

REPORT ON CME-CUM-WORKSHOP ON YOGA AND LIFESTYLE DISORDERS 2013

A CME-cum-Workshop on YOGA AND LIFESTYLE DISORDERS was held at MGMC&RI, Pondicherry on 22 November 2013. This event was organized by Department of Physiology and Centre for Yoga Therapy, Education and Research (CYTER), MGMC&RI, Pondicherry. More than 250 medical and paramedical professionals and students as well as Yoga practitioners and enthusiasts took part in the one day CME that gave participants an overview of the role Yoga can play in lifestyle disorders by inculcating a healthy lifestyle.

The CME-cum-workshop and Phase II of CYTER was inaugurated by Prof K.R. Sethuraman, Vice-Chancellor, Sri Balaji Vidyapeeth in the presence of Dr. S Krishnan, Dean (Administration) and Yogacharya S Sridharan of the Krishnamacharya Yoga Mandriam, Chennai. The logo of CYTER and an e-souvenir of the workshop were also released on the occasion.

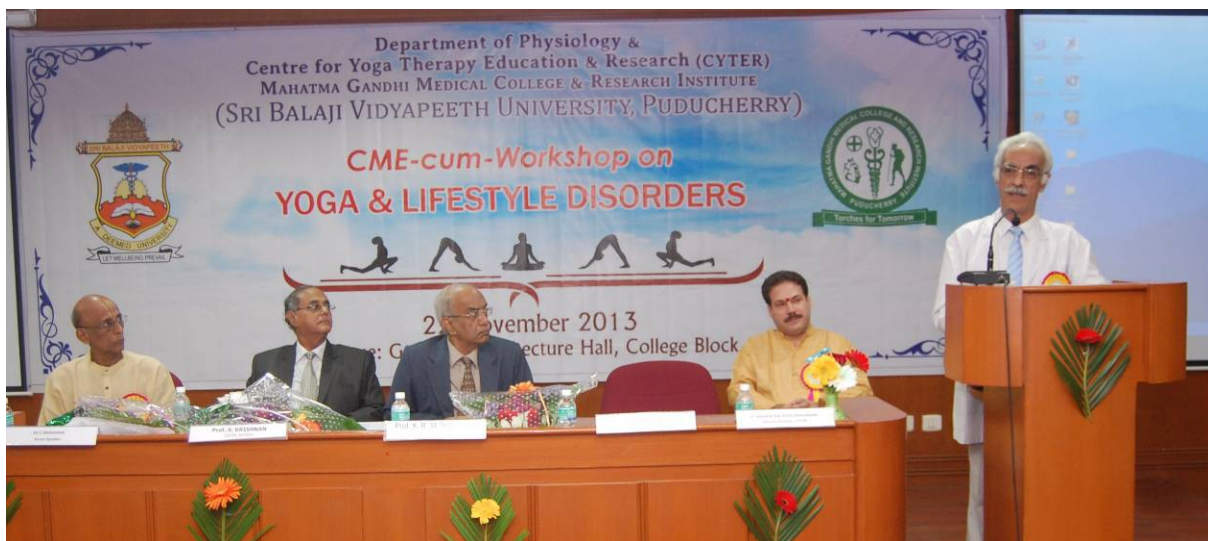


In his lead talk, Prof K.R. Sethuraman, Vice-Chancellor, Sri Balaji Vidyapeeth mentioned that yoga therapy uses the ancient principles of yoga to enhance health and wellness at all levels of a person: physical, emotional, and spiritual. It is based on a holistic approach to an individual, because in order to acquire true health, all aspects of a person must be addressed in toto. He suggested that Yoga therapy is a good choice for people with specific health concerns, who want to acquire tools specific to their condition to improve wellness. He quoted numerous recent studies on the use of CAM therapies and Yoga by patients in the USA and Australia and noted that when done correctly, yoga is rewarding and intrinsically motivating. He however also stressed the need for proper guidance to avoid any potential health hazards like medication induced mania and lotus neuropathy. He elaborated on the role of Ashtanga Yoga in the management of addictions and said that it can be used by those who wish to improve their health. He stressed the need for integration of traditional healing

methods with modern medicine and said that Yoga therapy often enhances the benefits gained from modern medical treatments, while also reducing unwanted side-effects.



The organizing chairman Prof Madanmohan who is head, department of Physiology and Director CYTER at MGMCRI said, “Lifestyle is the way people live and this has immense influence on the status of health or disease. Since one’s lifestyle is developed early in life, it is advisable to cultivate healthy lifestyle in early childhood.” He also explained the improvement of physiological functions through regular practice of Yoga.



The eminent Yoga expert, Yogacharya S Sridharan of the Krishnamacharya Yoga Mandriam, Chennai said “Yoga has a well laid out path of discipline structured to address all the dimensions of the human system, i.e. annamaya (body), prANamaya (breath), manomaya (mind), vigyanamaya (ego/intellect) and anandamaya (emotion). He explained the “Panca kAla ParAyanam”, which literally means “the activities to be filled with in the five parts of the day”. Here a day is divided into 5 parts and the activities are assigned to each part such as Abhigamanam, UpAdAnam, Ijya, SvAdhyaya and Yoga.

Dr. Latha Satish, the well-known psychologist and Yoga expert gave a talk on Yoga as the original mind body medicine and said that the origin and roots of the mind-body link, its interactions and implication for medicine can be traced to the Indian cultural heritage ie

Veda-s and particularly the philosophy and practice of yoga as elucidated by Maharishi Patanjali. She explained that the mind which is characterized by the three gunas, can be agitated and consequences of this can be felt at body, breath, thought level.

An interactive panel discussion on Yoga & psychosomatic disorders was held in the afternoon session and this was chaired by Dr. Eshwaran, H.O.D Dept. of Psychiatry MGMCRI who elaborated on the clinical spectrum of somatoform disorders. The panelists in the session were, Yogacharini Cathy Davis of the UK, Dr. Latha Satish, Sri S Sridharan and Dr. Madanmohan.

Dr. Madanmohan, Yogacharini Cathy Davis, Dr. Ananda Balayogi Bhavanani and Mrs. Meena Ramanathan conducted forenoon and afternoon interactive sessions on Yoga practices for healthy living. This included simple warm ups (jathis and surya namaskar), breath body movement coordination practices (kriyas), static stretching postures (asana), breathing techniques (pranayama), relaxation and chanting.

Modern medical advancements provide the rationale for the integration of various traditional healing techniques including Yoga to promote healing, health, and longevity. It is imperative that advances in medicine include the wholistic approach of Yoga to face the current challenges in health care. Under the dynamic leadership of Shri MK Rajagopalan, authorities of SBVU had set up CYTER in 2010 and many activities have been going on since then. A scientifically sound Yoga therapy programme is imparted through the Yoga Therapy OPD that is functioning from 9 am to 1pm from Monday-Friday. Consultations are offered by Dr. Ananda Balayogi Bhavanani, Deputy Director (Yoga) and Mrs Meena Ramanathan, Coordinator and Yoga Therapist and qualified Yoga instructors are imparting the schedules. Individualised and group Yoga therapy sessions are being conducted for various medical conditions such as diabetes, hypertension, musculoskeletal and psychiatric disorders with excellent feedback from participants. More than 3000 patients have benefited from Yoga Therapy consultations and sessions since 2010. Numerous pilot studies have been completed and major research studies are being planned under guidance of Dr. Madanmohan, Professor and Head, Department of Physiology, MGMC & RI.

The following are the recommendations of the workshop:

1. The workshop puts on record its appreciation for the visionary efforts of the Chairman, management and authorities of Sri Balaji Vidyapeeth for their foresightedness in creating a Centre for Yoga Therapy, Education and Research (CYTER) at Mahatma Gandhi Medical College & Research Institute. This is truly innovative and is applauded by all concerned.
2. Scientific studies provide evidence of the preventive, rehabilitative and complementary role of Yoga in management of lifestyle disorders and hence it should be introduced in all medical institutions as part of an integrative approach for the benefit of patients.
3. It is desirable that modern medical professionals be exposed to the scientific and therapeutic aspects of Yoga and this may be done by awareness programmes, workshops and seminars.
4. Yoga should be introduced to undergraduate medical and paramedical students as recommended by MCI and this should be done in the first year itself.
5. A post graduate course in Yoga therapy may be introduced at the earliest for medical professionals to create resources for the delivery of yoga therapy as a health care modality.

