- Haridwar Bypass Road, Meerut . 250 005	Course Advisor Ph: - 0121-2439578, 3058038, 3058042, 2439157 (Ext. 2142) Mob: - 9837277055, 9411072421 E-mail:- meusims2008@ gmail.com Website: www.subharti. org
7	SRI DEVARAJ URS MEDICAL COLLEGE		SDUMC TAMAKA Kolar Karnataka India	Principal, sdumcrlj@bgl.vsnl.net.in http://www.sdumc. ac.in 08152-243006 08152-210573
8	Bhagwan Mahaveer Cancer Hospital and Research Centre	Complementary and alternative therapy department	Jawahar Lal Nehru Marg, Jaipur 302017, INDIA	Dr. A.U.Rahman OSD TO Chairman BMCHRC, Jaipur Email:bmchrc@hotmail. com Contact Phone: 2720139 Website - http://www. bmchrc.org
9	Vallabhbhai Patel Chest Institute,	Yoga Therapy Centres under (MDNIY)	University of Delhi, North Campus, Delhi - 110 007	The Director, Phone. 27667102, 27667441, 27667667 Extn. 113; Fax. 27667420 Website : www.vpci.org. in E-mail : vcpi@delnet.ren. nic.in
10	RajanBabu Institute of Pulmonary Medicine & Tuberculosis,	Yoga Therapy Centres under (MDNIY)	Dhaka Colony, Kingsway Camp, Delhi - 110 009	Phone - 01127213146, 01127114238/223
11	LRS Institute of Tuberculosis and Respiratory Diseases,	Yoga Therapy Centres under (MDNIY)	Sri AurobindoMarg, Mehrauli, New Delhi - 110 030.	Website = http://www. lrsitbrd.nic.in/ E-Mail Director= dirlrsi@bol. net.in Institute= salrsi-mohfw@ nic.in Phone(Office) = (011)26963335



12	Institute of Human Behavior and Allied Sciences,	Yoga Therapy Centres under (MDNIY)	Post Box No 9520, Dilshad Garden Delhi-110095, INDIA	Dr.Nimesh G. Desai Director Tel: 22112136 (O) Fax: 22599227,22114066 Email: directorihbas@vsnl.net
13	Dr. Ram ManoharLohia Hospital	Lifestyle Intervention services through our collaboration with the Central Council of Yoga and Naturopathy, Government of India.	Park Street New Delhi-110001	Department of Psychiatry, Phone: 011 2340 4364
14	Himalayan Institute India	Spiritual Institute	Chatnag, Jhunsi, Allahabad 211019, U.P., India	Manager: AmarnathTigunait Phone: (91) 532 325 1970 www.himalayaninstitute.in info@himalayaninstitute.in
15	Institute of Medical Sciences Banaras Hindu University	Department of Swasthavritta and Yoga Preventive & Social Medicine and Yoga	Varanasi - 221005	Prof. C.B.Jha Dean Phone: 0542-2369473 (Dean Office), 05426703554 (Department), 9415618960 (Mob.) Fax : 2367568 email:chandrabjha@rediffmail.com, cbjha123@gmail.com
16	Maharshi Dayanand Saraswati University	The Yoga Centre	Ajmer, Rajasthan	Registrar, Mr. Kishor Kumar Ph: +91-0145-2787057



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17	Basavatarakam Indo American Cancer Hospital & Research Institute	Department for alternative medicines	Road No 14 Banjara Hills Hyderabad 500034 Andhra Pradesh, India	Telephone: 91-40-235512 35/23552131/23552766/23607944 Fax: 91-40-23542120 E-mail: info@induscancer.com info@induscancercare.com
18	Thiruvandrum Medical College	Academics	Medical College PO, Thiruvananthapuram, Kerala State, India PIN - 695 011	Phone no : + 91- 471 -2528386 Email id principalmct@gmail.com Website http://www.tmc.kerala.gov.in/
19	Apollo Hospitals	Multispeciality	Jubilee Hills Hyderabad 500033	Ph: + 91-40-23607777 Extension: 5555 / 2000 Fax: + 91-40-23608050 e-mail: apollohealthcity@apollohospitals.com
20	HCG, Bangalore	Yoga therapy Service	#8 P. Kalinga Rao Road Sampangi Ramnagar, Bangalore - 560027 India	Tel : +91-080-3366 9999 Fax : +91-080-2248 5962 e-mail : info@hcgoncology.com Web : www.hcgoncology.com
21	Fortis Escorts Heart Institute & Research Centre	Preventive cardiology and rehabilitation services	Okhla Road, New Delhi - 110 025 (INDIA)	Phone: 91-11-47135000 Fax: +91-11-26825013 email: contactus.escorts@fortishealthcare.com
22	St. Thomas Hospital	Naturopathy & Yoga Department	Kurisummoodu P.O. Chethipuzha Changanassery - 686 104 Kerala, India	0481-2721797, 2721595 chethipuzhahospital@yahoo.co.in



23	Sagar Hospitals, Jayanagar	Multispeciality	No. 44/54, 30th Cross, Tilaknagar, Jayanagar Extension. Bangalore - 560041	email:infojnr@ sagarhospitals.in Phone: 080-42888888 Fax : +91-80-26636444 http://www. sagarhospitals.in
24	All-India Institute of Medical Sciences (AIIMS)	Yoga Clinic	AIIMS, Ansari Nagar, New Delhi, Delhi 110029 India	Mr. V.P. Gupta Registrar reg@aiims.ac.in www.aiims.edu ; www. aiims.ac.in
25	NH Institute of Cardiac Sciences Narayana Hrudayalaya Health City	Yoga Department	No. 258/A, Bommasandra Industrial Area, Anekal Taluk, Bangalore 560 099	Ph: +91 80 2215 2215,+91 80 2783 5005 -18 Fax: +91 80 2783 2648 Email ID: info@ hrudayalaya.com
26	Kannur Ayurvedic Multi Speciality Hospital & Yoga Research Centre	Yoga Department	Emily P.O. Kalpetta, Wayanad, Kerala India, Pin 673 121	E-mail: kamshemilyyrc@ rediffmail.com info@ayurvedawayanad. com Phone : +91 04936 203001, 260535, Mobile: +91 9447219562, 9495260535
27	K.G. Hospital	Yoga Department	Arts College Road, Coimbatore - 641018, Tamil Nadu, India.	Phone : 0422-2212121-29, 2218001-09 Fax : 0422-2211212 Email : drgb@kggroup. com
28	Varma Union Hospital	Yoga Department	120, Dhar Road, Opposite Kastur Cinema, Indore (M.P.), INDIA	info@ varmaunionhospital. com , ashwinivarma@satyam. net.in +91 - 731 - 2380609, 4022000, 4056651



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