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Yoga therapy

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Abstract

Yoga is an agency of a good healthy living life. Now a day's it will covering the whole world, and also celebrating the World Yoga day on 21st June. Yoga therapy is a type of therapy that uses Yoga postures, breathing exercises, meditation, and physical health. The holistic focus of yoga therapy encourages the integration of mind, body and spirit. Modern yoga therapy covers a broad range of therapeutic modalities, incorporating elements from both physical therapy and psychotherapy.

Yoga Therapy (Yoga Chikitsa) is a modality for healing all parts of our being. Whether you are suffering from a serious condition, rehabilitating from a physical injury or surgery, or find yourself with mental and emotional imbalances, Yoga Therapy has much to offer you on your way back to vitality and wholeness. From back pain, to heart disease, arthritis to depression; Yoga Therapy is available. It has also been studied and applied to more intractable conditions such as Cancer and various auto-immune diseases. Everyone with a desire to learn about Yoga therapy and what it has to offer. Especially good for those with illness, injury, specific conditions, and/or the need for healing on any level.

Keywords: Yoga therapy, psychotherapy, back pain, heart disease

Introduction

Yoga therapy is a type of therapy that uses Yoga postures, breathing exercises, meditation, and physical health. The holistic focus of yoga therapy encourages the integration of mind, body and spirit. Modern yoga therapy covers a broad range of therapeutic modalities, incorporating elements from both physical therapy and psychotherapy

Definition

The International Association of Yoga Therapists (IAYT) defines Yoga Therapy as the process of empowering individuals to progress toward improved health and well-being through the application of the philosophy and practice of Yoga.

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Inviting presence and awareness to any condition is the vehicle by which Yoga Therapy offers opportunity for change, growth, and enhanced well-being. Yoga believes our being to be a dynamic and integrated system of body, mind and spirit. A healthy system is one where we can feel balanced and in harmony with nature, optimizing the body's innate ability to heal and rejuvenate itself.

Thankfully there are a lot of scientific studies that lend empirical evidence to the application of Yoga. Because of the science being offered, Yoga Therapy is becoming more widely accepted in mainstream medicine. The therapeutic benefits of Yoga Therapy are continually being studied, as well as the training standards, and applications of Yoga. This is a vast philosophy handed down through thousands of years.

Yoga Therapy is a holistic approach and therefore supports conventional medical treatment. This is not a replacement therapy to traditional medicine, but one that complements and lends alternative ways of accessing our natural ability to wield vital energy and reduce internal and environmental stress. In this way, a Yoga Therapy program combined with traditional medicine may optimize and minimize recovery time.

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For therapeutic results in Yoga Therapy, sessions are recommended 2-3x times weekly. After one month, if condition is improving 1x per week until you feel ready to practice at home. Eventually frequency of visits will be at your discretion to maintain health, strength, flexibility and joyful intention!

History of Yoga Therapy

Yoga therapy is rooted in the ancient practice of yoga, which originated thousands of years ago in India. Yoga made its way to the United States in the late 1800s, but yoga therapy emerged in a formal manner in the 1980s as the result of a study conducted by Dr. Dean Ornish. The study illustrated how the implementation of a healthy lifestyle program could reverse heart disease. Ornish's program included therapeutic yoga and was the first of its kind to highlight the benefits of using yoga in this way. This program for treating heart disease was approved for insurance coverage in 1990 and it marked the beginning of the medical field's acceptance of yoga as a treatment option.

In 1983, the biomedical Yoga Trust was founded to further develop and standardize the field of yoga therapy. The International Association of Yoga Therapists (IAYT) was founded in 1989 and has since hosted yoga conferences, published the Journal of the International Association of Yoga Therapists, and contributed to the reaction of yoga therapy training standards. Both organizations have facilitated research to explore the extent of yoga therapy's potential.

Principles of Yoga Therapy

When we set the intention to use Yoga in a therapeutic way, we are given the opportunity to explore many modalities on our way back to health and wholeness. We do the best we can, given all the unique variables to our situation (environmental, genetic, and karmic). These are a few of the principles that Yoga Therapy applies:

Presence, awareness, and conscious intention: Through body work and breath work, we become more 'tuned in' to our internal environment. This presence and awareness can be practiced throughout the entire Yoga Therapy session, and the modalities used.

Deep, Slow, Rhythmic Breath: Breath is the golden thread that we weave through all our practices. The ability to use our breath for healing is key in Yoga philosophy. Metabolic and anabolic activities in the body can regulate. Physical, psychological, and spiritual layers to our being can unify.

Right Diet: an exploration of diet through Ayurvedic inquiry will help get the body's natural healing ability on track. Diet is a critical element to recovery and health maintenance.

Conscious Relaxation: Stress can debilitate the body, mind and spirit. Learning how to relax deeply can have a positive effect on every cell in your body. This can increase our immunity, and give us the much needed rest and rejuvenation for mental/emotional and spiritual well-being.

These are a few of the principles that we will begin to explore in a Yoga Therapy setting. There are many more principles that will give us the ability to wield vital energy (Prana) in specific ways. By doing so we can increase our self-

confidence, self-reliance, and fortify ourselves against environmental stressors.

Modalities of Yoga Therapy

Physical: The correct use and application of yoga asana (postures) to gently stretch strengthen and soothe the body. These postures have a healing effect on many systems in the body including: respiratory, circulation, digestion, and elimination, joints and muscles are massaged to help release tension from the physical layer of our being. Postures also lend healing energy at a cellular level, stimulating organs, as well as endocrine functioning.

Mental: Relaxation techniques are key to re-aligning your peace of mind. There are many techniques offered through the various paths of yoga, including Hatha, Jnana, and Raja Yoga that can help ease the mind back into harmony and balance.

Emotional: Swadhyaya, Pranayama, Prathyahara, Dharana, and Dhyana (if these terms are new to you not to worry!). These are all very practical and effective ways to help stabilize the emotional turmoil that you may be experiencing. Emotional balance, much like right diet is a critical step on your road to recovery.

Spiritual: Everything mentioned above has a direct effect on our sense of spiritual well-being. With practice, Yoga starts to reveal the subtle spiritual nature of who we are, and we can continue to explore this natural experience indefinitely.

Preventive and Rehabilitative: Yoga Therapy gives us a chance to practice Yoga with a therapeutic intention. Whether our intention is to prevent illness, disease, and/or suffering, or if we are working to rehabilitate an injury and minimize recovery time, Yoga therapy offers many modalities to explore. Once the Yoga 'Therapy' is concluded, we can continue on the journey through various means of learning about Yoga in our everyday lives. Remember Yoga is a lifestyle; one that seeks to bring peace, and joy back into our lives.

Pain relief: Too many people are living and suffering with chronic pain (be it physical, mental/emotional and/or spiritual), and it doesn't have to be this way. We can reduce pain, work to eliminate it and improve our pain tolerance if conditions do not present a cure. Pain can be experienced in many ways. Everyone has felt some form of pain at one time or another. Sometimes it goes away, but sometimes it can linger for years. Mental/Emotional and Spiritual pain can be just as agonizing as physical pain. Grief and the loss of a loved one can be unbearable, debilitating fear can paralyze the system, lack of energy or loss of interest in being alive can leave one feeling hopeless and helpless. It is normal to experience pain; it comes with the territory of being human. But with Yoga we can manage symptoms, work towards eliminating the, and re-energize our spiritual connection for a more balanced, loving and joyful life.

Who Is Yoga Therapy For?

Everyone with a desire to learn about Yoga therapy and what it has to offer. Especially good for those with illness, injury, specific conditions, and/or the need for healing on any level.

Table: Specific Conditions Yoga Therapy Has Been Known To Treat

Adrenal fatigue	Anxiety/panic attacks	Arthritis	Arthrosclerosis	Asthma
Auto immune diseases	Back pain	Bursitis	Cardiovascular disease	Cholesterol imbalances
Chronic pain	Confusion/overwhelm	Depression/anxiety	Exhaustion	Fibromyalgia
Frozen shoulder	Grief/sorrow	Heart disease	High blood pressure	Identity issues
Insomnia	Joint disease	Knee Issues/Replacement	Musculoskeletal Issues	Multiple Sclerosis
Neck pain	Obesity	Osteoporosis	Physical injuries	Preventative therapy
Sciatica	Scoliosis	Stress	Surgery recovery	Tendonitis

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