YOGA AND HEALTHY LIFESTYLE CONSULTATION AT OFFICIAL LANGUAGE CONFERENCE

A team from ACYTER under direction of Dr Madanmohan, Programme Director ACYTER conducted yoga and healthy lifestyle consultations for delegates attending the Regional Official Language Conference for South and South Western Zone, at JIPMER on 9 October 2009.

95 delegates benefited from consultations offered from 11am to 5pm by Programme Director Dr Madanmohan, Programme Co-ordinator Dr Ananda Balayogi Bhavanani and SRF Dr Zeena Sanjay and Shri S Jayasettiaseelon from ACYTER along with Dr Rajajeyakumar and Shri T Ramkumar from the Physiology department, JIPMER.

Simultaneous yoga practice sessions were conducted by Shri G Dayanidya, YOGA Instructor, ACYTER. It was found that of the 95 delegates (30-60 yr) who attended the consultation, 32 had hypertension (of this only nine were on medical treatment!), 12 had diabetes while 8 gave history of syncope, insomnia, arthritis, allergic rhinitis, dislipidemia, and anxiety. 43 didn’t have any serious health conditions and were given general counseling and lifestyle advice to maintain their health.

All delegates were given advice on healthy lifestyle practices, diet counseling and specific yoga practices as per their individual condition. They were also given references to yoga centers in their respective hometowns to continue the practices at home.

Organizers and delegates expressed their gratitude to ACYTER for conducting such a consultation enabling them to gain an insight into healthy lifestyle and yoga.
ROLE OF YOGA IN CARDIOVASCULAR DISEASE

Dr. Madanmohan
Director- Professor & Head, Department of Physiology & Programme Director, ACYTER

All over the world, cardiovascular disease imposes a significant morbidity and mortality. Inspite of greatly improved diagnostic and curative cardiology, millions die of heart disease every year. It is a matter of concern that relatively young Indian professionals who are at the peak of their career and productivity become victims of angina. The most important cause is stress and strain of “modern” life characterized by competition, great speed and greater greed.

Good health and freedom from disease is the greatest achievement, a blessing indeed and both modern medicine as well as yoga aim at it. Both systems have sound scientific basis and universal outlook. They are complementary and bound to come together. It is gratifying that yoga has started using modern technology and scientific methods while science has started studying the effects of yogic techniques. The ancient marvel of yoga is the priceless gift of India to the world. Yoga is beneficial in health as well as disease as it is holistic and has promotive, preventive as well as curative potential. Our body, mind and spirit are intricately interrelated and constantly influence one another. The holistic science of yoga has been designed to have subtle effect on our whole being- body, mind as well as spirit. The all-pervasive stress and stress-induced disorders like hypertension and angina are fast growing epidemics and bane of “modern” society. The holistic science of yoga is the best method for prevention as well as management of stress and stress-induced disorders. The psycho-physiological responses to yoga are opposite to the stress response. Shavasan, yoganidra, meditation and slow, rhythmic pranayam breathing are very effective in calming the mind and promoting psychosomatic health. Cardiac patients are sensitive and reactive. Yoga relaxation techniques calm the mind and make one emotionally balanced. Consequently, minor disturbances do not cause emotional upsets and cardiovascular problems.

Hypertension is prevalent throughout the world and many patients are on life-long medication as a way of life. Drugs are expensive and have many adverse side effects. Hence, non-drug management like yoga should be the first choice. If diagnosed early, majority of cases of essential hypertension can be managed effectively by yoga alone. In more advanced cases, yoga can decrease drug dosage and improve the overall quality of life. Besides being inexpensive, safe and effective, yoga improves overall health and can be combined with allopathic medication. For best results, yogic lifestyle should be adopted early in life as it has been demonstrated that atherosclerotic plaques in coronary arteries form early in life. Moreover, in a recent study, we have demonstrated that the levels of total and LDL cholesterol are higher in prehypertensive as compared to normotensive subjects. Hence, yogic relaxation and yogic diet should be adopted early in life to prevent progression of the condition and development of hypertension. The effectiveness of yoga in the management of hypertension has been demonstrated from our laboratories and also by earlier workers. Hence, it is recommended that yogic relaxation techniques should be adopted as the first line of treatment for pre-hypertension, borderline hypertension and mild hypertension. In an interesting study, we have recently demonstrated that yoga relaxation training is beneficial in patients with benign ventricular ectopics.

Therapeutic effect of yoga may be due to i) management of stress ii) improvement of cardio-respiratory function and overall fitness and iii) modulation of autonomic function. Stress is an important causative factor in cardiovascular diseases like hypertension and angina. In an interesting work from our laboratories, we have demonstrated that subjects trained in yoga can achieve a state of deep psychosomatic relaxation associated with highly significant decrease in oxygen consumption within five minutes of practising savitri pranayam (a slow, rhythmic and deep breathing) and shavasan. These findings are consistent with the report that yoga training not only produces a significant decrease in basal anxiety level, but also attenuates the change in anxiety score in stressful situations such as examination. It has also been reported that yoga training helps in development of resistance against stress.
Practice of asanas and pranayams results in overall improvement in physical fitness and cardio-respiratory functions. In a study conducted on medical students, we have demonstrated that yoga training of 12 weeks duration produces a significant increase in respiratory pressures, breath holding time and handgrip strength. This indicates an improved physical strength and cardio-respiratory function. We have also reported that after yoga training, exercise-induced stress to cardiovascular system is less severe. Yoga training promotes emotional and physiological balance. In an interesting study, it was found that a brief (15 min) yoga based relaxation training normalizes the function of autonomic nervous system by deviating both sympathetic and parasympathetic indices towards more “normal” middle region of the reference values. These studies show that yoga has a great potential to improve our physiological functions, psychosomatic health and overall performance.

PROPOSALS SUBMITTED FOR NEW YOGA RESEARCH PROJECTS
Dr Madannmohan, Programme Director ACYTER, has submitted two research proposals to the JIPMER Research Council. The first proposal entitled, “Effect of yoga therapy on patients of type II diabetes mellitus with neuropathy” plans to investigate the physiological, biochemical, psychological and clinical effects of 6 months yoga therapy in patients of diabetes mellitus with neuropathy. The second proposal entitled “Effect of yoga therapy on autonomic function and biochemical profile of patients of essential hypertension” plans to investigate the autonomic and biochemical effects of 6 months yoga therapy in patients of essential hypertension.

YOGA THERAPY OPD AT SUPER SPECIALITY BLOCK
Yoga therapy OPD is functioning in Super Specialty Block of JIPMER. From July to September 1080 patients (251 new and 829 old cases) of various conditions attended consultation in the OPD with Dr Ananda Balayogi Bhavanani and Dr Zeena Sanjay. Patients who attended consultation were prescribed individualized and generalized yoga therapy for diabetes mellitus (169), hypertension (94), musculoskeletal disorders (47), respiratory disorders (27), stress and psychological disorders (27), endocrine disorders (26), coronary artery disease (18), urology (9), gynecological disorders (9), neurology (9), ENT disorders (7) and other complaints (10). Patients have reported benefits and expressed thanks to ACYTER, JIPMER and MDNIY for this facility.

YOGA THERAPY SESSIONS
Yoga therapy sessions continue to be conducted on Mondays, Wednesdays and Fridays from 10:00 am – 11:00 am for patients of diabetes, 11:00 am – 12:00 noon for patients of cardiovascular diseases and 12:00 noon – 1:00 pm for patients of other disorders. The yoga instructors, G Dayanidy and L Vithiyalakshmi are conducting the sessions both individually and in groups as per directions of the therapists given in the OPD. Patients have reported satisfaction with the therapy sessions and are attending regularly. 463 patients of diabetes, 295 of hypertension and 328 of other conditions attended the sessions between July-September.

YOGA CLASSES FOR NORMAL SUBJECTS
Yoga classes for normal subjects are being conducted on Mondays, Wednesdays and Fridays between 6:30 – 7:30 am & 4:30 – 5:30 pm. 61 participants attended the classes regularly in July-September. Suryanamaskar, basic asanas, pranayamas and relaxation techniques are being taught in the general classes. The Senior Citizen’s Clinic is being conducted on every Thursday from 11:00 am to 12:30 pm and was attended by 117 patients from July to September.

YOGA AWARENESS AT PUDUCHERRY GOVT DENTAL COLLEGE
Dr Ananda Balayogi Bhavanani, Programme Co-ordinator ACYTER was invited to give a talk on “Yoga for Positive Health” at the first clinical society meeting held at the Mahatma Gandhi Post Graduate Institute for Dental Sciences, Puducherry on 12 August. The talk was attended by the Director, Dean, senior professors and about 100 UG and PG students of the college. G Dayanidy, yoga instructor ACYTER gave an excellent demonstration on the occasion. The Director Dr Shyam Singh expressed his willingness to have a yoga orientation programme for the staff and students of the institute and ACYTER plans to conduct such a programme in the near future.
YOGA AWARENESS AT JIPMER NURSING COLLEGE

Dr Madanmohan, Programme Director ACYTER and Dr Ananda Balayogi Bhavanani, Programme Co-ordinator ACYTER presented a series of talks at the JIPMER Nursing College for participants of the Nursing Workshop on AIDS/HIV conducted in August and September. More than 150 participants were sensitized to the benefits of Yoga and other alternative and complementary therapies through the talks. Shri G Dayanidy, yoga instructor ACYTER gave excellent demonstration during the talks.

ACADEMIC ACTIVITIES

Academic programmes by staff of ACYTER as well as invited faculty are being conducted at ACYTER Hall every Saturday from 11am to 1pm. Many staff and students of JIPMER as well as yoga enthusiasts from Puducherry have been attending the talks. The following talks were given in the period July to September.

1. Naturopathy & its applications by Dr. Zeena Sanjay
2. Yoga for diabetes by Selvi L Vithiyalakshmi
3. Yoga for hypertension by Shri G Dayanidy
4. Music therapy by music researchers from Belgium
5. Introduction to siddha medicine by Dr. Rajalakshmi
6. Benefits of herbal medicines by Shri Paramakethu
7. Pranayama and its therapeutic benefits by Shri S. Jayasettiaseelon
8. Yoga for positive health by Dr Zeena Sanjay
9. Yoga for special children by Mrs. Meena Ramanathan
10. Methods of yogic diagnosis by Dr Ananda Balayogi
11. Yoga for sleeping disorders by Shri G Dayanidy
12. Shatkriyas by Selvi L Vithiyalakshmi

A delegation of yoga teachers from Australia and New Zealand visited ACYTER on 9 September and expressed their admiration for the programme and its activities. They were especially appreciative that Indian Government was bringing yoga into the mainstream health care system through advanced centers at JIPMER, NIMHANS, DIPAS and Gujarat Ayurveda University.

Dr GS Gaur, Professor of Physiology, JIPMER attended the reorientation programme for doctors conducted by MDNIY, New Delhi from 6 to 12 September. Dr Madanmohan, Programme Director ACYTER was the Chief Guest at the valedictory function.

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