

Hazardous Modern Lifestyle and it's Yogic Healing

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Abstract

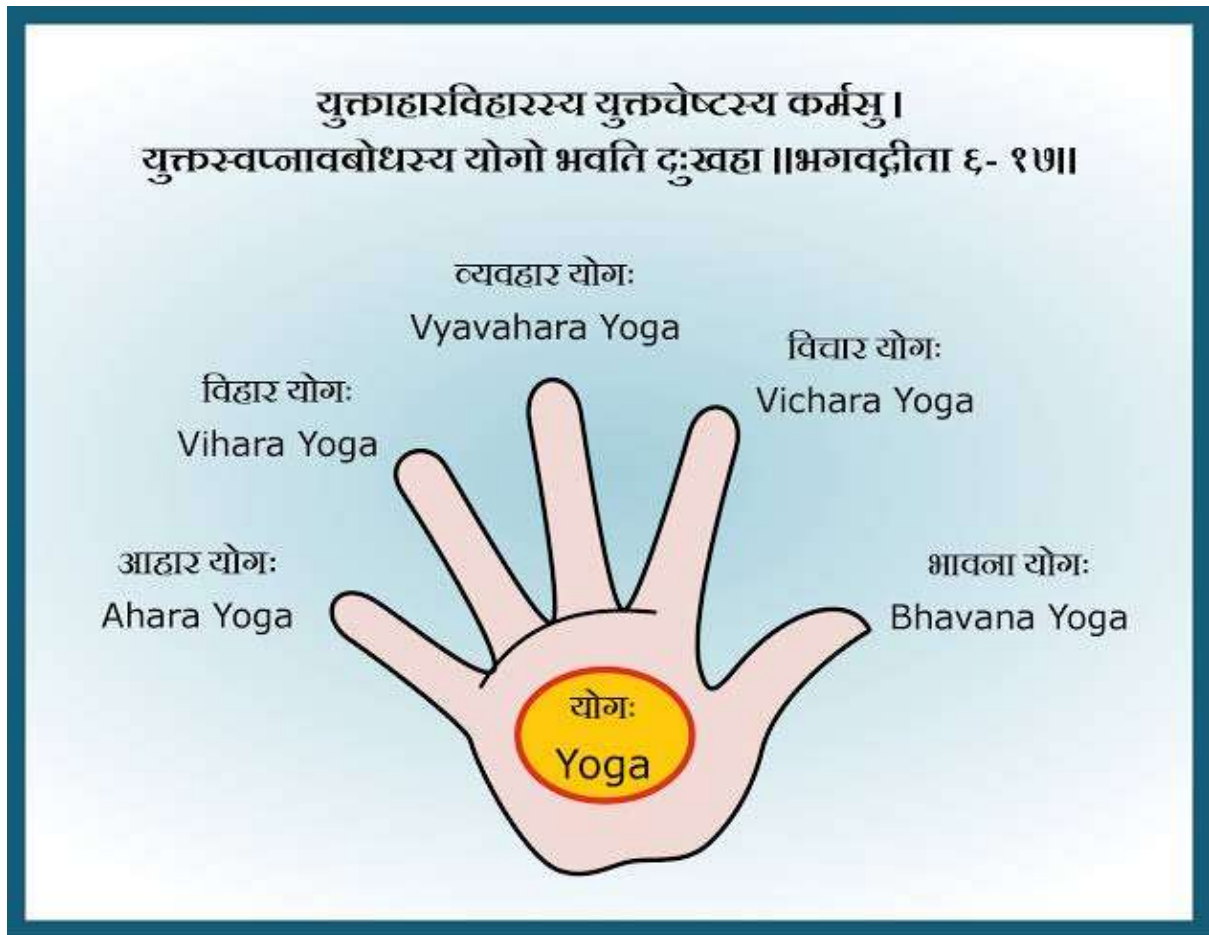
People of all age groups region and countries are affected by non-communicable diseases like diabetes, hypertension, cancer, stroke, depression. Which causes modifiable behavior risks, such as tobacco use, physical inactivity unhealthy diet, and harmful use of alcohol. An important way to control NCDs is to focus on reducing the risk factor associated with these diseases by ashtanga yoga practice. Yoga is a variable tool to increase physical activity and decrease non-communicable diseases. A positive attitude and a peaceful mind are conducive to healing and happiness, whatever may be the nature of disease or illness. The evidence generated has made modern medicine accept love, peace, joy, positive thinking, relaxation, hope, etc., as therapeutic tools. This is how yoga becomes a potent instrument for influencing the mind positively. Based on the above traditional as well as scientific thinking, some of the non-communicable diseases are mentioned in this article, for which yoga may be used with a favorable effect in modern medicine. The need for the current time is to have an integrated approach toward complete therapy and to utilize yoga therapy in harmonization, cooperation, and collaboration with other systems of medicine such as modern medicine, Ayurveda, and naturopathy. The main aims of the therapeutic implications of yoga should be to increase parasympathetic and decrease sympathetic activities. This enables us to move from a state of ill health and sickness to one of fitness and well-being.

INTRODUCTION

Nowadays we all have physical or mental problems with an unhealthy lifestyle, absence of satisfying, unhealthy foods, atmosphere, etc. Before a half-century, communicable diseases are more prone but now NCDs are more prone. NCDs are referred to as a "lifestyle" disease because the majority of these diseases are preventable illnesses. It is said that yoga practice will reduce the risk of non-communicable diseases (NCDs) including heart diseases, diabetes, neurological disorder, and respiratory (chronic obstructed pulmonary) diseases. The significance of yoga in health and disease is so extensive and of such a general nature probably the best lifestyle. Yoga is ever devised in the history of humanity. It is a simple, devoted, compassionate way and view of life, upon which people across cultures and countries have stumbled for time to time for centuries. Yoga is finding increasing approval as a nonpharmacological intervention for the prevention and treatment of diseases. So, all people should well be informed about yoga and how they impact the human body system. A positive attitude and a peaceful mind are conducive to healing and happiness whatever may be the nature of disease or illness.

- Noncommunicable disease (NCDs), also known as a chronic disease, are not passed from person to person. These are of long duration and generally have slow progression. All age groups and all regions are affected by NCDs. An important way to reduce the burden of NCDs on global public health is by focusing on controlling the major modifiable risk factors associated with these diseases.
- In India, deaths from NCDs are projected to almost double from about 4.5 million in 1998 to 8 million by the year 2020. In the year 2005, 53% of all deaths were due to NCDs and this is projected to increase by 18% over the next 10 years. India leads the world presently with 35

million diabetics subjects and this figure is projected to increase to about 80 million by the year 2030. Approximately 20% of the world's diabetic population resides in India. It has been estimated that in India more than 2.4 million death are due to cardiovascular diseases, which is approximately 25% of all the deaths, which is far greater than the deaths due to infectious diseases like diarrhoea, respiratory infection, and tuberculosis. In about 15 years, India is expected to lead the world in cardiovascular mortality. Various epidemiological studies in the Indian subcontinent have indicated a rising trend in the prevalence of hypertension, which ranges between 20 – 36 %. Annually around 70 new cancer cases are detected for every 1,00,000 populations in India and any given year, these are almost 15 lakh cancer patients.



- yoga can be adept everywhere by people of all age groups, irrespective of their socioeconomic status. It fits in very well with the healthy lifestyle that the WHO has been strongly advocating for throughout the life cycle – from childhood to healthy aging. The United Nation's pronouncement to observe June 21 as the International Yoga Day is the gratitude of this ancient Indian practice which has become global. Yoga Day will rightly put the spotlight on physical exercise, much needed in today's world when a sedentary lifestyle is becoming a leading cause of illness. Emphasizing that the Indian subcontinent had a long history and rich tradition in conventional medicines and practices that contribute to the

health and wellness of the people, we can say that yoga was one of the finest traditional therapeutic systems in ancient India.

- “Yoga is believed to offer means for the actualization of human potential to perfection through its three- dimensional approach to health – physical, mental, spiritual. Yoga is very much relevant even today- as it is both physical activity and an effective way of managing stress,” and activity and the world are fortunate that such conventional medical practices have survived over the centuries. Till a few years back, Yoga was considered an adjunct therapy in modern medicine. The disease of modern civilization such as obesity, hypertension, DM, and coronary artery disease are rooted due to faulty lifestyles. Yoga is one of the best lifestyles ever devised by human beings. Psychological stress has a major impact on the disease-related to modern civilization. This is a stimulus to search for strategies for overcoming stress. Yoga provides a new way of looking at life. Stress, anger, hostility, relaxation, peace, love, emotion, and intimacy are difficult to measure, but it provides a solid scientific foundation of the mind-body relationship and the emergence of psychoneuroimmunology. All these cannot be measured, but their effect on the body system can be quantified by the measurement of natural killer cells. Science demands quantifiable evidence for the effects of emotions on biological feature may prove to be a great relevance to the health and disease. The evidence generated has made modern medicine accept love, peace, joy, positive thinking, relaxation, hope, etc.,as therapeutic tools. This is how yoga becomes a potent instrument for influencing the mind positively. Based on the above traditional as well as scientific thinking, below are some of the NCDs, for which yoga may be used with a favourable effect in modern medicine.

OBESITY,CARDIOVASCULAR DISEASE, AND YOGA

Obesity is a medical condition in which excess body fat gets accumulated to the extent that it may harm health, leading to reduced life expectancy and /or increased health problems. Obesity increases the likelihood of various diseases, particularly heart disease, type2 diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis. It is most commonly caused by a combination of excessive food energy intake, lack of physical activity, and genetic susceptibility, although a few cases are caused primarily by genes, endocrine disorders, medications, or psychiatric illness.

- **YOGIC MANAGEMENT:** The role of yoga in the management of obesity is well documented now. This is to be done under the supervision of a yoga instructor (in consultation with an Ayurvedic Physician). In general, the practices prescribed for the obesity cases are
- **YAMAS AND NIYAMAS:** positive controlling nature on self for health improvement and disease control
- **KRIYAS:**Kunjla, Kapalbhathi.
- **SELECTED ASANAS:**Surya Namaskar, Tadasana, Katichakrasana, Pavanmuktasana, Padmasana, Dvichakrikaasana, Padvritasana, Paschimottanasana, Halasana, Shujangasana,

shalbhasana, Dhanurasana, Naukasana, Vrajarasana, Shashankasana, Sarvangasana, Shuvasana.

- **PRANSYAM**:Nadishodhana, Suryabhedhi, Bhastrika,
- **MEDITATION**: Deep relaxation technique (DRT), Instant relaxation technique (IRT), Quick relaxation technique (QRT), and cyclic meditation (CM)

HYPERTENSION AND YOGA

- **Introduction**: Hypertension is a condition when blood flows through the blood vessels with a force greater than normal. It is also called High Blood Pressure. Blood pressure may be different at different times of the day. It is usually higher when individuals first wake up, after exercise, or under stress. Having higher blood pressure for short intervals of time is normal. However, when blood pressure stays high for a longer duration, it can cause serious health problems. It can strain the heart, damage blood vessels, and increases the risk of heart attack, stroke, kidney problems, and even lead to death.
- **Normal blood pressure**: systolic- < 120, diastolic - < 80
- **Pre- hypertensive**:systolic- 120-139, diastolic- 80-89
- **Hypertensive**:systolic- .140, diastolic- > 90
- **YOGIC MANAGEMENT**: the role of yoga in the prevention of Hypertension is well documented. This is to be done under the supervision of a yoga instructor (in consultant with Ayurvedic Physician).
- **YAMAS AND NIYAMAS**: positive control on self for health improvement and diseases control
- **KRIYAS**:Jalneti
- **Selected Asanas**:Tadasana, Katichakrasana, Vrajarasana, Gomukhasana, Bhujangasana, Suptavrajarasana, Savasana, Makarasana, Shashankasana
- **Pranayama**:Nadishodhana, Anulom- Vilom, Bhramari, Shitli, Chandrabhedana, Shitkari, Ujjai.
- **Meditation**:Yoga – nindra, Breathawareness. Meditation has been shown to reduce systolic BP and diastolic BP of hypertensive patients in several studies.
- **Contraindication**: The headstand (Shishipawan) postures and hyperventilation breathing practices should be avoided. Concentrate more on Pranayama and meditation than the other practices

STROKE AND YOGA

- Stroke is a brain injury caused by a sudden interruption in the blood supply of the brain. It occurs when part of the brain does not receive the needed blood flow for one of two reasons i.e. either the blood supply to a part of the brain is suddenly interrupted, or a blood vessel in the brain ruptures and blood invades the surrounding areas.
- Stroke is one of the leading causes of death and disability in India. There are two types of risk factors for stroke: **CONTROLLABLE** and **UNCONTROLLABLE**. Controllable risk factors generally fall into two categories: Lifestyle risk factors or Medical risk factors. The lifestyle risk factor can often be changed, while medical risk factors can usually be treated.
- **CONTROLLABLE RISK FACTORS:** Disease conditions that Increase Stroke Risk – High Blood Pressure, Diabetes Mellitus, Atrial Fibrillation, Atherosclerosis. Lifestyle Risk Factors that can be changed – Tobacco use and Smoking, Alcohol Use, Physical inactivity, Obesity.
- **UNCONTROLLABLE RISK FACTORS:** Age, Gender, Race, Family History, Previous Stroke.
- **YOGIC MANAGEMENT:** This is to be done under the supervision of a Yoga Instructor (in consultation with an Ayurvedic Physician). In general, the practice prescribed for the stroke cases are: (as applicable **according to the patient's condition and in consultation with a physician**)
- **YAMAS AND NIYAMAS:** positive control on self for health improvement and diseases control
- **KRIYAS:** Shankhprakashana
- **SELECTED ASANAS:** Makarasana, Savasana, Padmasana, Bhadrasana, Sana, Sidhasana, Gomukhasana
- **PRANAYAMA:** Omkara, Bhramari, Anulom-vilom, Shitli
- **MEDITATION:** Breath awareness (BAW), relaxation techniques, yoga nidra.

CANCER AND YOGA

- Cancer is the second leading cause of death after heart diseases. The carcinogenic agents that people breathe, eat, drink, and otherwise exposed to, largely determine the occurrence of the disease. The common causative factors include tobacco use, being overweight or obese, an unhealthy diet with low fruit and vegetable intake, lack of physical activity, alcohol use, sexually transmitted HPV- infection, infection HBV, ionizing and non-ionizing radiation, urban air pollution, smoke (indoor or industrial), etc. Tobacco use is the single most important risk factor for cancer-causing about 20% of global cancer deaths and around 70% of global lung cancer deaths.

- **Probable signs for early detection of cancer (CAUTION):**
- **Change In bowel or bladder habits.**
- **A sore that does not heal.**
- **Unusual bleeding or discharge**
- **Thickening of the lump in the breast or elsewhere**
- **Indigestion or difficulty in swallowing**
- **Obvious change in a wart or mole**
- **Nagging cough or hoarseness of voice**
- **YOGIC MANAGEMENT:** People use Yoga because it makes them feel good. It relaxes their mind so that they can cope better with their cancer and its treatment. It helps to reduce symptoms and side effects such as pain, tiredness, sleep problems, and depression. This is to be done under the supervision of a Yoga Instructor (In consultant with Ayurvedic Physician). In general, the practices prescribed for the prevention of cancer and to improve the quality of life in cancer patient care:
- **YAMAS AND NIYAMAS:** A positive control on self for health improvement and disease control.
- **KRIYAS:** Kapalabhati
- **SELECTED ASANAS:** Vrajasana, Tadasana, Ustrasana, Goumukhasana, Makarasana, Shavasana, Padmasana, Bhadrasana, Sidhhasana
- **PRANAYAMA:** Nadishodana, Ujjai, Shitali, Omkara, Bhastrika.
- **MEDITATION:** Breath awareness (BAW).

CHRONIC OBSTRUCTIVE PULMONARY DISEASE AND YOGA

- COPD is characterized by airflow limitation which is not fully reversible. It includes *emphysema* characterized by destruction and enlargement of lung alveoli and *chronic bronchitis* clinically defined by chronic cough and phlegm. Chronic bronchitis without airflow obstruction is not included in COPD. The three most common symptoms in COPD are cough, sputum, and exertional dyspnoea. COPD often occurs along with several other conditions, due in part to share risk factors. These conditions include ischemic heart disease, high blood pressure, diabetes mellitus, muscle wasting, osteoporosis, lung cancer, anxiety disorder, and depression. Worldwide, COPD affects 329 million people or nearly 5% of the population. It became the third leading cause of death.
- **YOGIC MANAGEMENT:** The controlled breathing in YOGA can ease anxiety, achieve relaxation, and provide more oxygen to the bloodstream. The pranayama, asana, help open blocked airways caused by bronchitis or emphysema, which are linked to COPD, and

improve the function of air circulation. The role of YOGA in the management of COPD/ Bronchial Asthma is well documented. This is to be done under the supervision of a Yoga Instructor (in consultant with Ayurvedic Physician). In general, the practice prescribed for the COPD/ Bronchial Asthma cases are:

- **KRIYAS:** Agnisara, Jalneti, Kunjal,
- **YAMAS AND NIYANAS:** A positive control on self for health improvement and disease control.
- **SELECTED ASANA:** Surya namaskar, Tadasana, Katichakrasana, Konasana, Pavanmuktasana, Setubandhasana, Ustrasana, Bhujangasana, Dhanurasana, Vakrasana,
- **PRANAYAMA:** Bhastrika, Surya Bhedi, ujjai
- **PRANAYAMA:** Breath awareness (BAW)

ORTHOPEDIC PROBLEMS AND YOGA

- Osteoarthritis mainly affects the hips, knees, feet, spine, and hands. In contrast, rheumatoid arthritis can affect not only the joints but also the skin, lungs, heart, eyes, and other organs. It is one of the most disabling forms of *arthritis*. The orthopaedic condition which can cause disability or make a personal handicap. The most common orthopaedic problems are osteoarthritis, rheumatoid arthritis, osteoporosis, osteomyelitis, etc.
- **YOGIC MANAGEMENT:** The role of yoga in the management of orthopaedic conditions is well documented. Which would benefit from the strengthening of specific groups of muscles and also for the improvement of posture. This is to be done under the supervision of a Yoga Instructor (in consultant with Ayurvedic Physician). In general, the practice prescribed for the orthopaedic cases are:
 - **KRIYAS:** Agnisara, Kapalbhati.
 - **YANAS AND NIYAMAS:** A positive control on self for health improvement and disease control.
 - **SELECTED ASANAS:** Tadasana, Bhadrasana, Paschimottanasana, Katichakrasana, Bhujangasana, Makarasana, Makarasana, Naukasana, Viparitnaukasana, Ustrasana, Katiuttasana, Shalabhasana, etc.
 - **PRANAYAMAS:** Nadishodhana, Suryabhedi, Ujjayi.
 - **MEDITATION:** Breath awareness (BAW)
 - **CONTRAINDICATION:** In back pain don't do forward bending asanas, in Hernia don't do backward bending asanas.

CONCLUSION

- To sum up, non-communicable diseases (Cancer, Diabetes, Cardiovascular Diseases, Stroke, COPD, etc.) are linked to common risk factors, such as the use of tobacco, alcohol, unhealthy diet, and physical inactivity. The development of these diseases and risk factors associated with these can be prevented if a healthy lifestyle is adopted. Therefore, it is important to educate people about the risk factors and preventive measures for these diseases. Primary prevention strategies must be targeted from childhood, preferably involving health education programs at school levels. It should aim at promoting healthy diets, yogic exercise, and avoiding the use of tobacco and alcohol. Further, the primary prevention strategies may be complemented by basic provisions like availability of fresh fruits and vegetables in nearby areas, facilities for physical activity/yogic exercise, and making the village or city smoke-free, etc.

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